Items to discuss with your doctor and consider learning from a qualified yoga instructor for

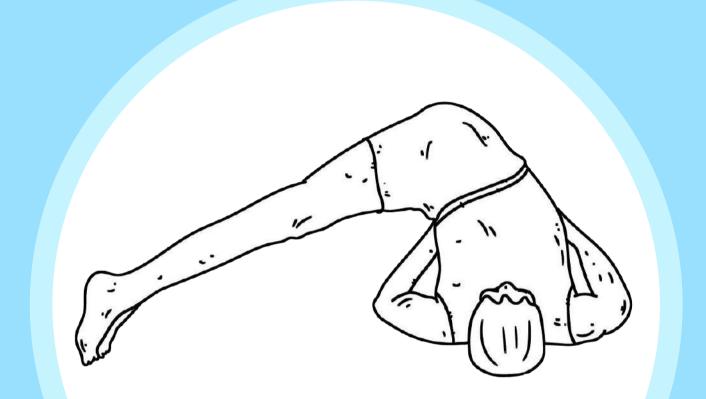
Hemorrhoids (p. 1 of 3)





Sirsasana (head stand)

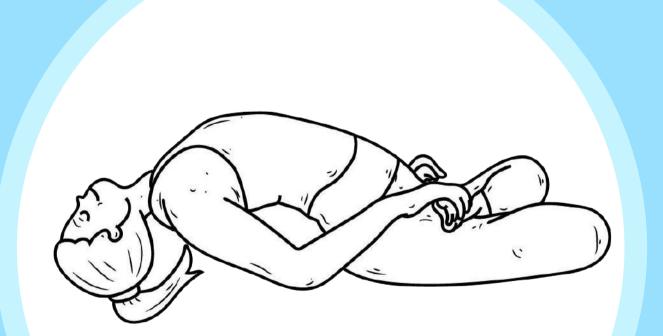
Sarvāngāsana (shoulder stand)

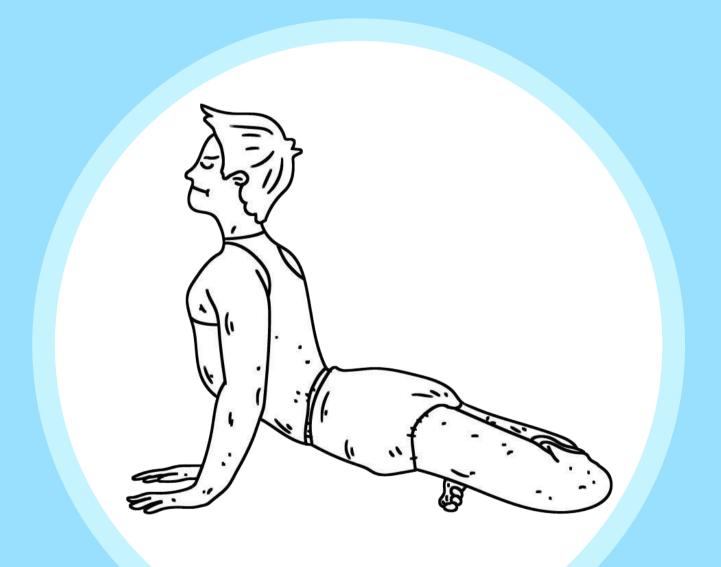




Pārśva Halāsana (side plow)

Supta Pādānguṣṭhāsana (reclined big toe)







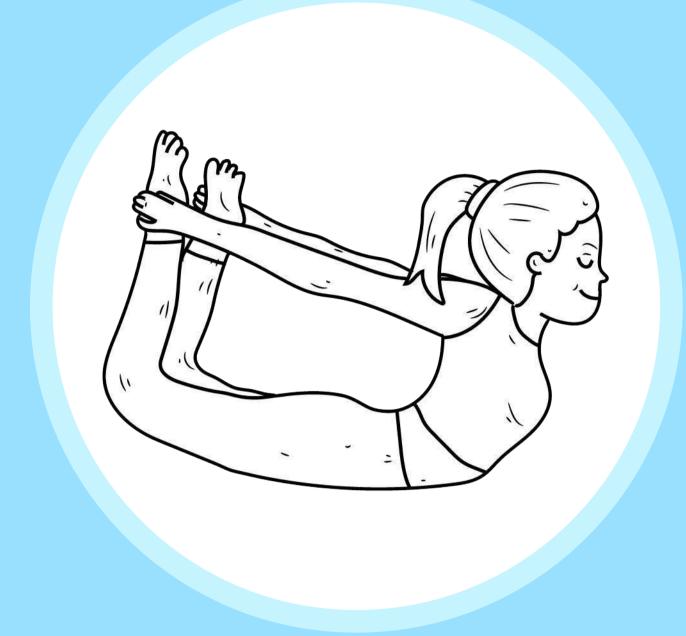
Simhāsana II (lion)

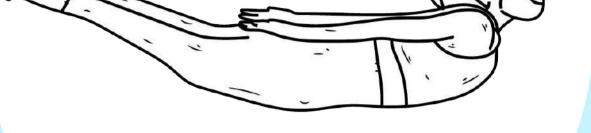
This content has not been reviewed by a doctor. This is not medical advice. Please discuss any yoga program and supplements with your doctor to see if it's right for you, your body, and your condition. Learning yoga postures online without a live, qualified teacher is risky. Please find a good teacher and work with them live. Most poses shown are very advanced and modification will be required for each body type. Investinprana.com



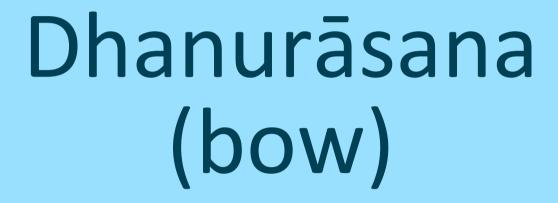
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

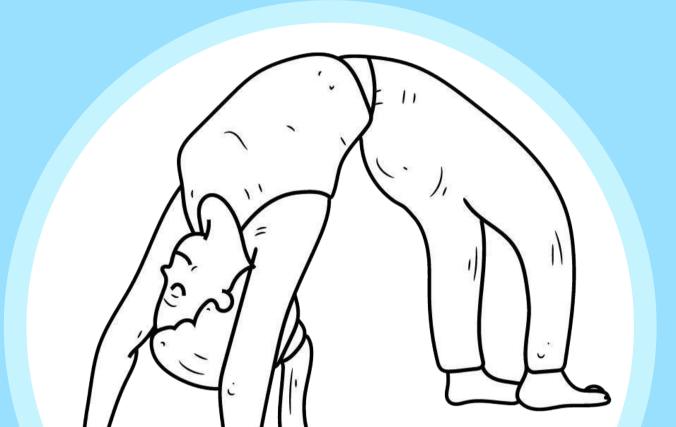
Hemorrhoids (p. 2 of 3)

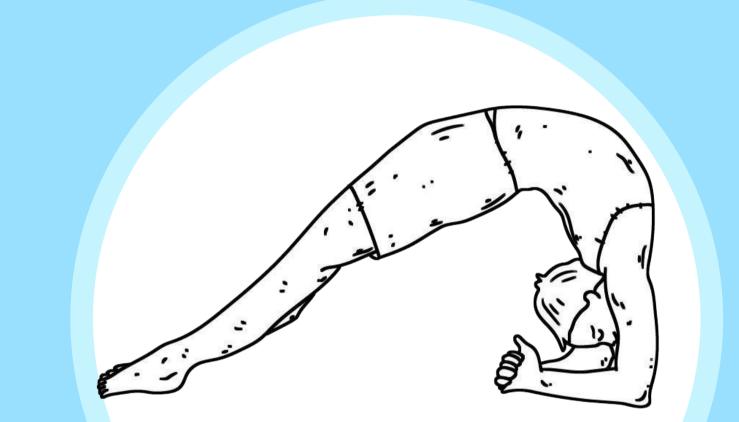




Śālabhāsana (locust)



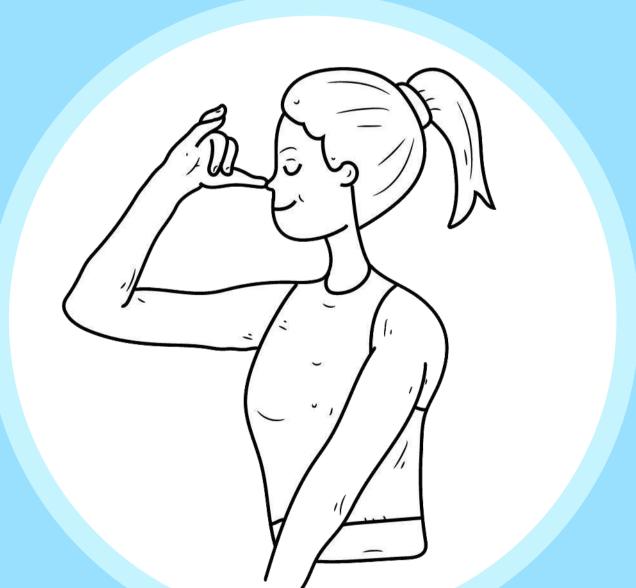


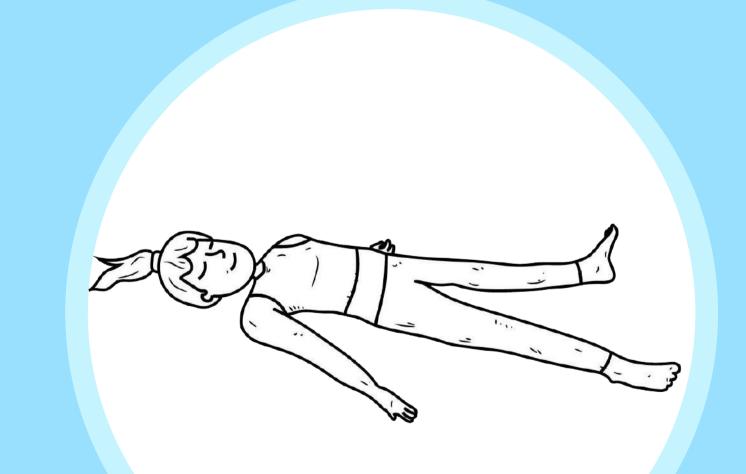




Chakrāsana (wheel)

Dwipāda Viparīta Daņdāsana (two-legged inverted staff)





Nādī Śodhana with Retention

Śavāsana (corpse)

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Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Hemorrhoids (p. 3 of 3)

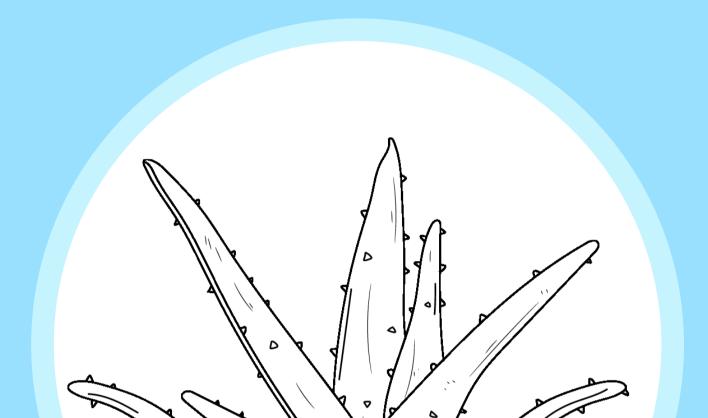


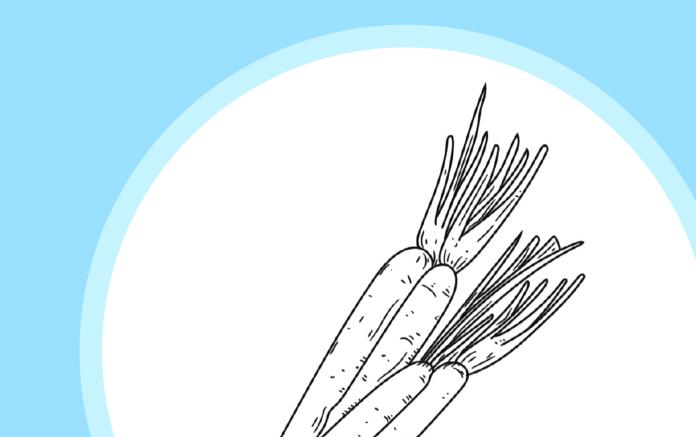




Aswini Mudra

Halāsana (plow)



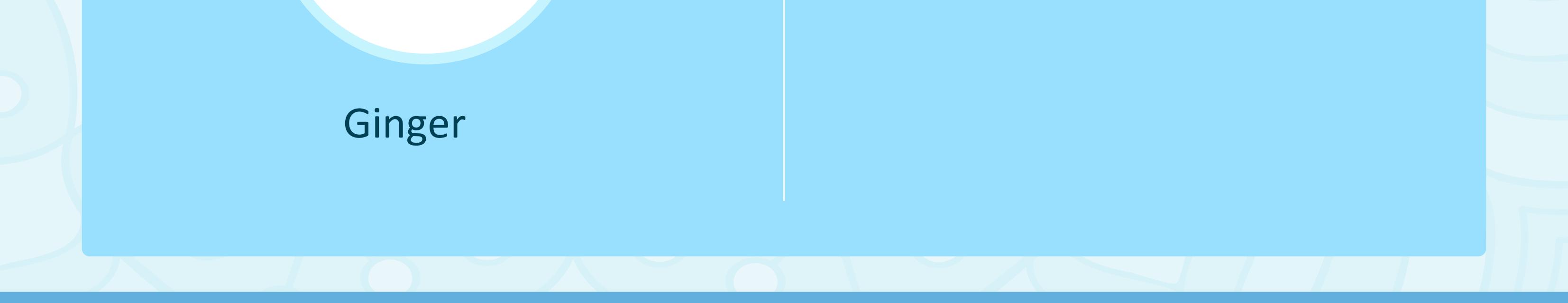




Aloe Vera







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