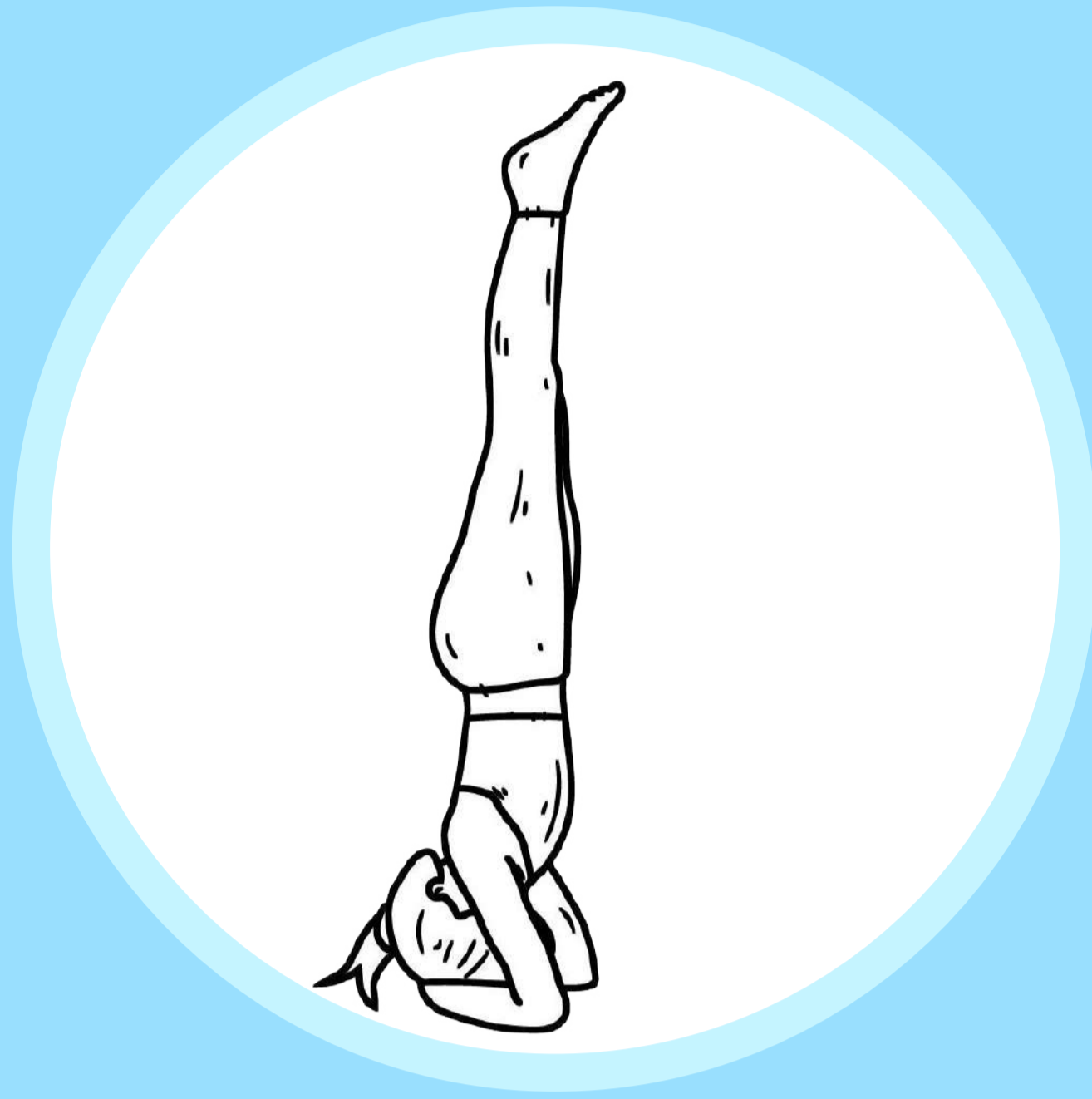


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

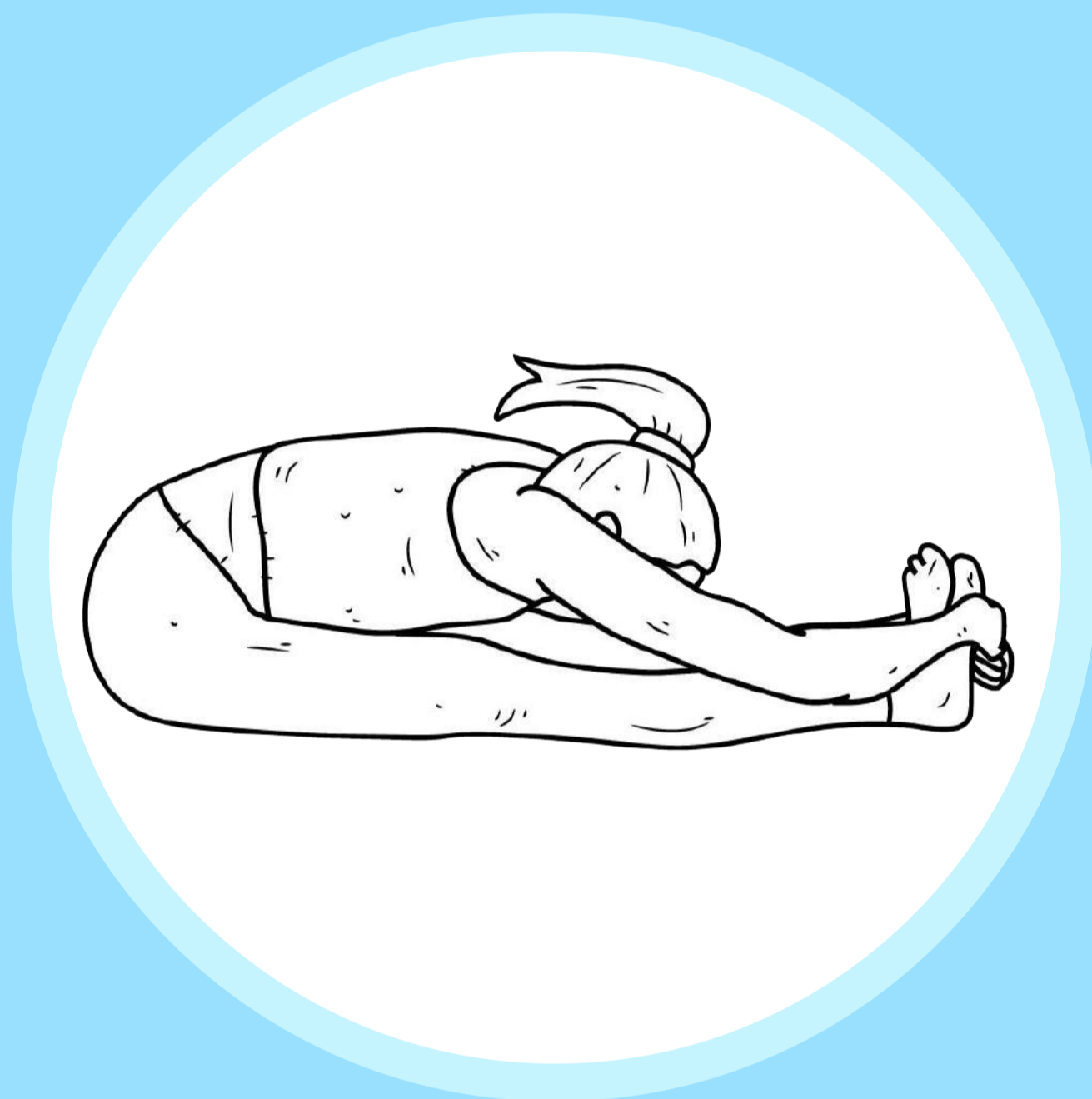
Heart Palpitation (p. 1 of 4)



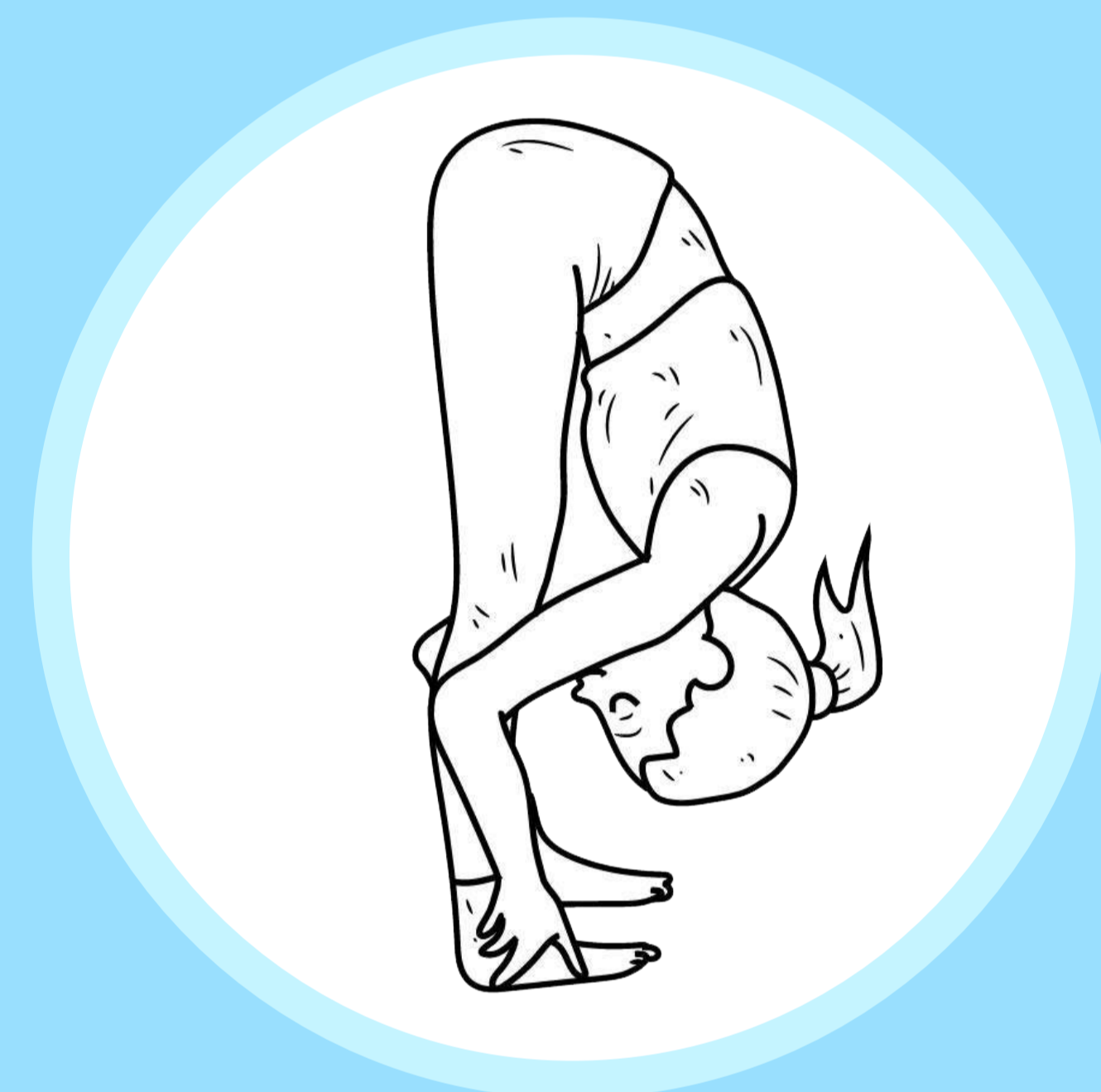
Sālamba Śīrṣāsana
(supported headstand)



Halāsana
(plow)



Paschimottānāsana
(staff)



Uttānāsana
(forward fold)



Adhomukha Śvānāsana
(downward dog)



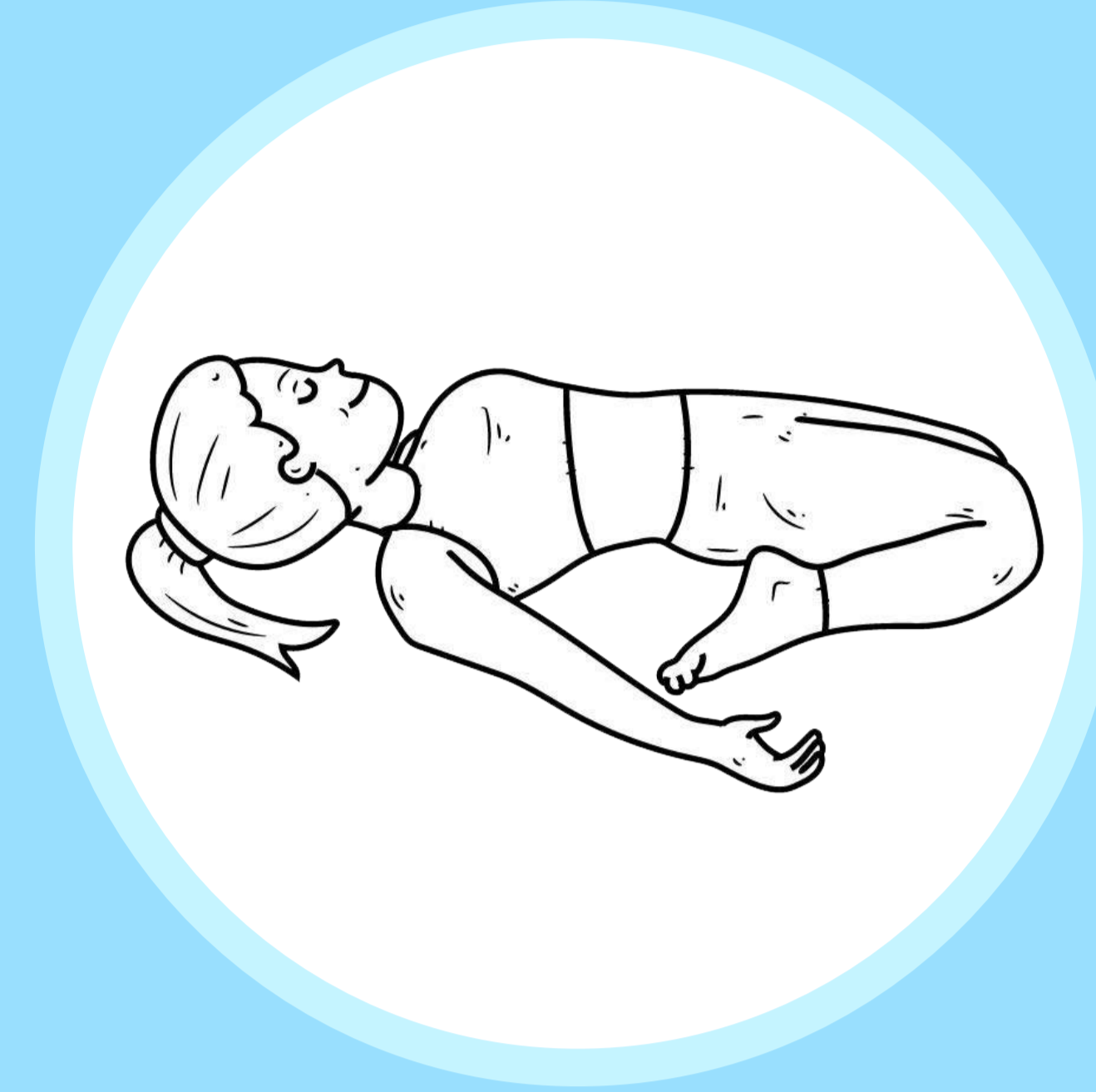
Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)

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

Heart Palpitation (p. 2 of 4)



Vīrāsana
(hero)



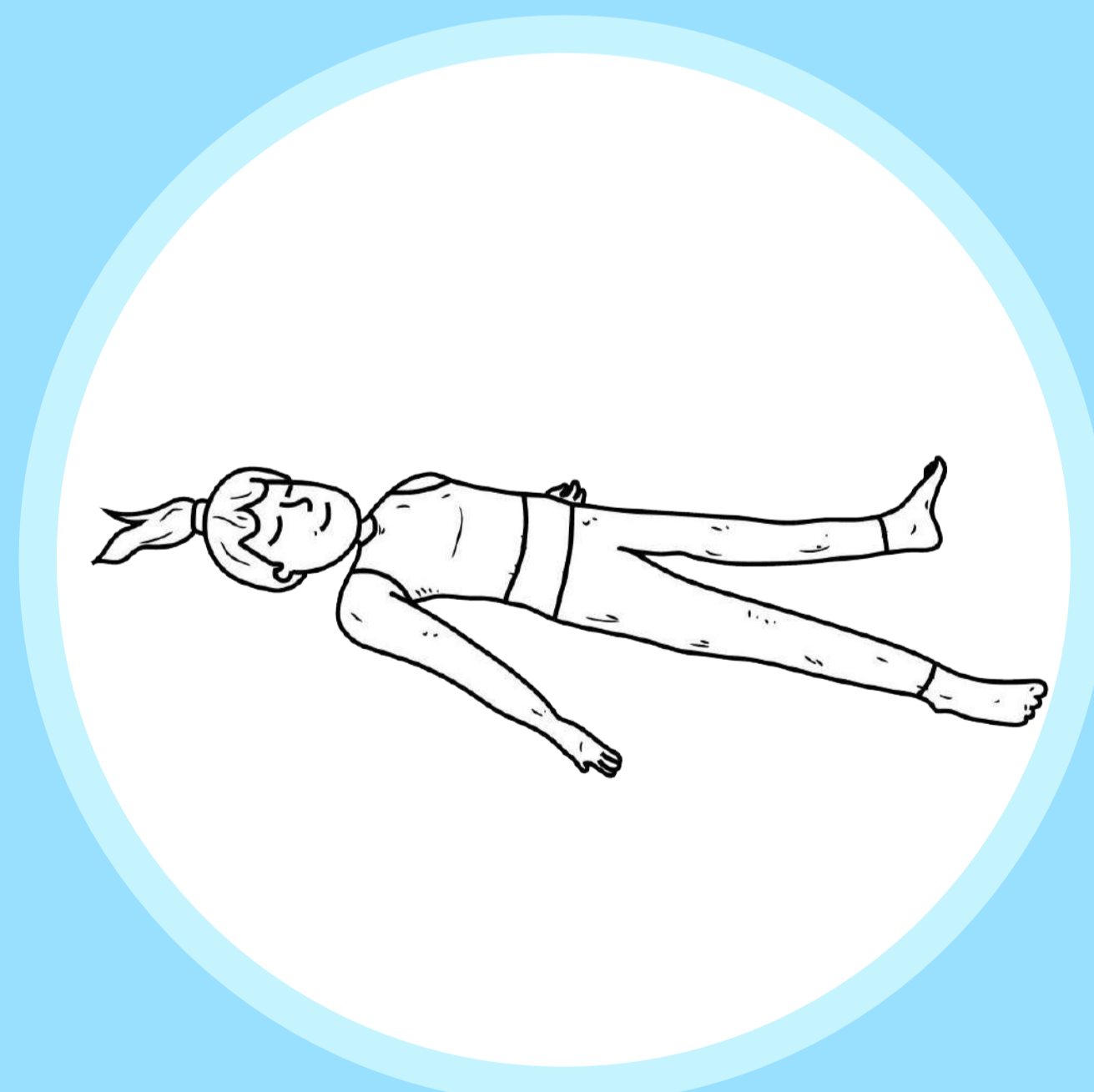
Supta Vīrāsana
(reclined hero)



Nādī Śodhana without Retention



Ujjayi Pranayama

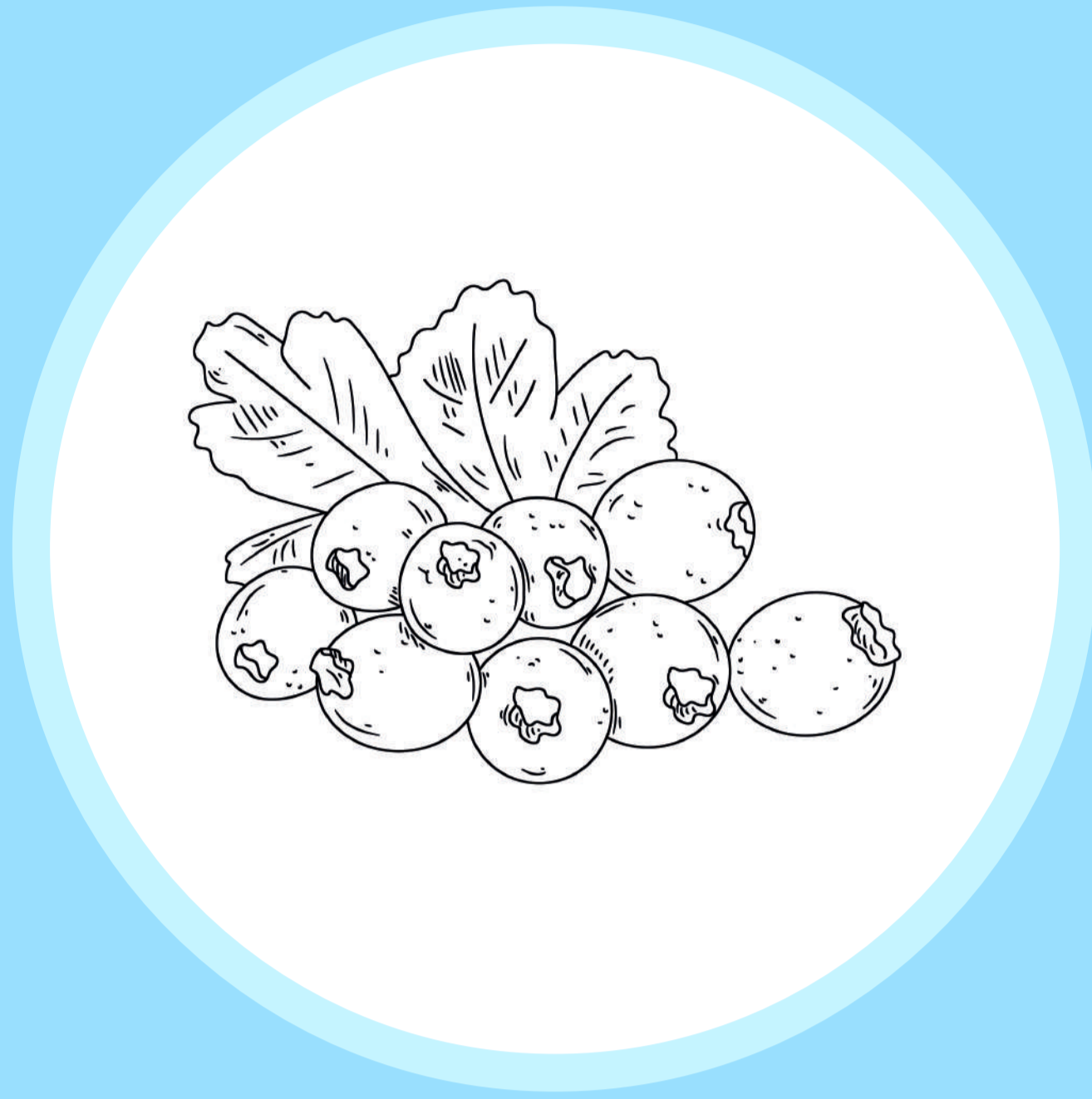


Śavāsana
(corpse)



Ganesha Mudra

Heart Palpitation (p. 3 of 4)



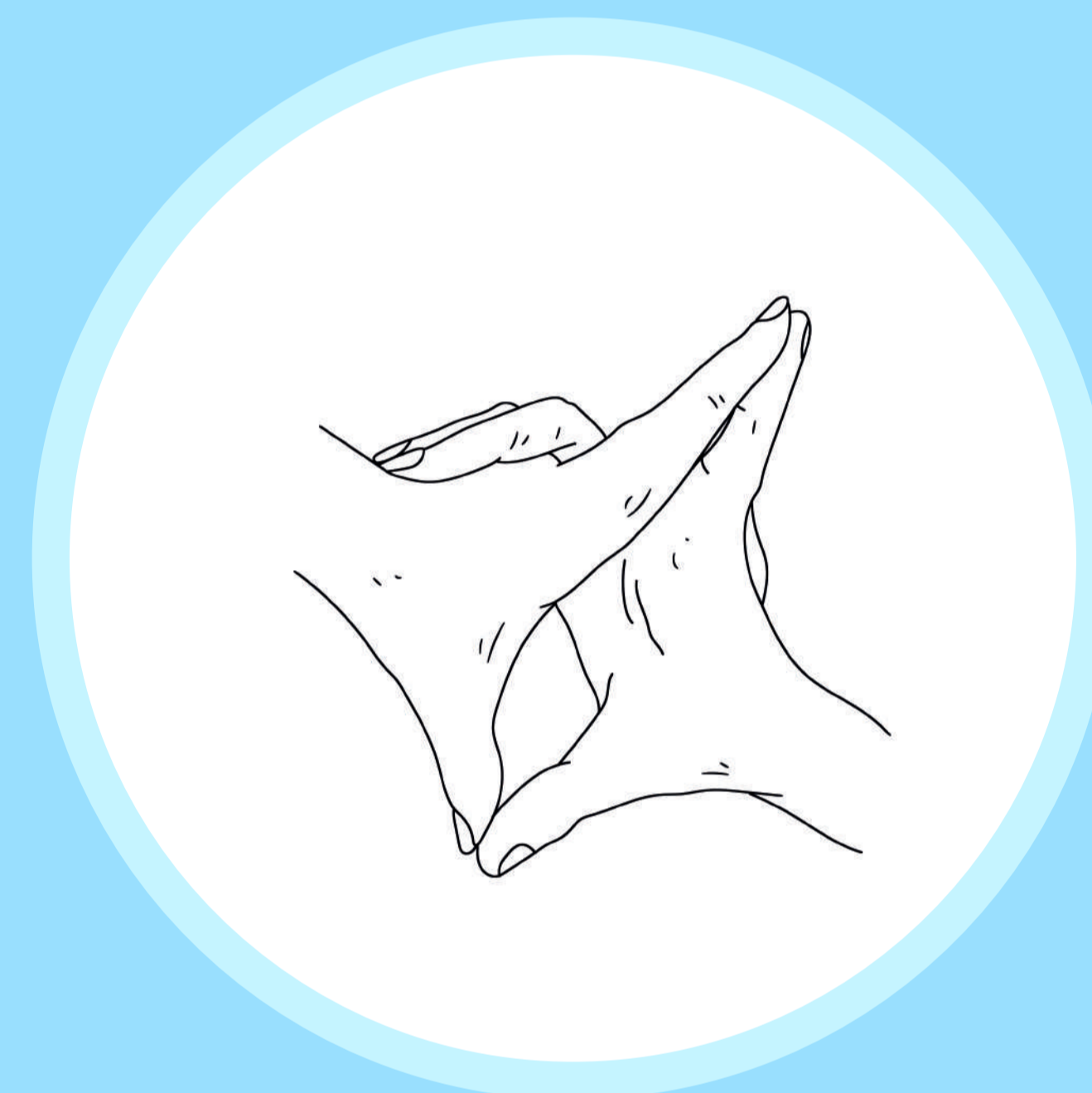
Hawthorn



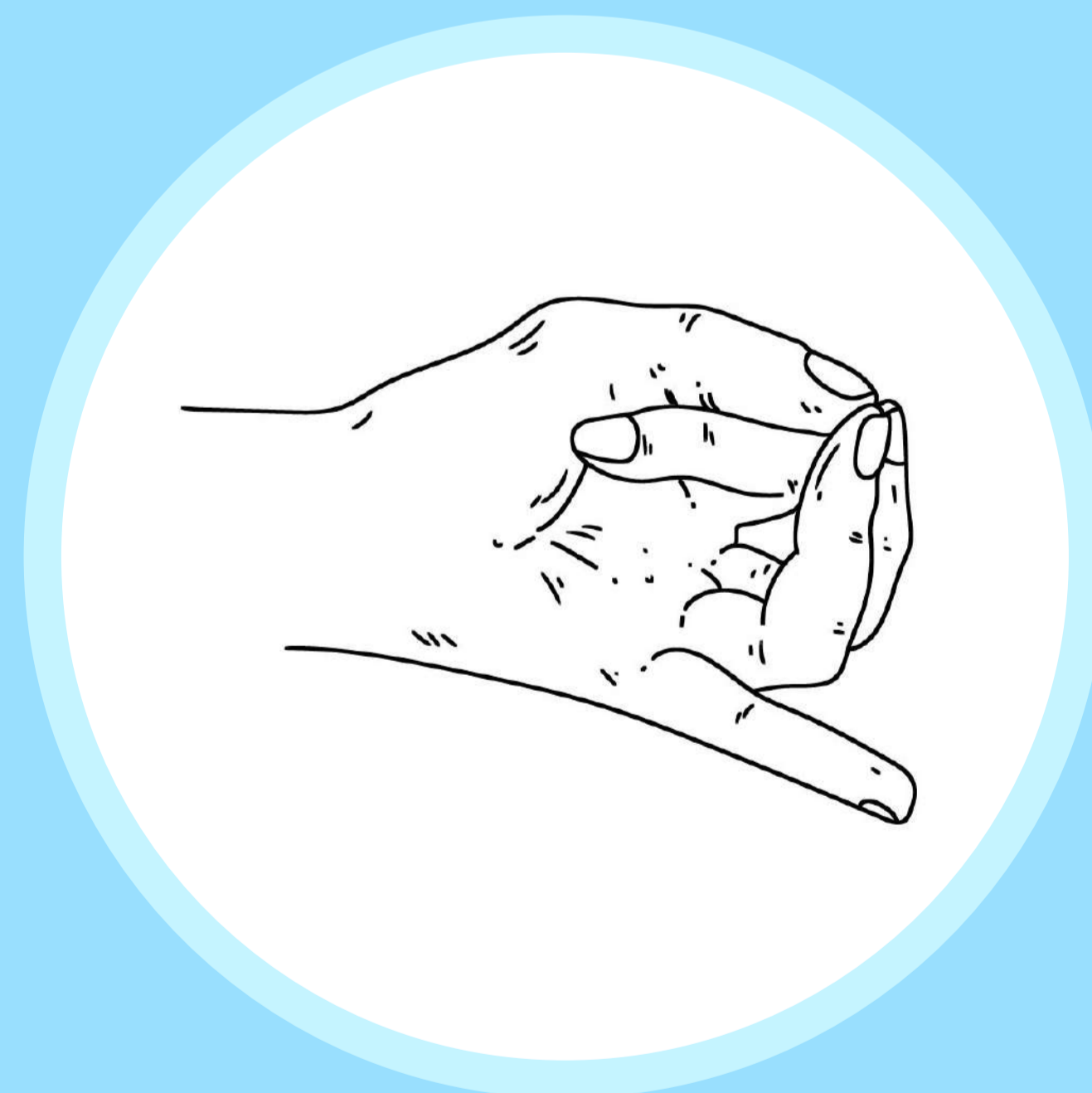
Lemon Balm



Matangi Mudra
(in front of solar plexus)



Uttarabodhi Mudra

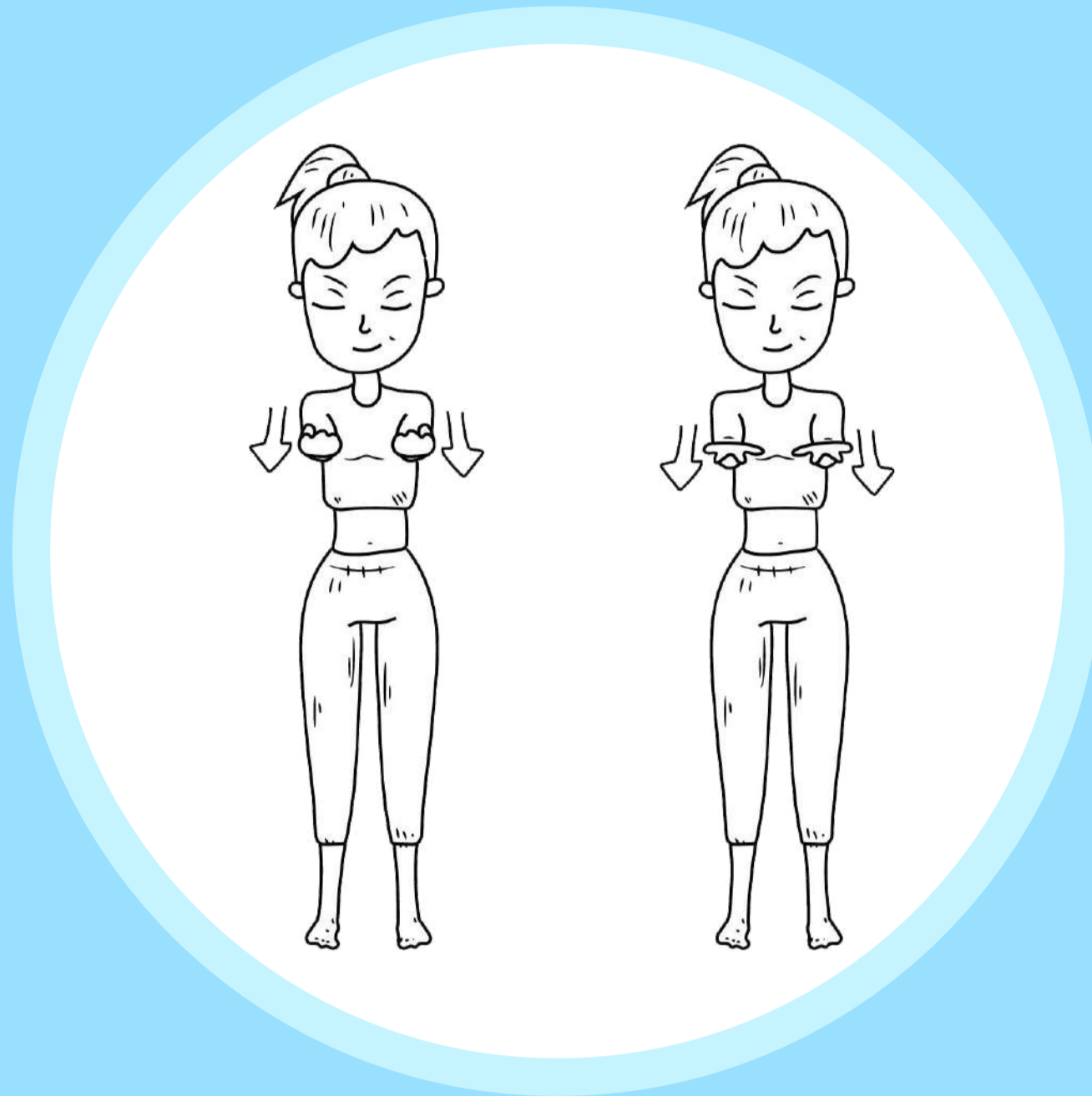


Apana Vayu Mudra

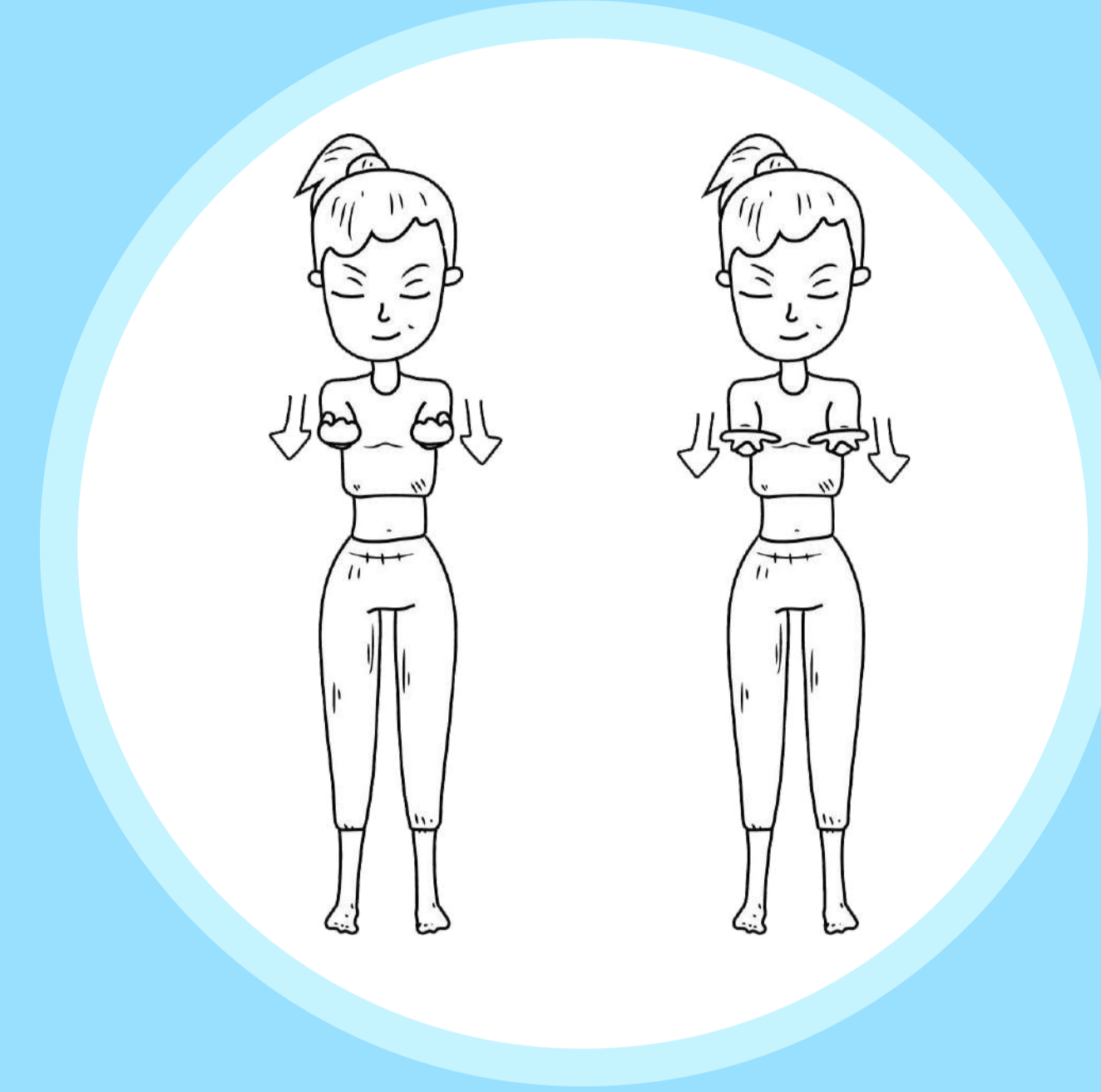


Magnesium

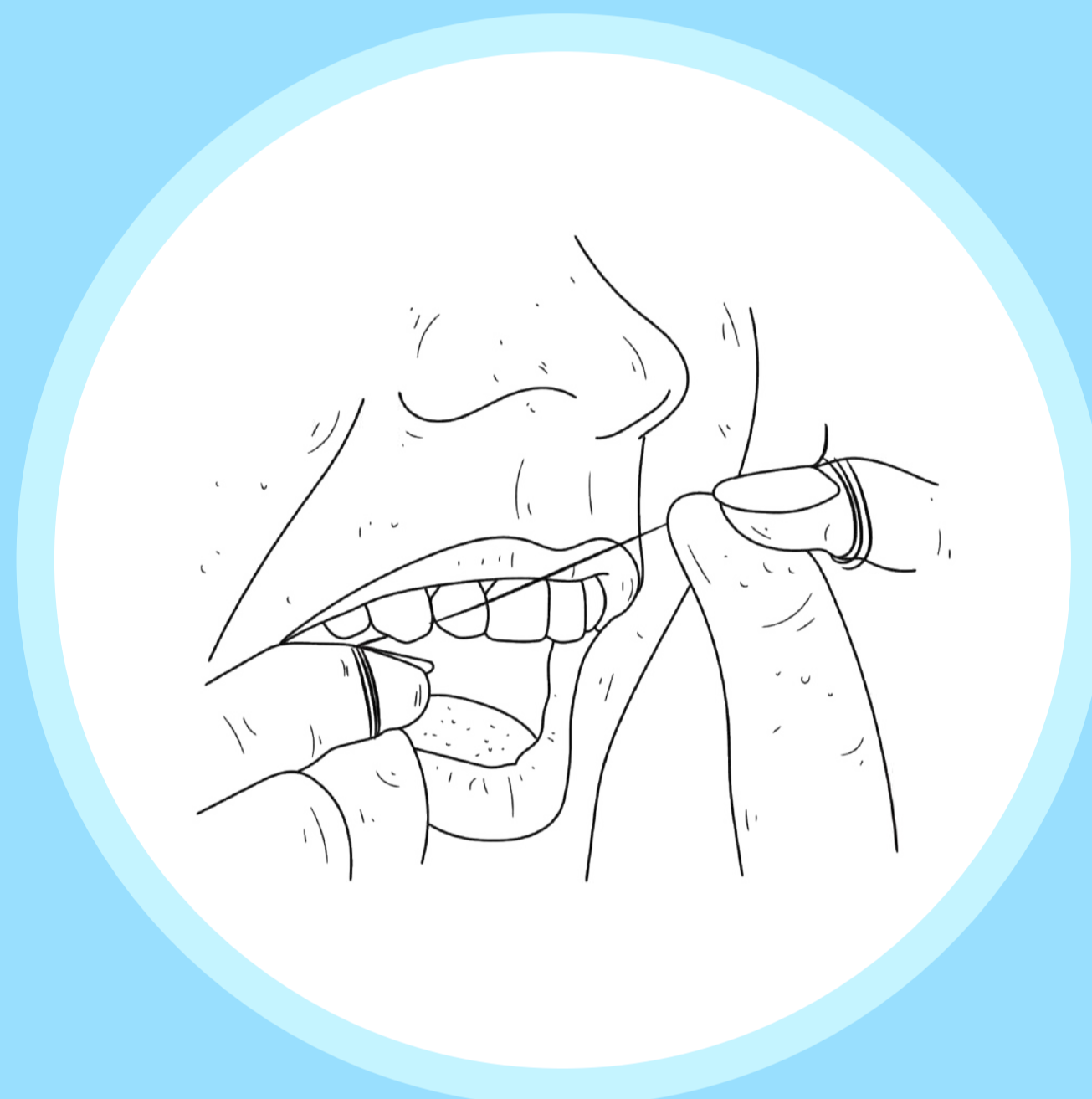
Heart Palpitation (p. 4 of 4)



Show Claws and Flash Wings



Black Dragon Pushes Its Claws



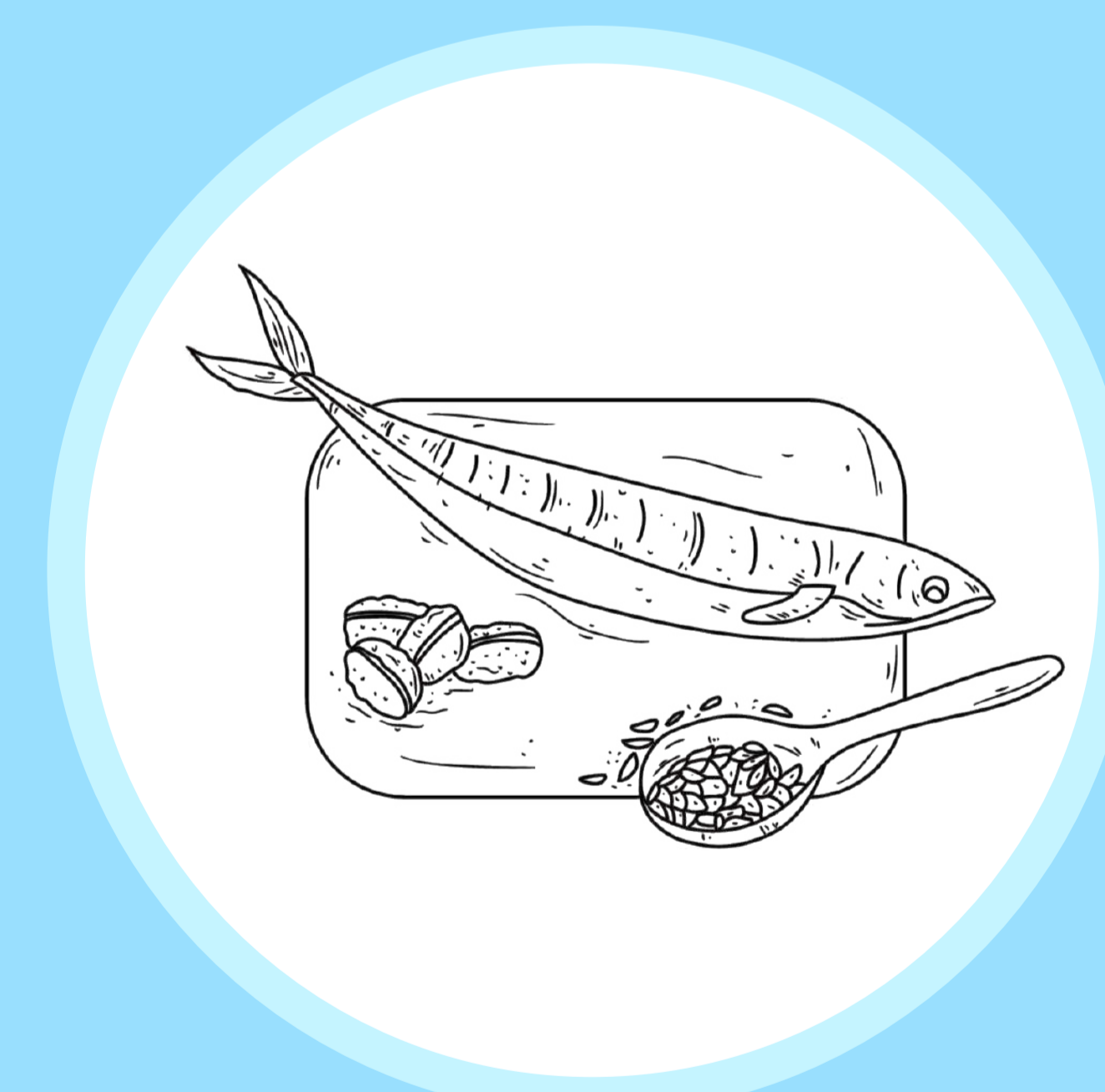
Floss



Limit Sugars



Dark Chocolate



Omega 3s