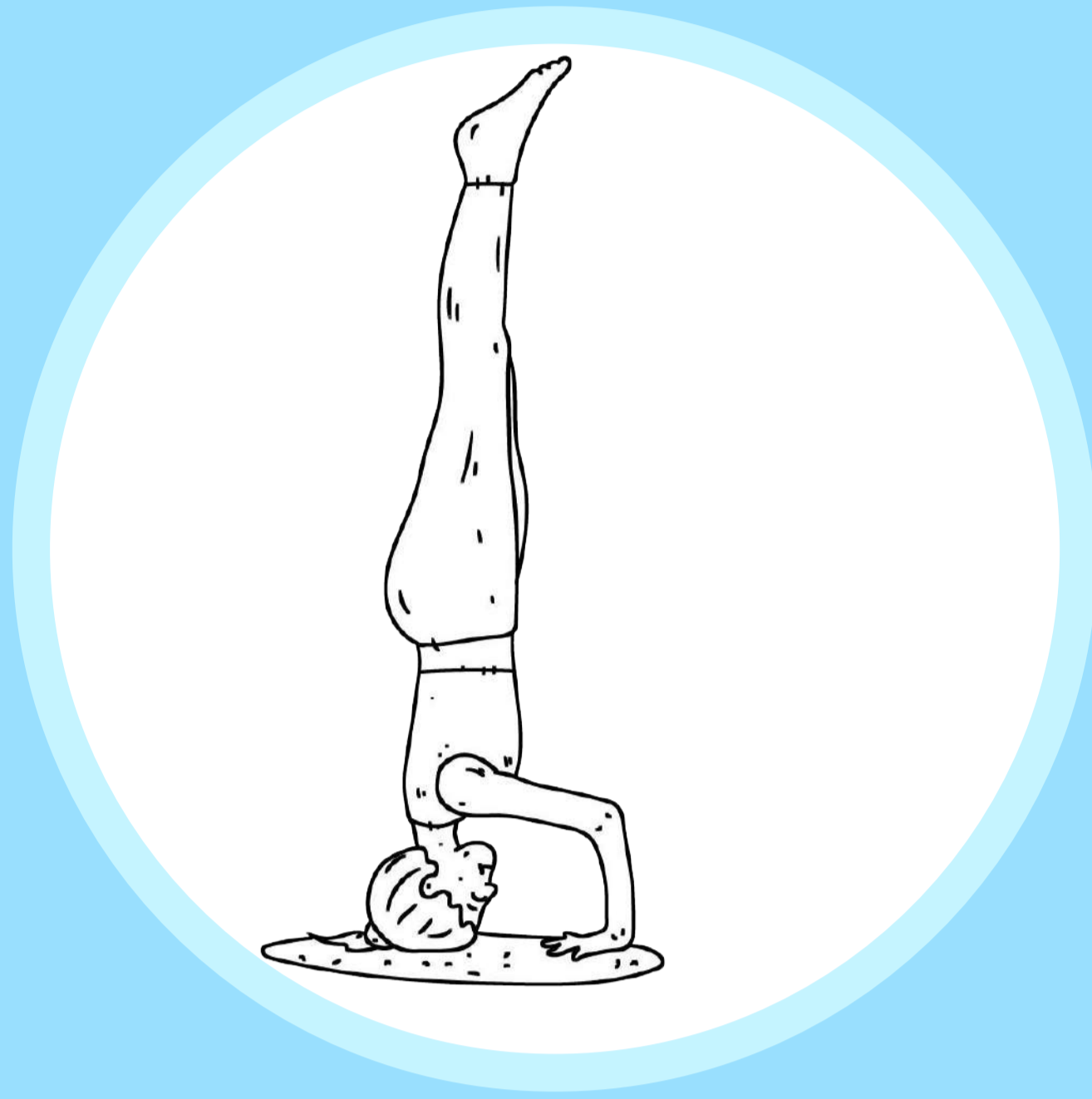
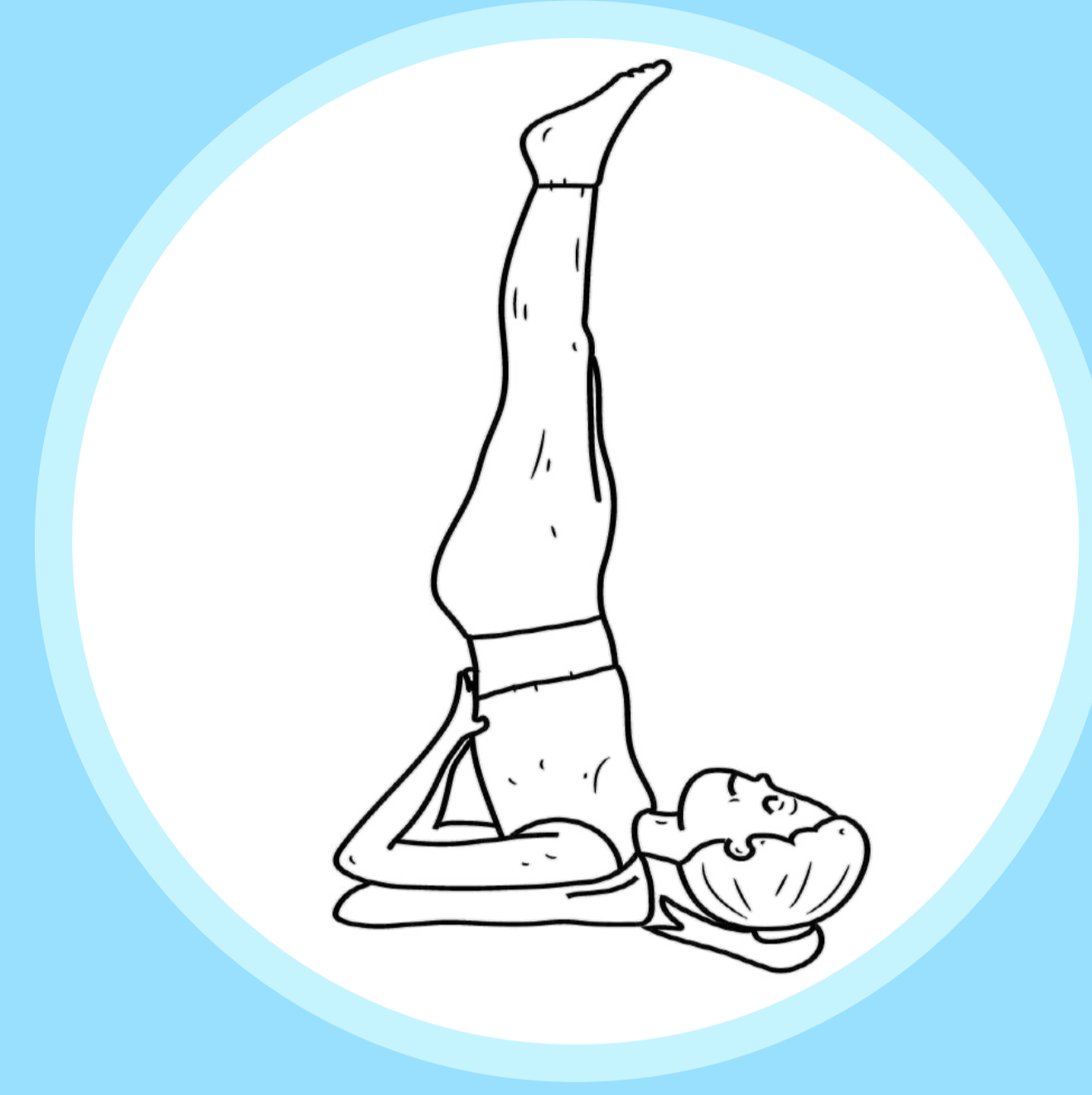


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Prostate Health and Hernias (p. 1 of 10)



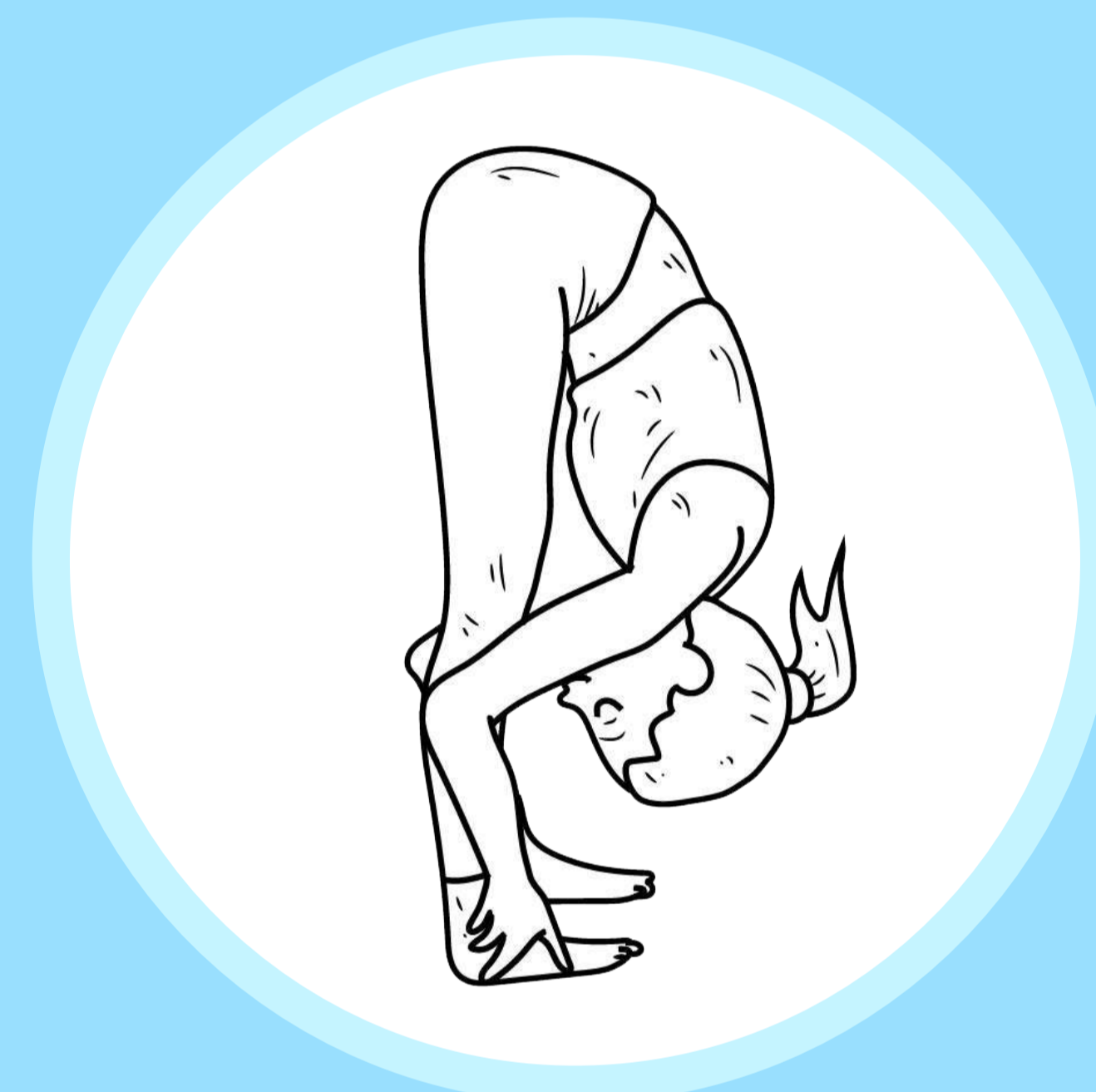
Sirsasana
(head stand)



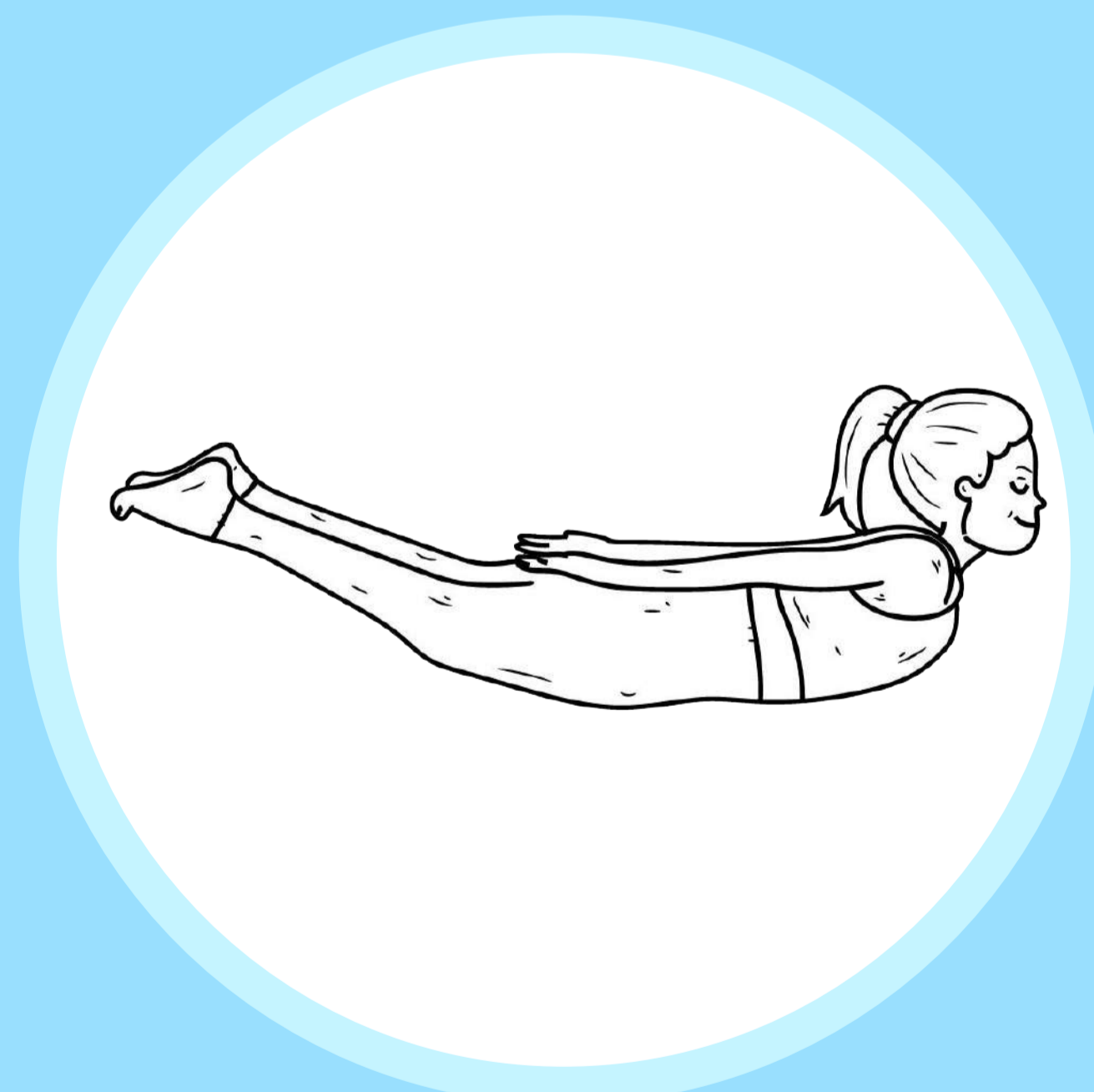
Sarvāngāsana
(shoulder stand)



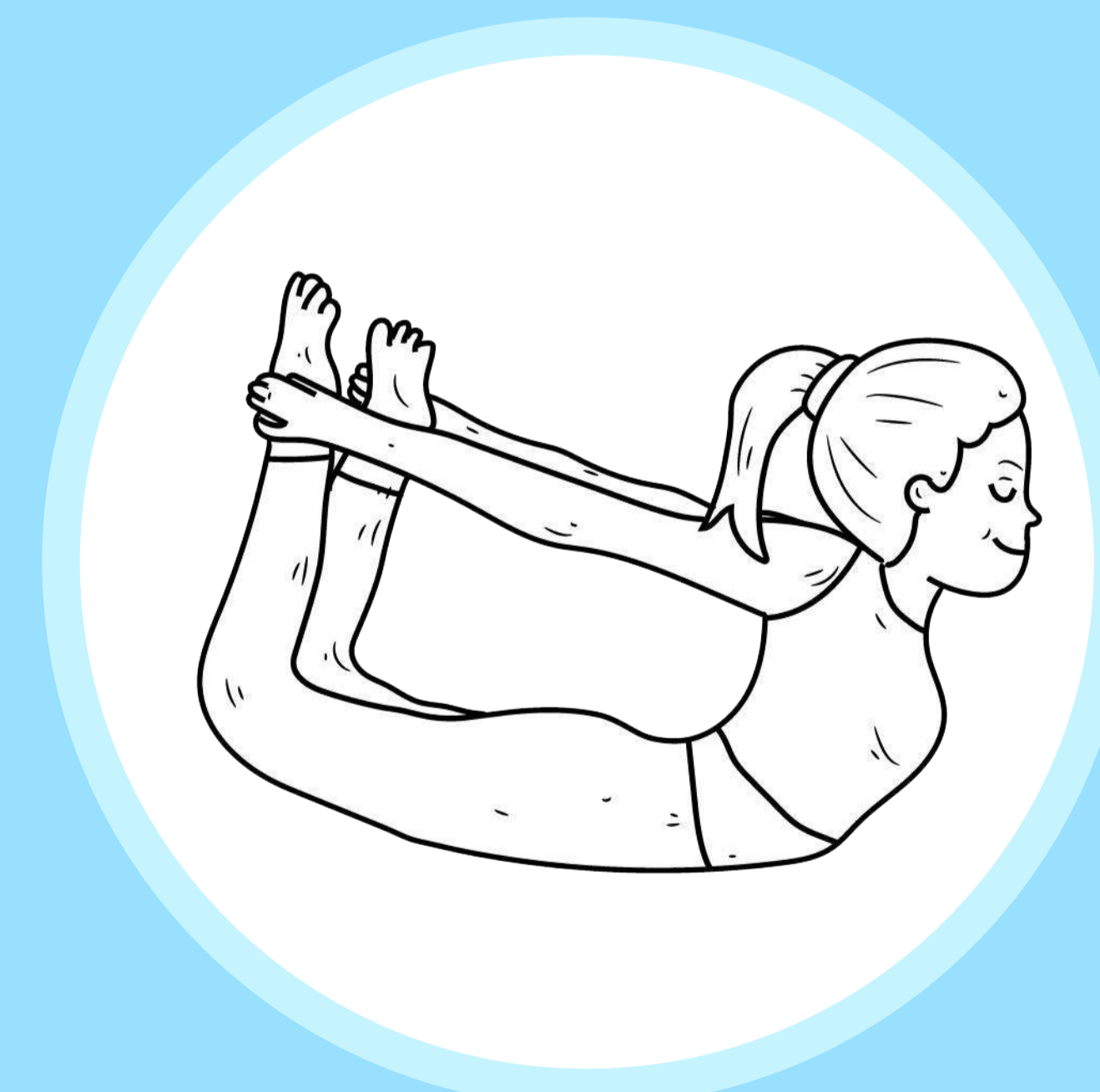
Pārśva Halāsana
(side plow)



Uttānāsana
(forward fold)



Śālābhāsanā
(locust)#



Dhanurāsana
(bow)#

especially good for prostate health.

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

Prostate Health and Hernias (p. 2 of 10)



Adhomukha Śvānāsana
(downward dog)



Nāvāsana
(boat)



Jānu-Śīrṣāsana
(head to knee)



Vīrāsana
(hero)#



Supta Vīrāsana
(reclined hero)#



Baddha Konāsana
(bound angle)

especially good for prostate health.

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

Prostate Health and Hernias

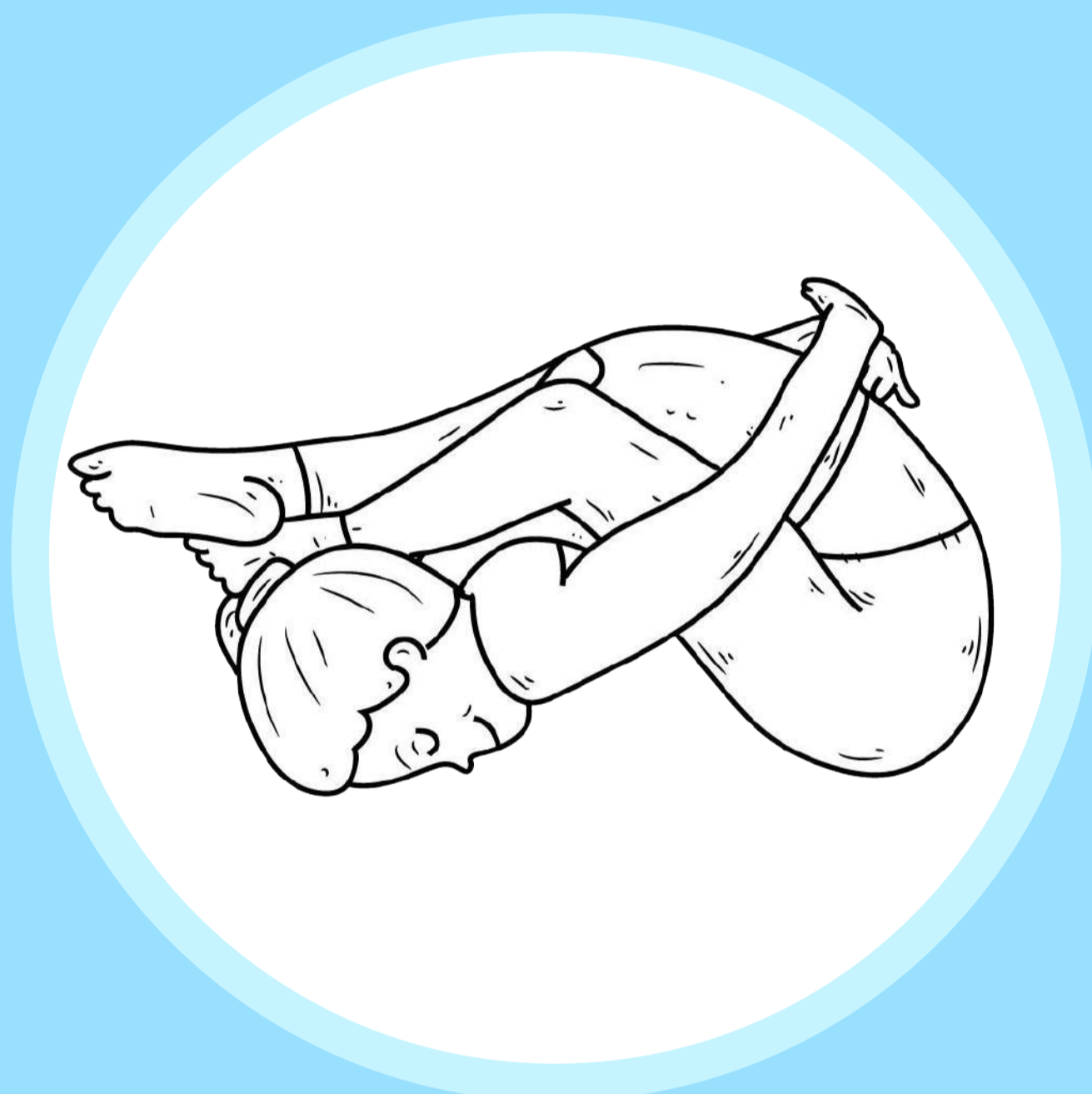
(p. 3 of 10)



Padmāsana
(lotus)#



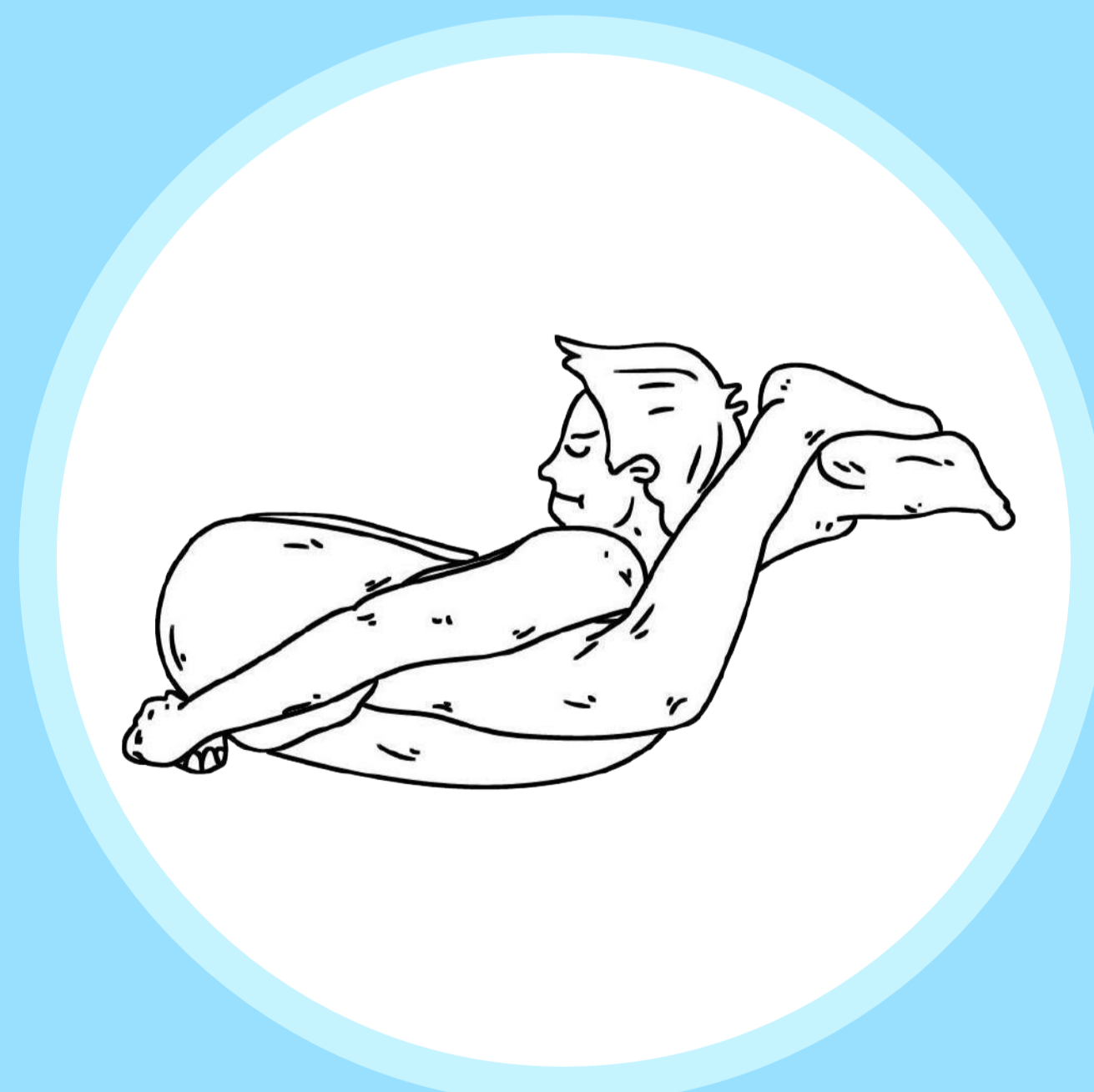
Kūrmāsana
(turtle)



Supta Kūrmāsana
(full turtle)



Ekapāda Śīrṣāsana
(foot behind the head)



Yoganidrasna
(state between sleep and wakefulness)



Ardha Marīchyāsana I
(bound forward fold)#

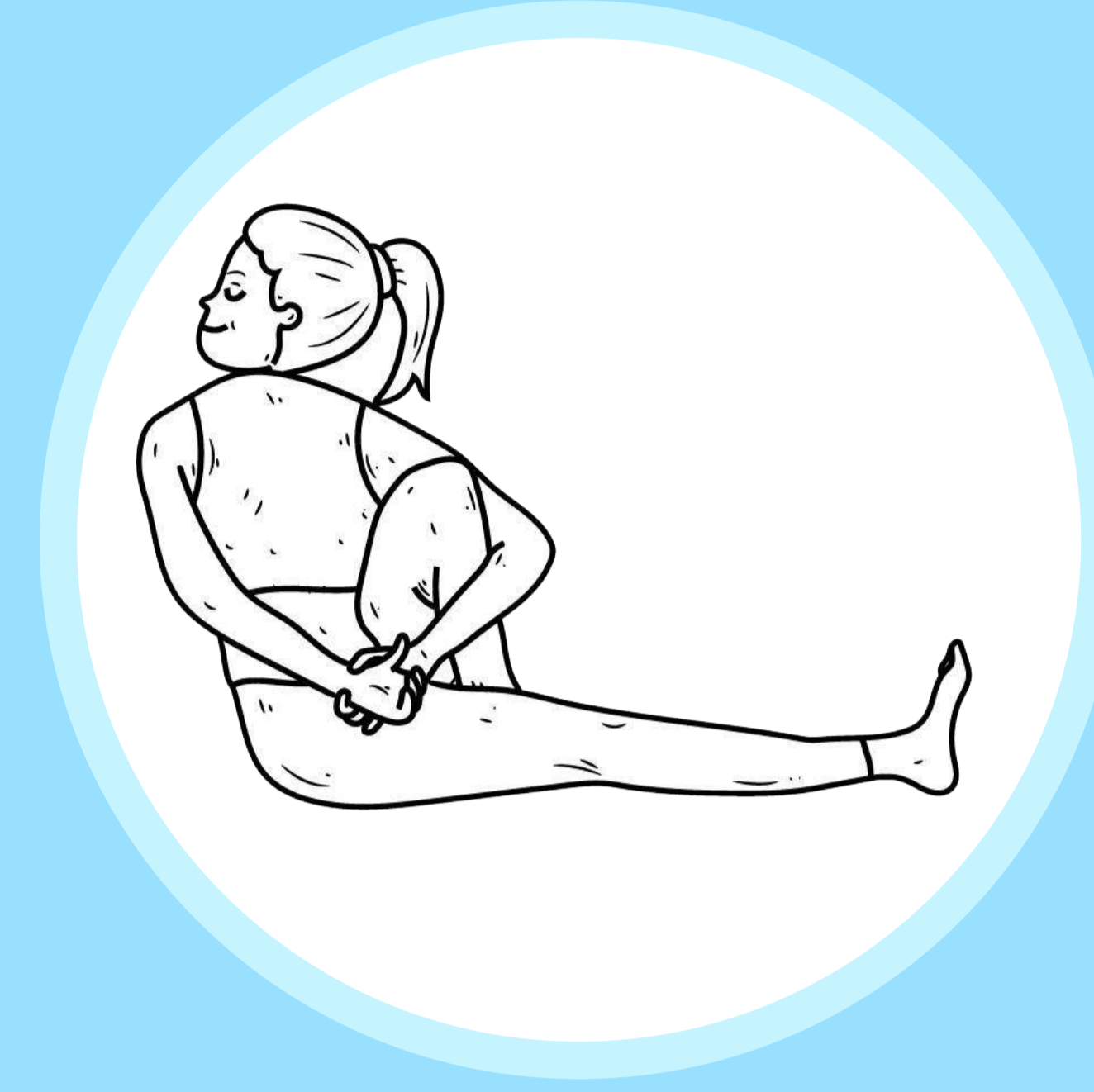
especially good for prostate health.

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

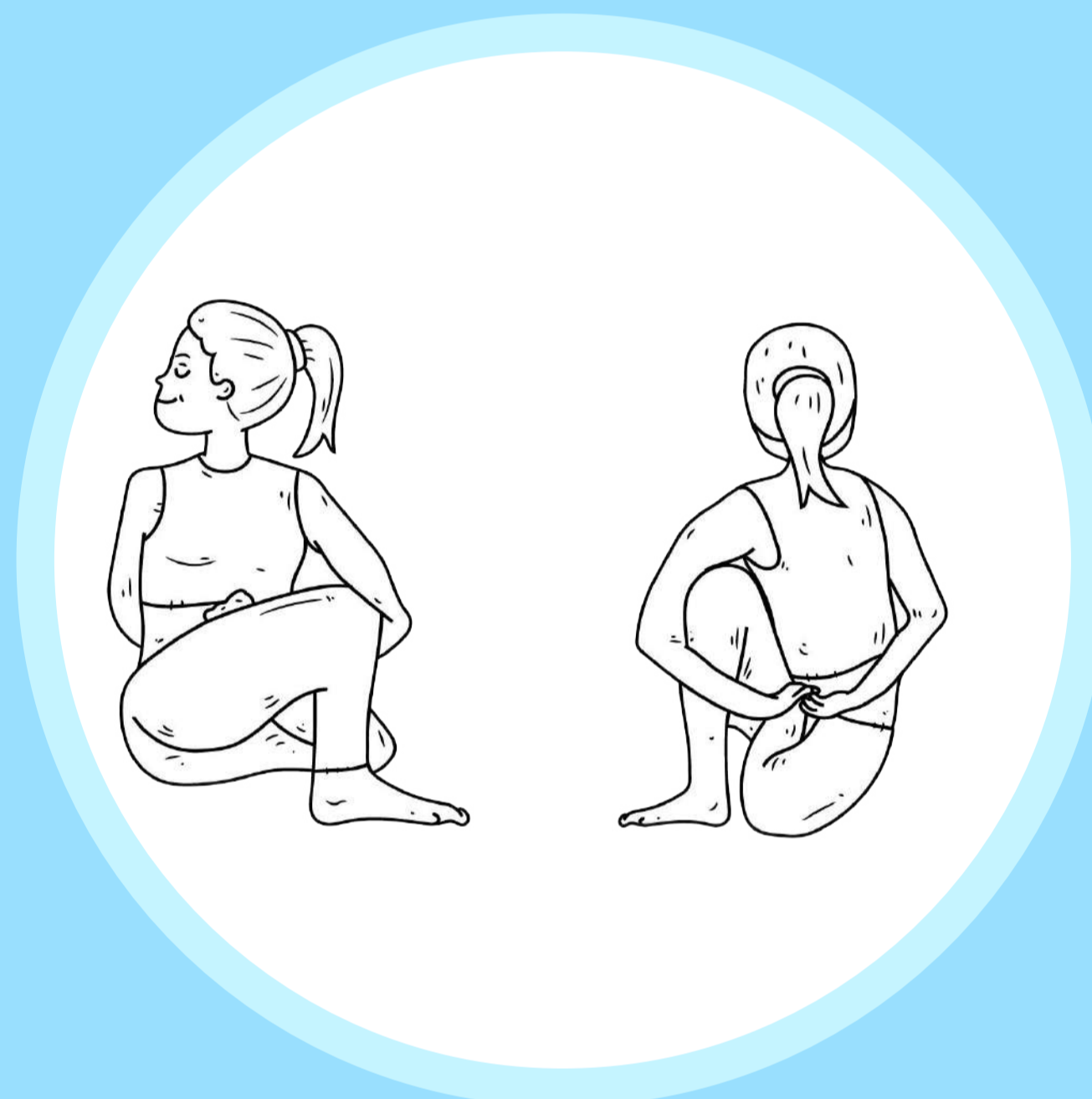
Prostate Health and Hernias (p. 4 of 10)



Ardha Marichyāsana II
(half lotus bound forward fold)#



Ardha Marichyāsana III
(bound twist)#



Ardha Marichyāsana IV
(half lotus bound twist)#



Pāsāsana
(cord)#



Hanumānāsana
(splits)



Mūlabandhāsana
(root lock)

especially good for prostate health.

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

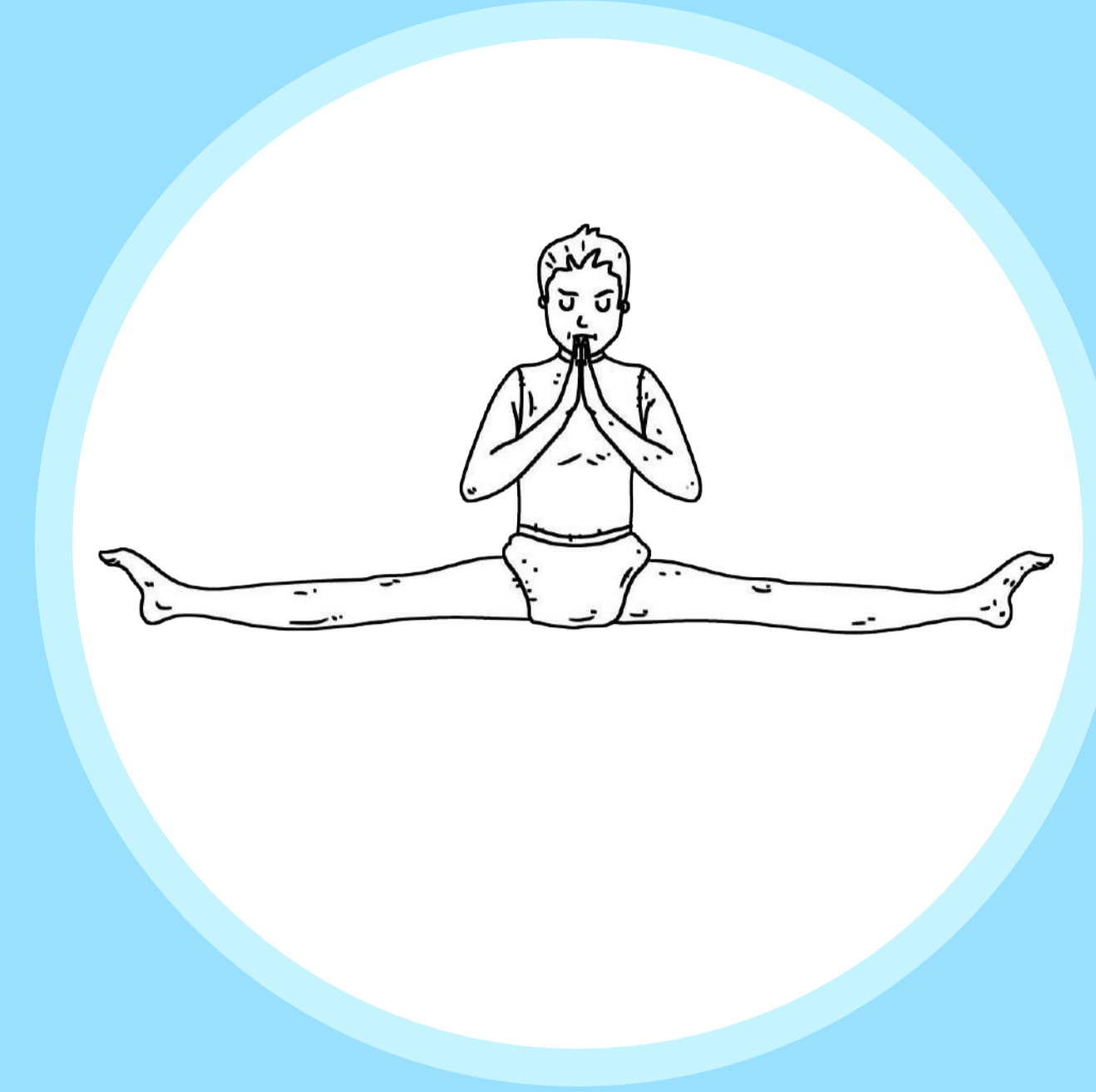
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Prostate Health and Hernias

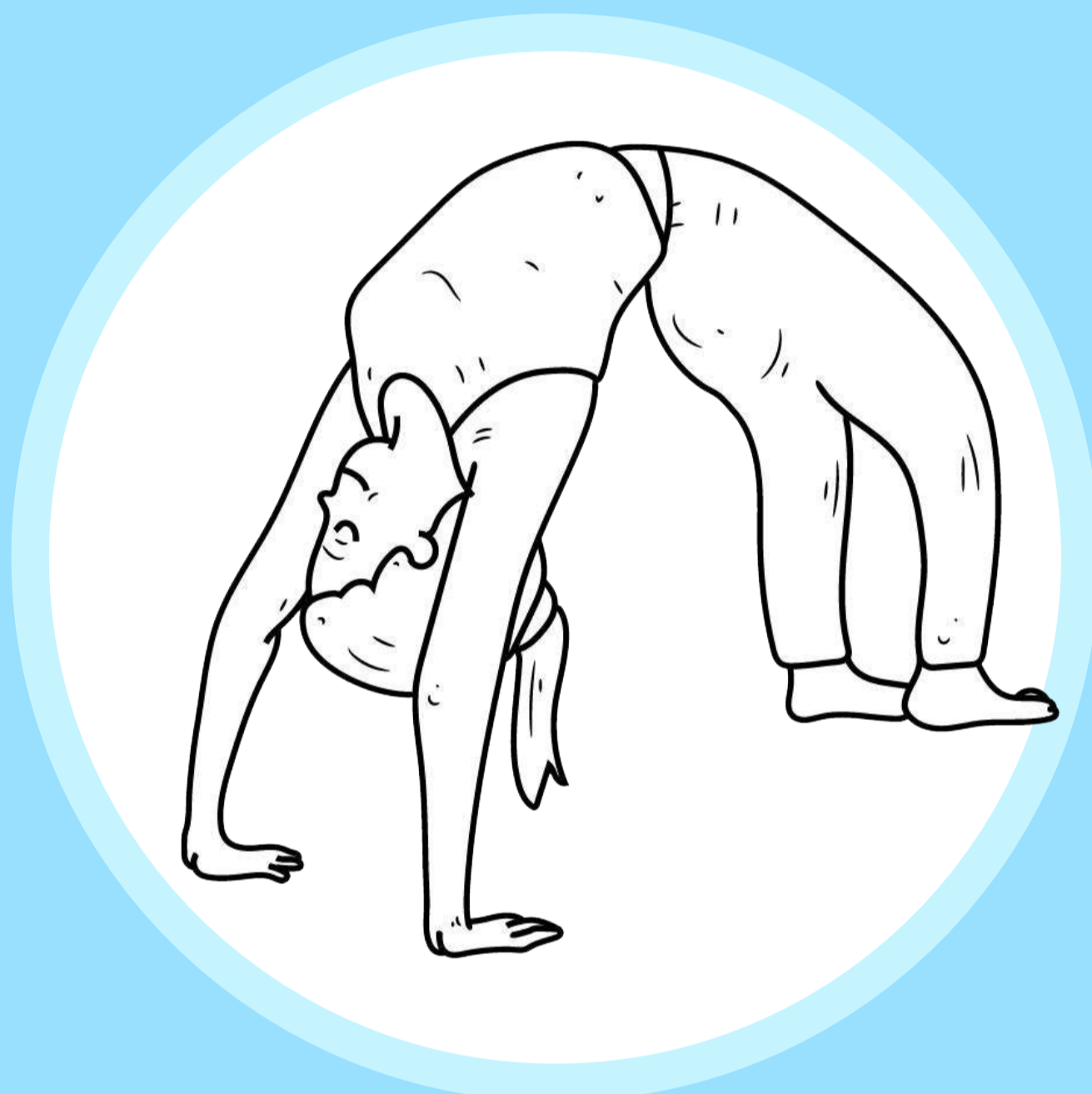
(p. 5 of 10)



Kandāsana
(navel)#



Samakoṇāsana
(even angle)



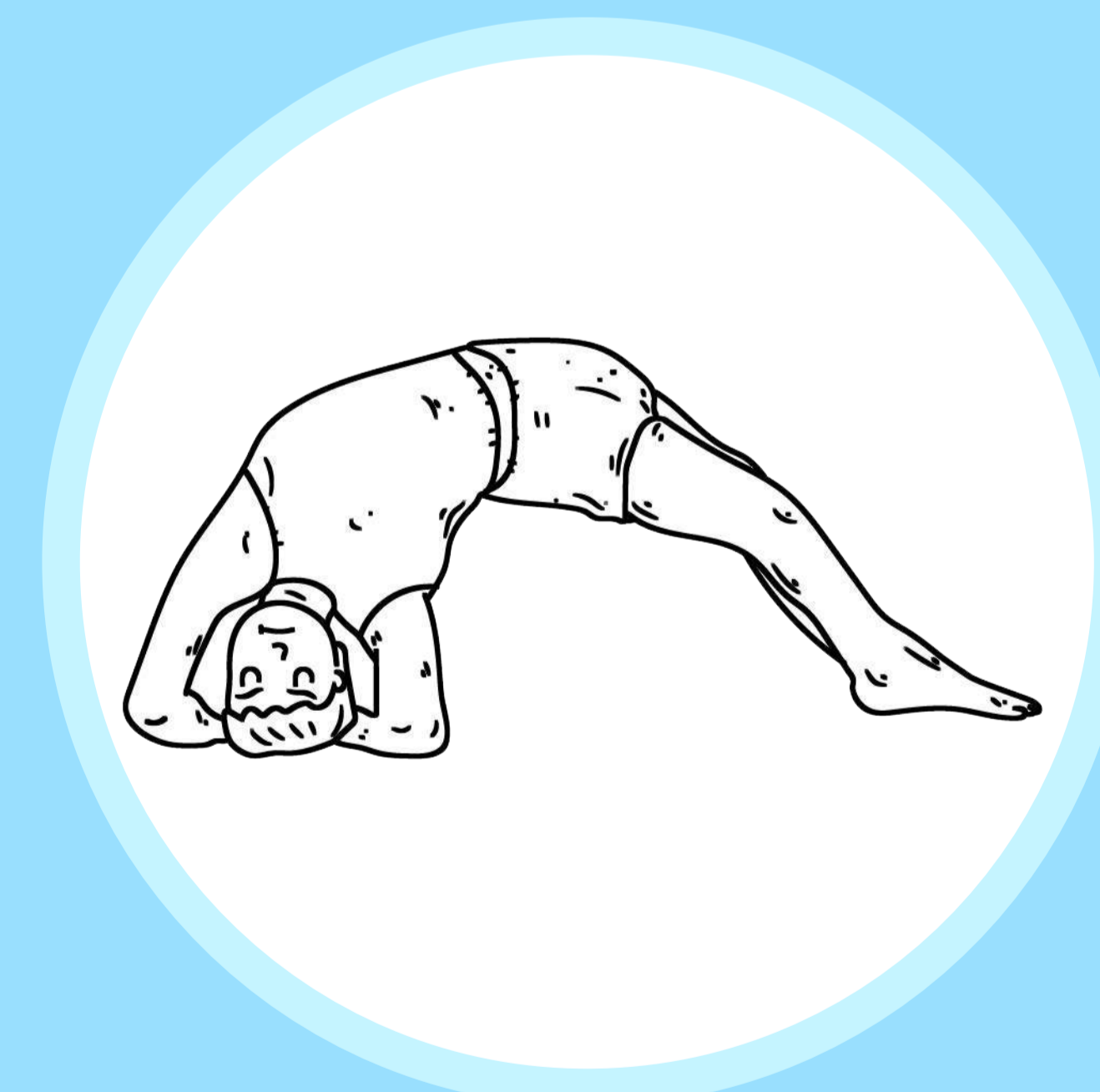
Chakrāsana
(wheel)



Viparīta Chakrāsana
(inverted wheel)#



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)



Maṇḍalāsana
(circle)#

especially good for prostate health.

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

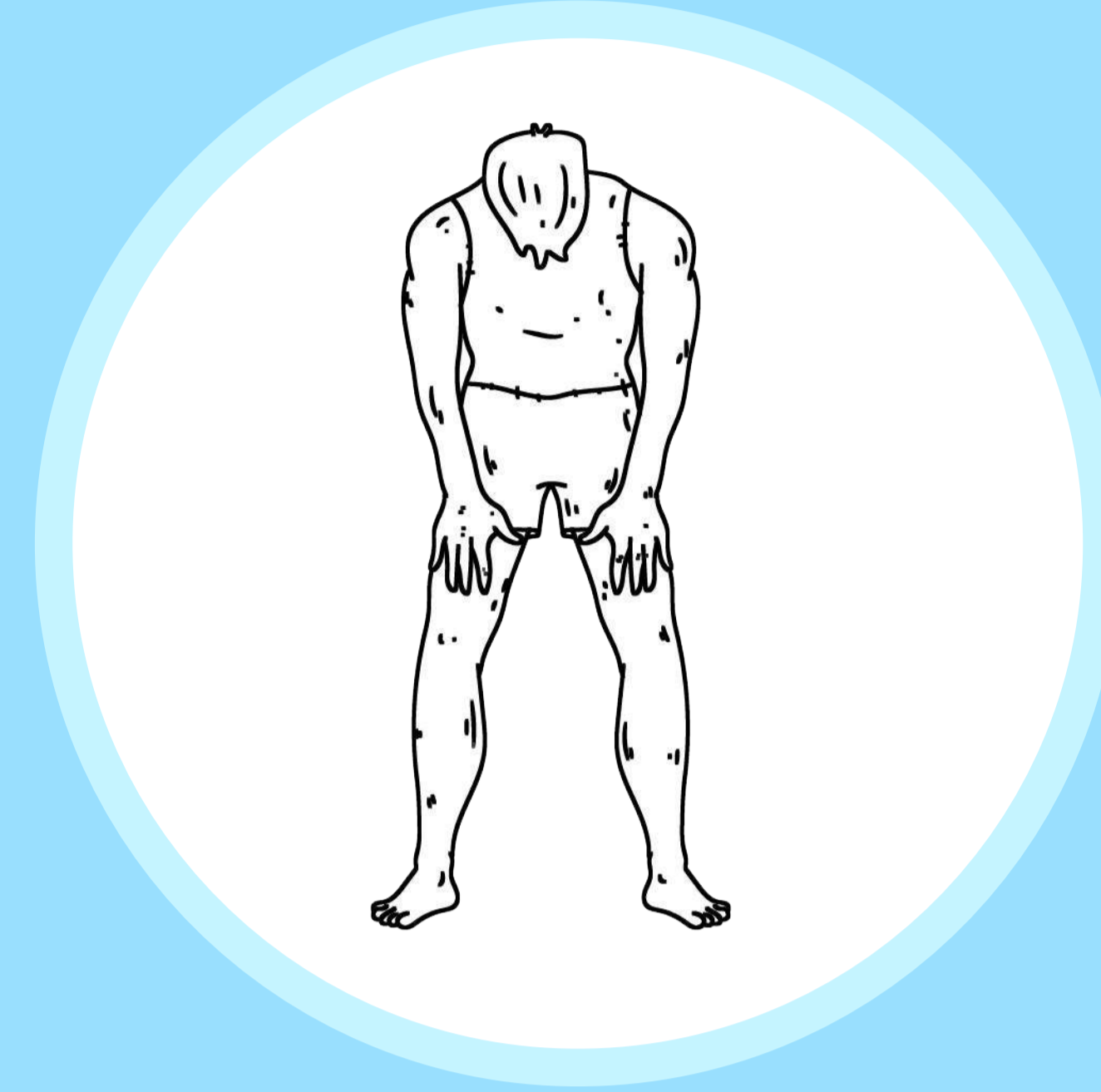
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Prostate Health and Hernias

(p. 6 of 10)



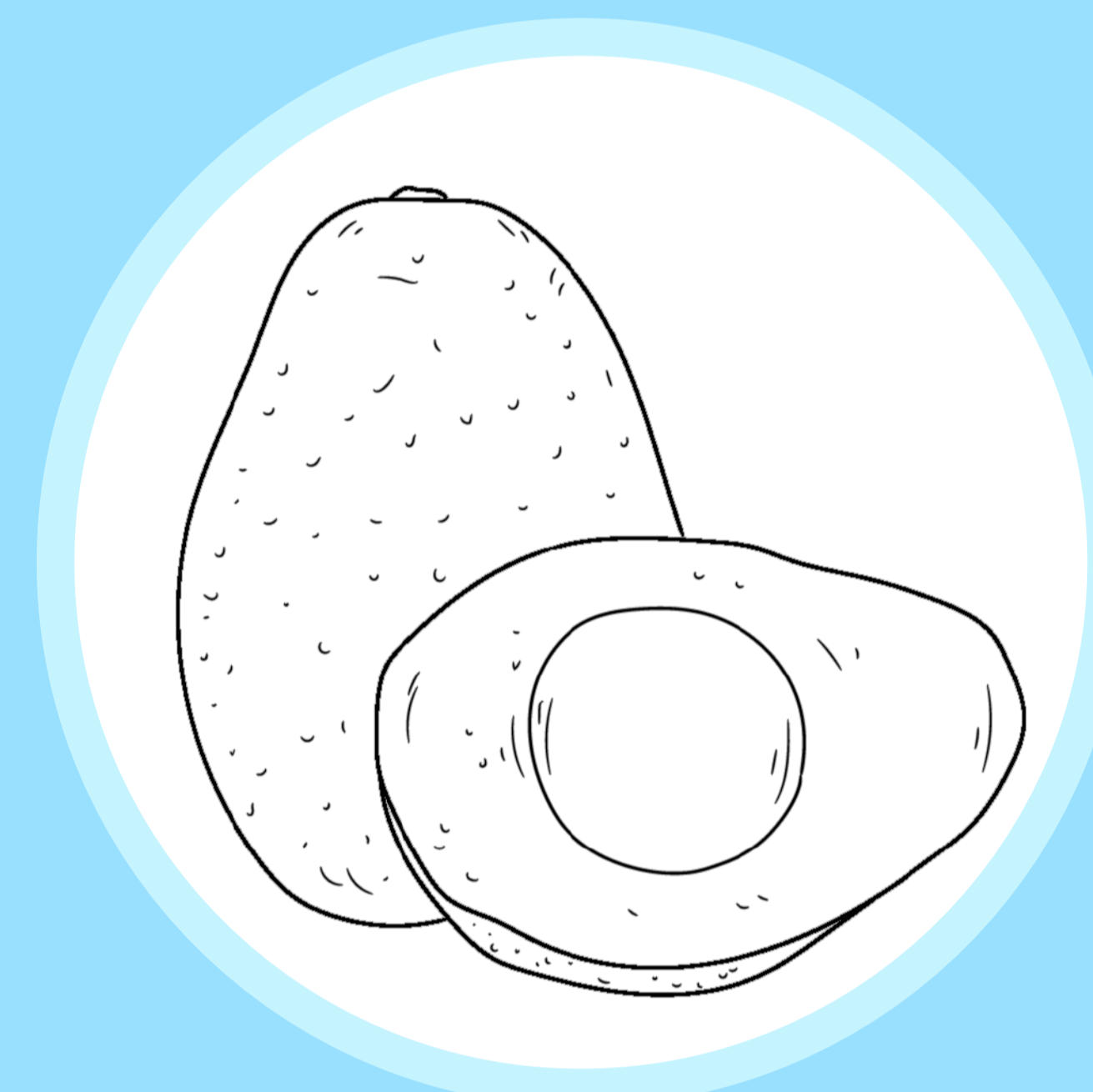
Nādi Śodhana
(alternate nostril breathing)#



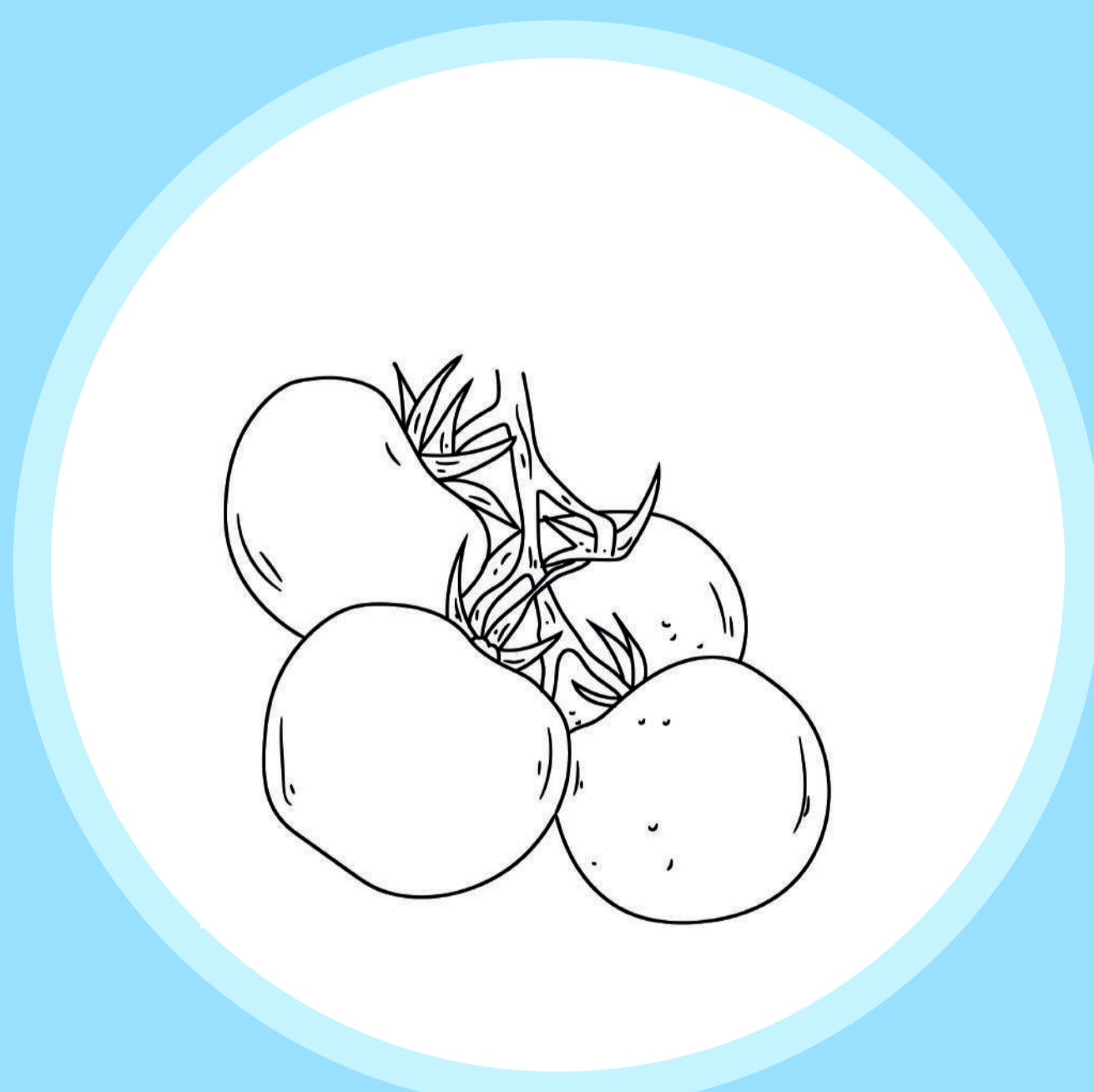
Uddiyana



Ujjayi Pranayama with Retention#



Avocado#



Tomatoes#



Zinc#

especially good for prostate health.

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

Prostate Health and Hernias

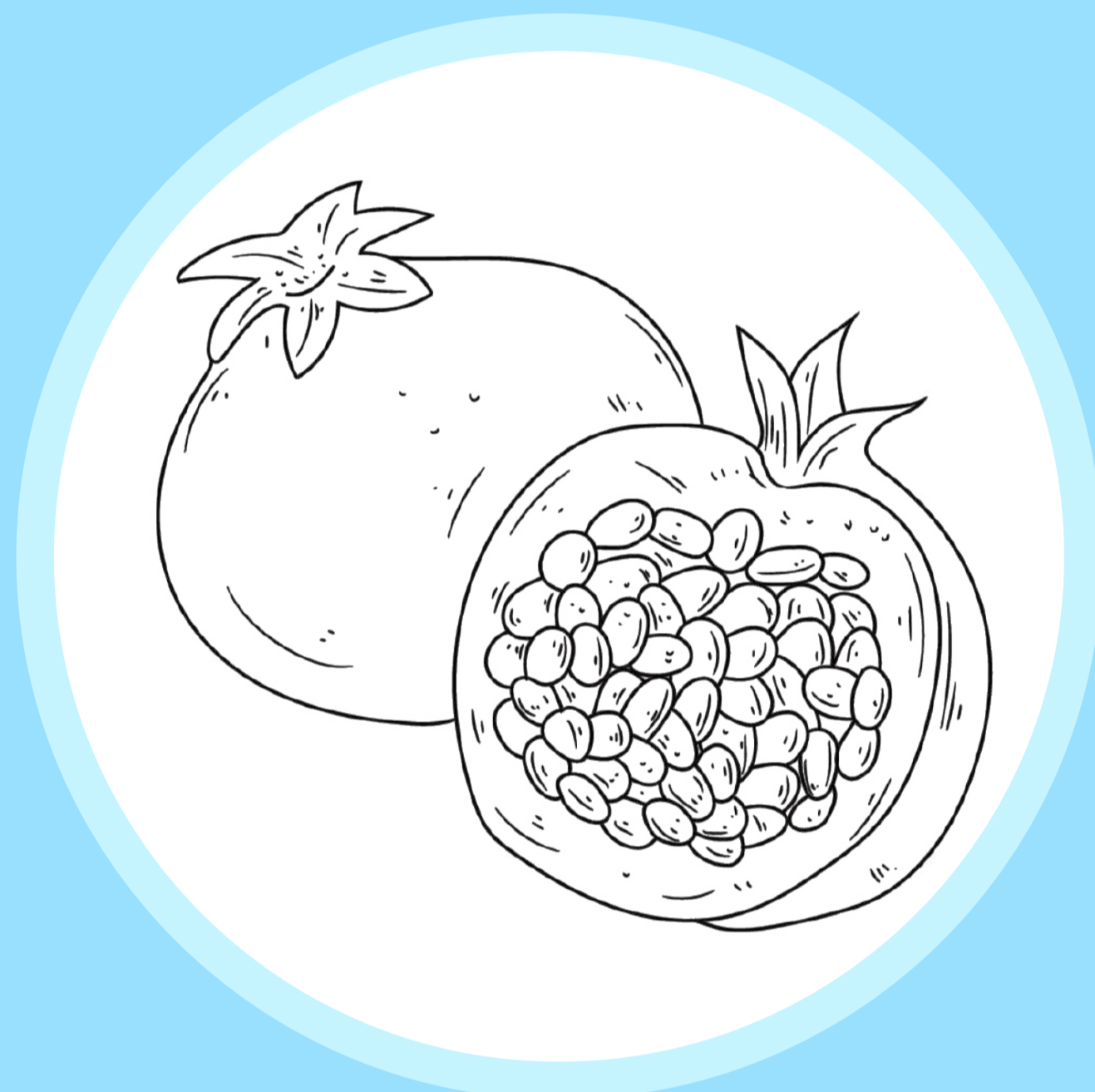
(p. 7 of 10)



Green Tea#



Limit Caffeine#



Pomegranates#



Selenium via Fish and Brazil Nuts#



Vitamin E#



Dwipāda Śīrṣāsana
(both feet behind head)

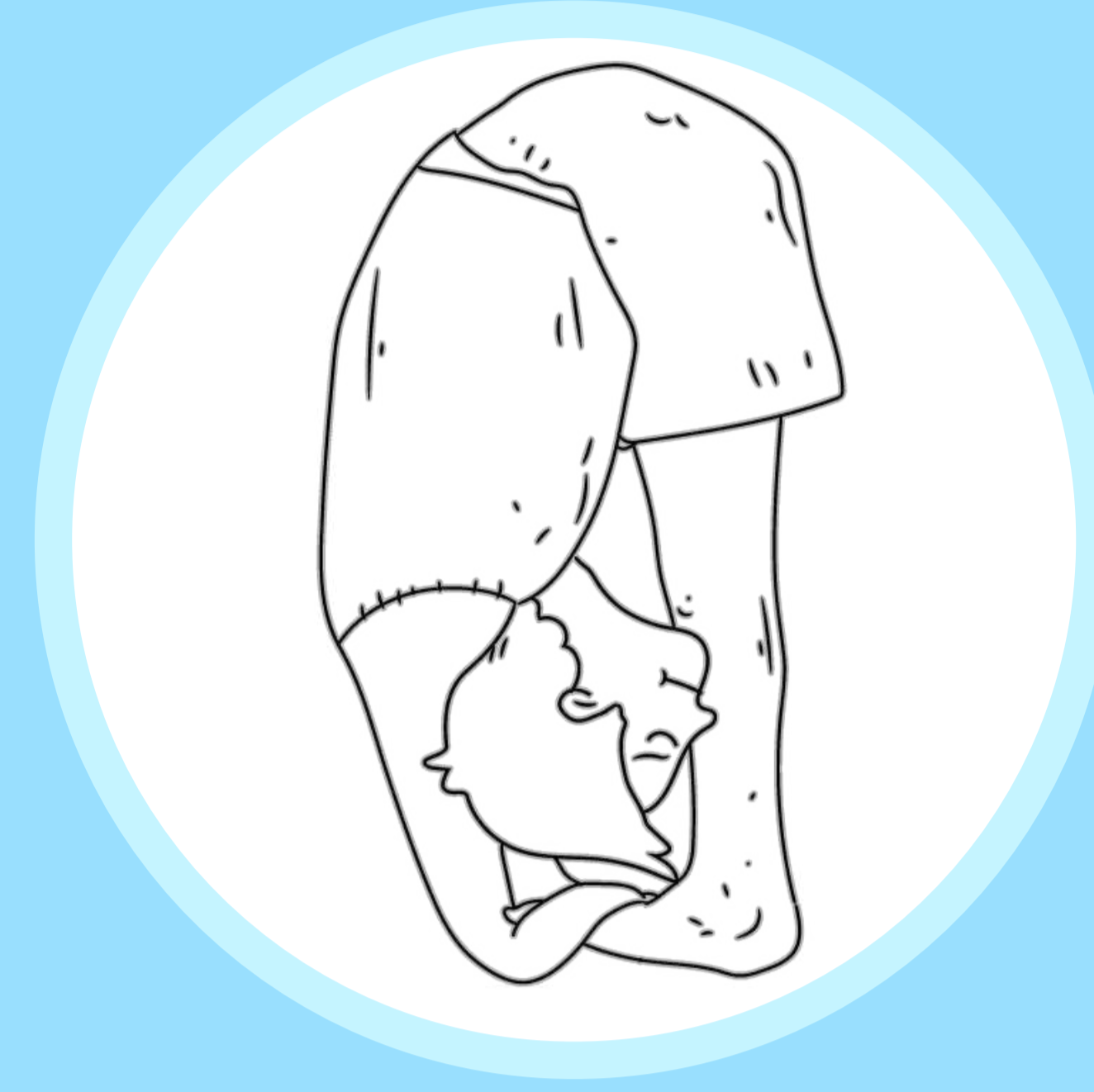
especially good for prostate health.

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

Prostate Health and Hernias (p. 8 of 10)



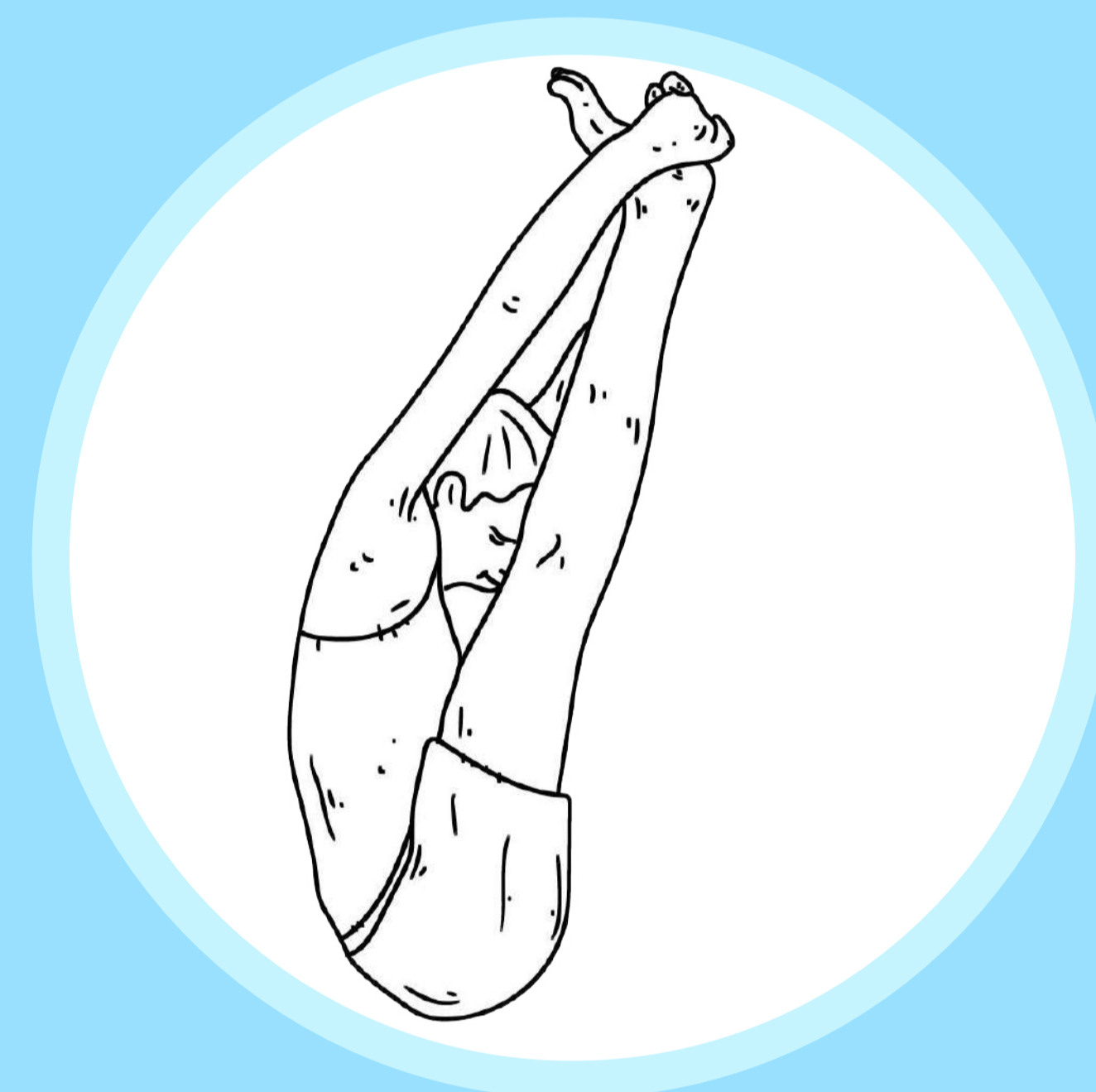
Pādānguṣṭhāsana
(hand to big toe)@



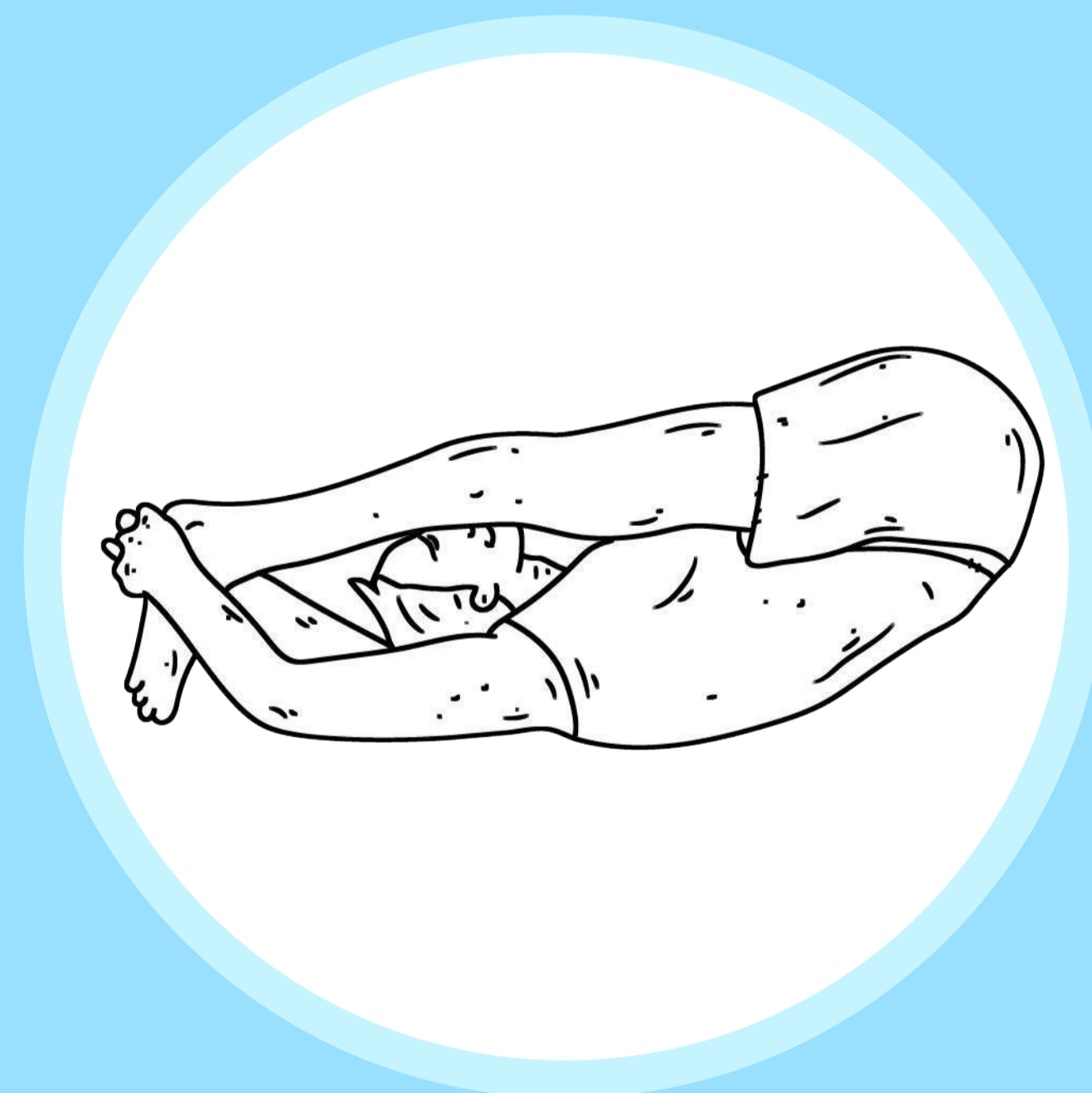
Pāda Hastāsana
(hand under foot)@



Ubhaya Pādānguṣṭhāsana
(upward staff)@



Ūrdhvamukha Paschimottānāsana
I (upward staff)@



Ūrdhvamukha Paschimottānāsana
II (inverted staff)@



Krouncāsana
(heron)@

@ especially good for hernias.

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

Prostate Health and Hernias

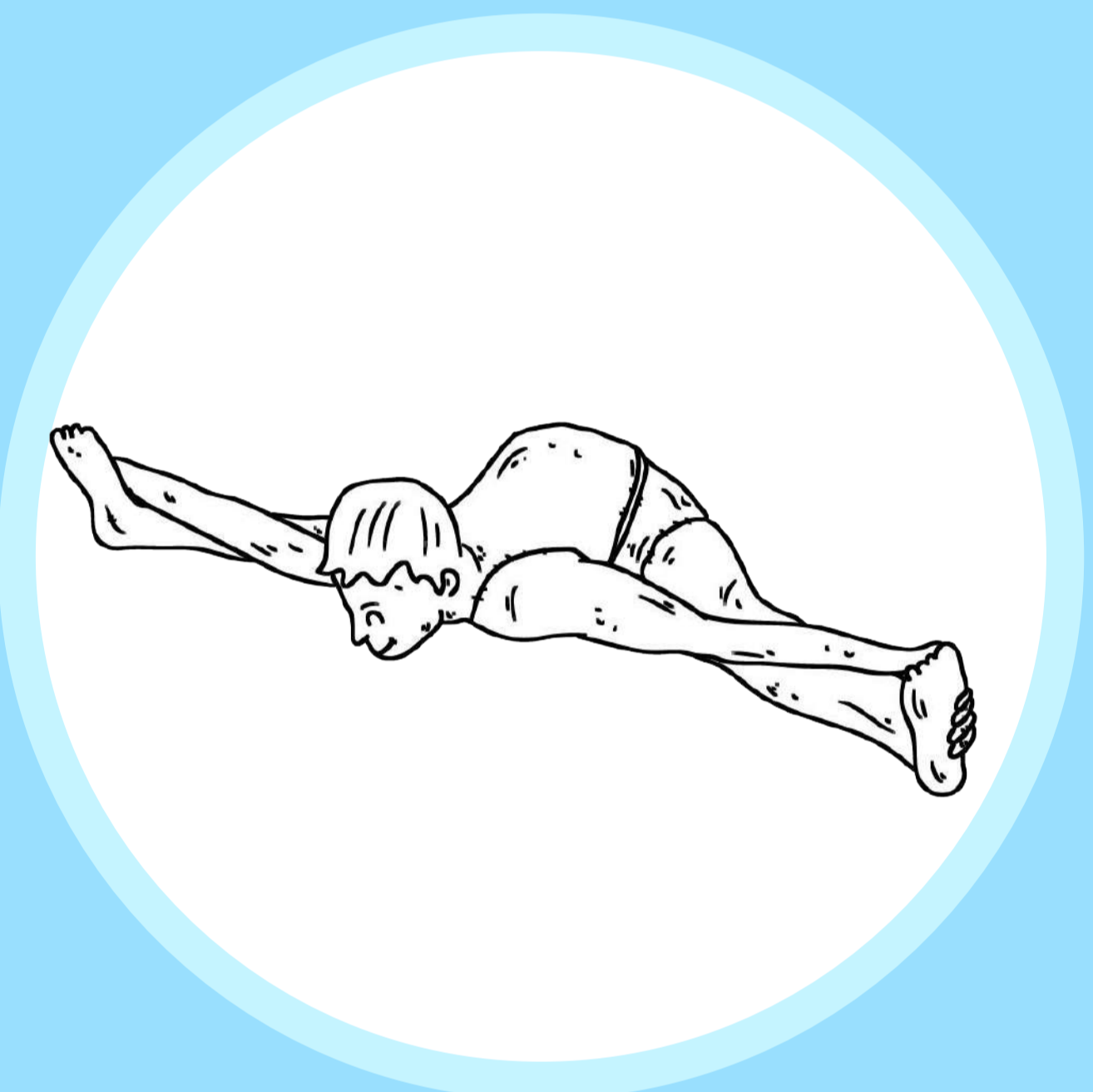
(p. 9 of 10)



Ākarṇa Dhanurāsana
(archer's pose)@



Supta Pādānguṣṭhāsana
(reclined big toe)@



Upaviṣṭha Koṇāsana
(seated angle)@



Paschimottānāsana
(staff)@



Yogadaṇḍāsana
(yoga staff pose)@



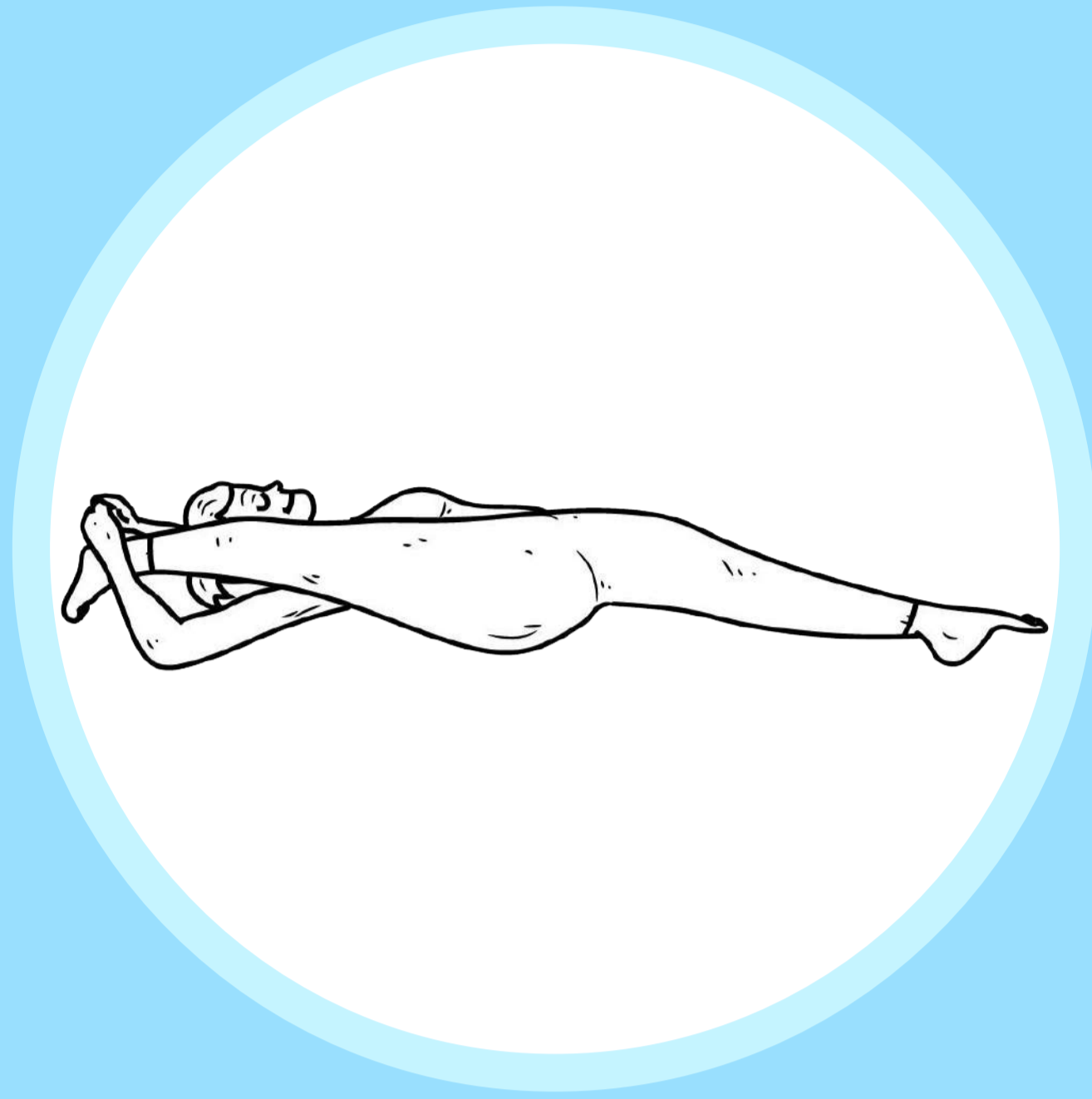
Viparita Karani
(legs-up-the-wall)@

@ especially good for hernias.

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

Prostate Health and Hernias (p. 10 of 10)



Supta Trivikramāsana
(reclining three step)@

@ especially good for hernias.

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