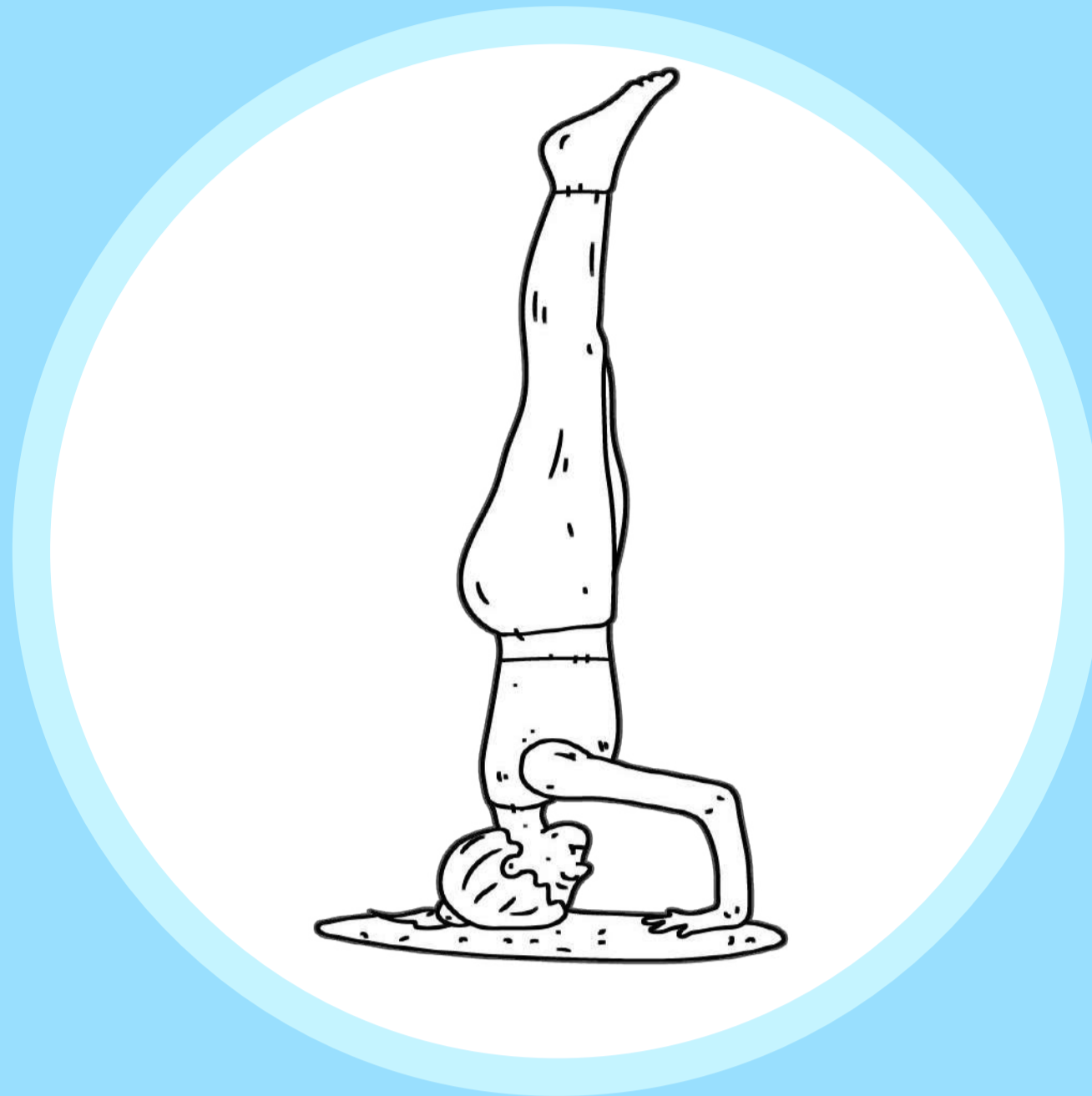
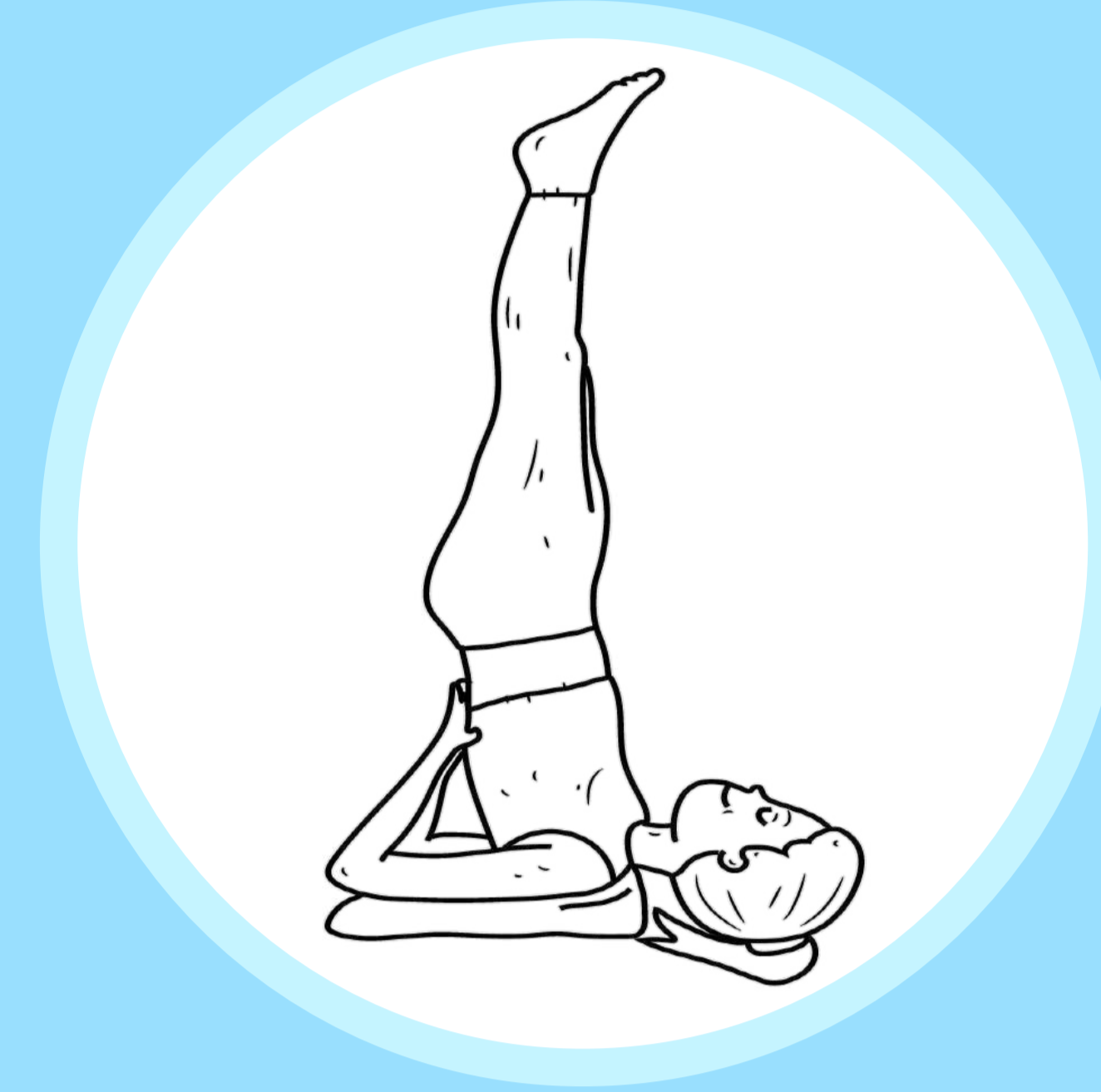


Cold (p. 1 of 4)



Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



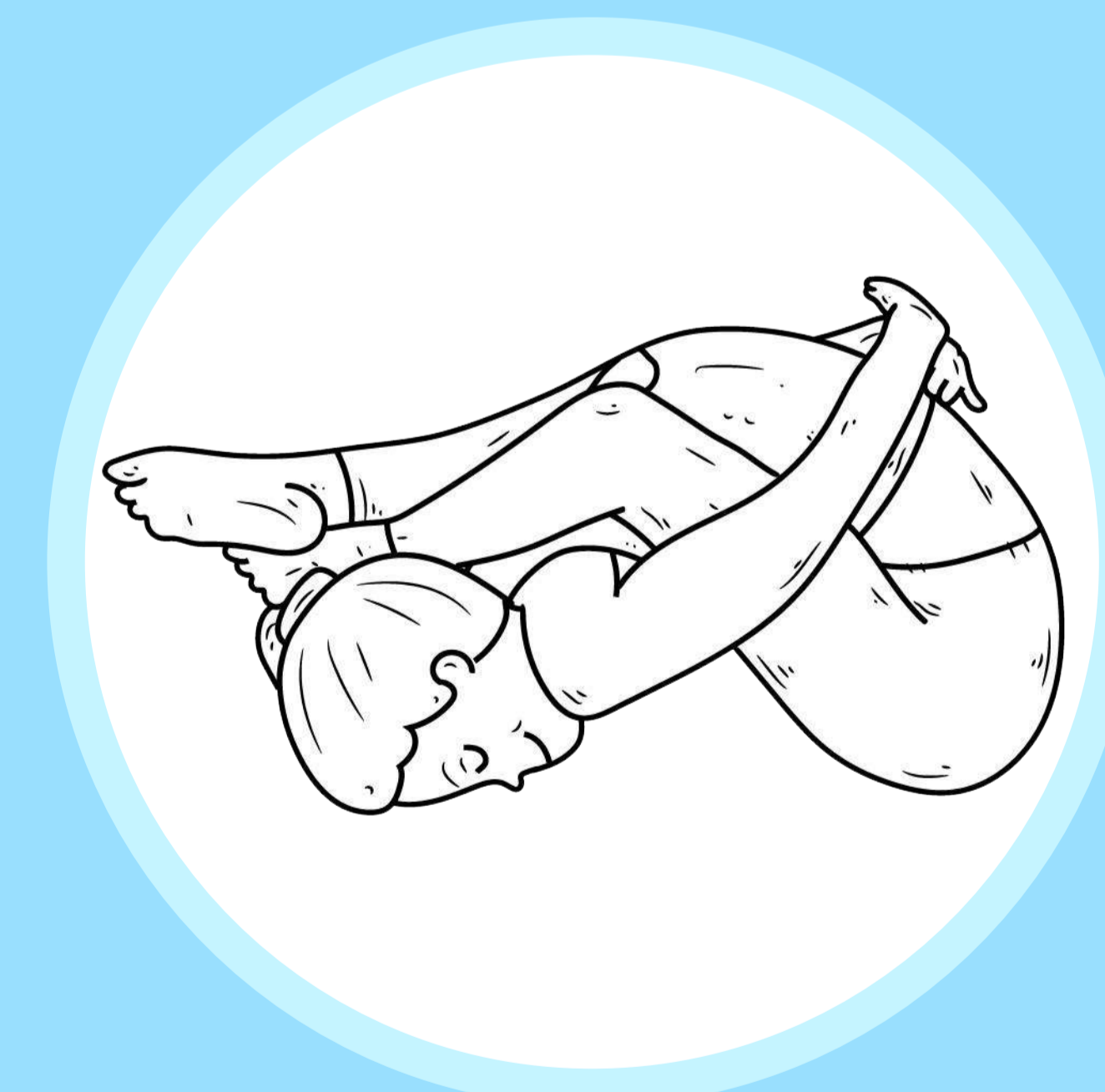
Uttānāsana
(forward fold)



Paschimottānāsana
(staff)

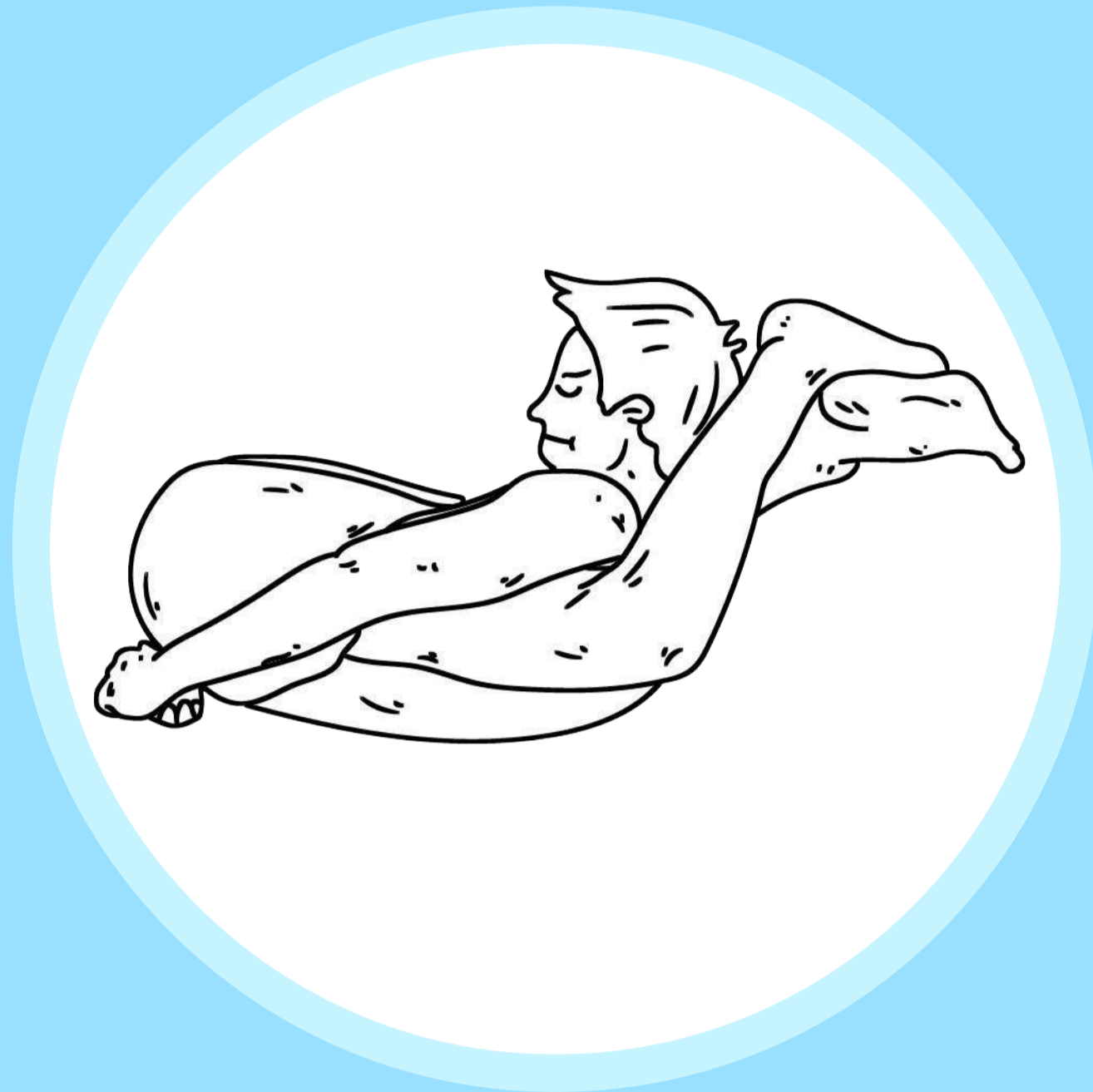


Kūrmāsana
(turtle)



Supta Kūrmāsana
(full turtle)

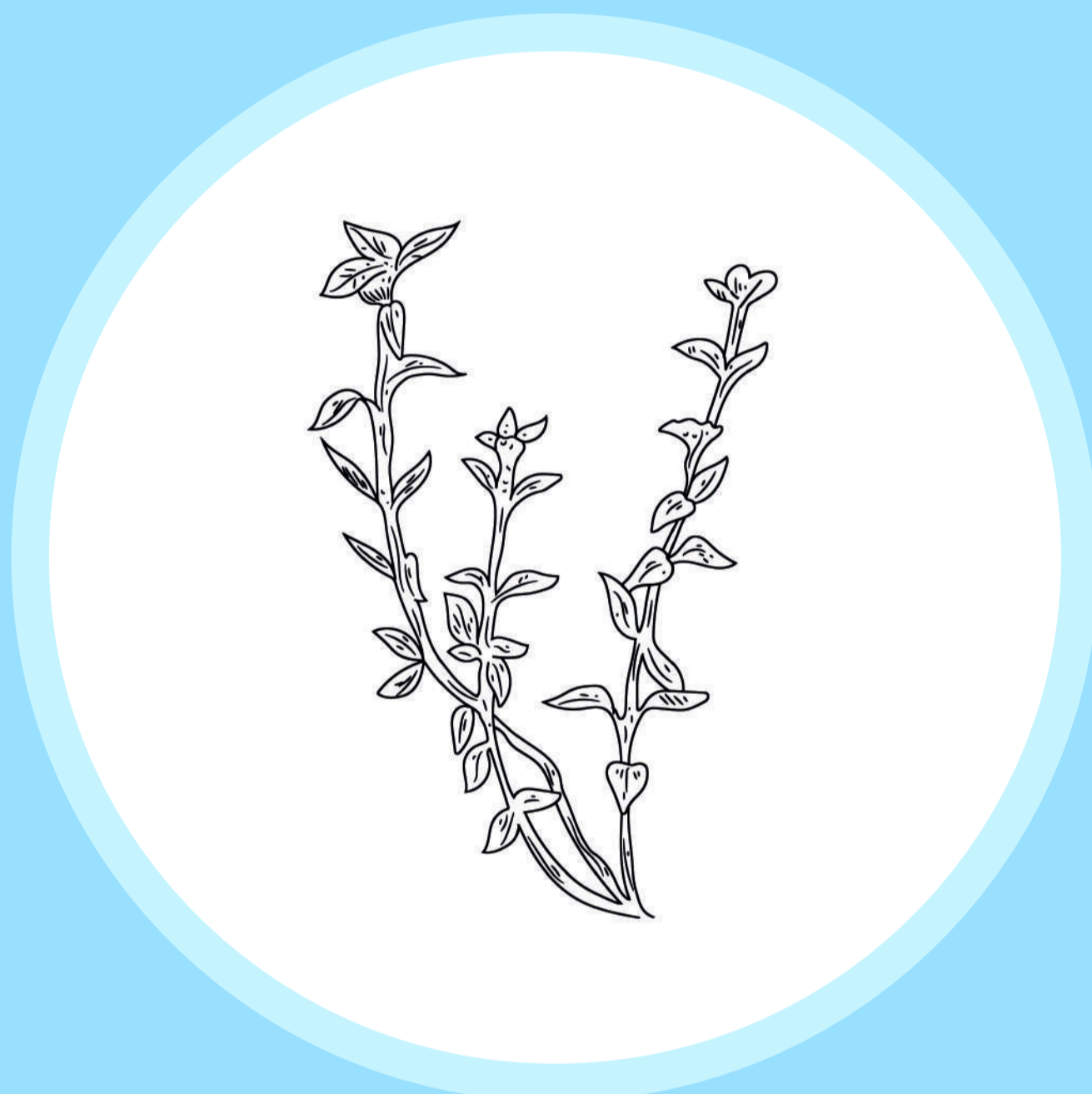
Cold (p. 2 of 4)



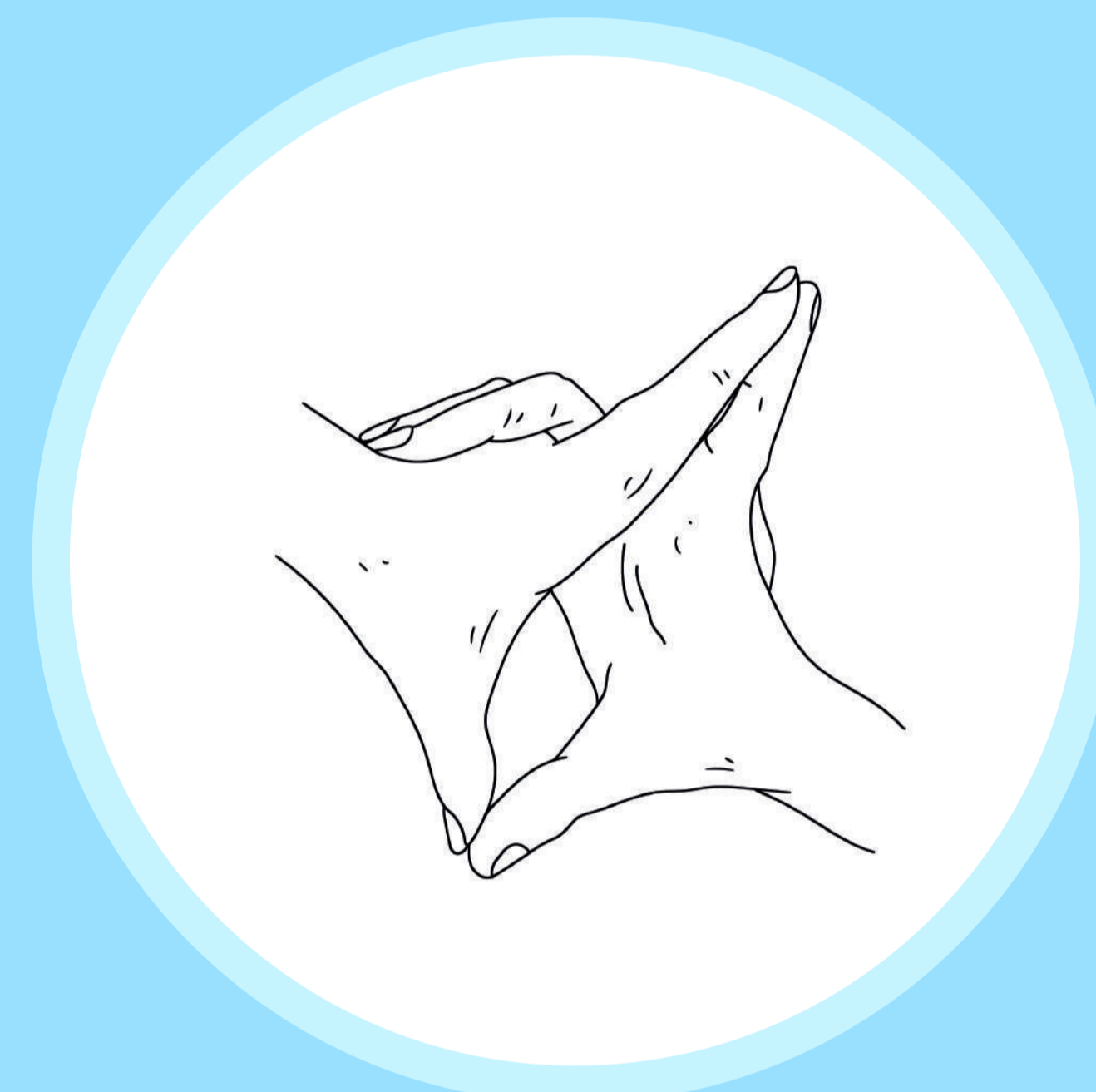
Yoganidrasna
(state between sleep and wakefulness)



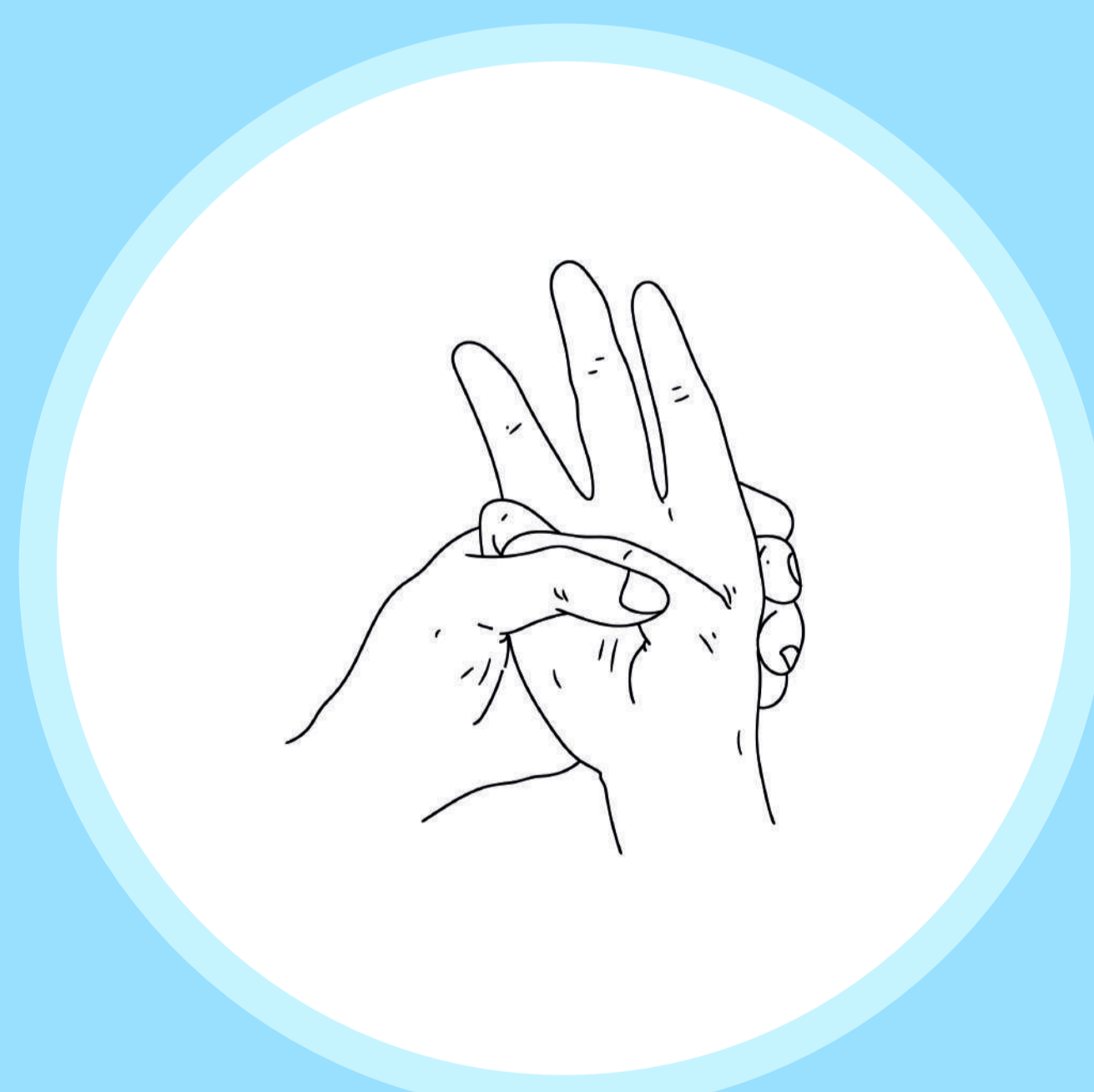
Ujjayi Pranayama with Retention



Thyme



Uttarabodhi Mudra

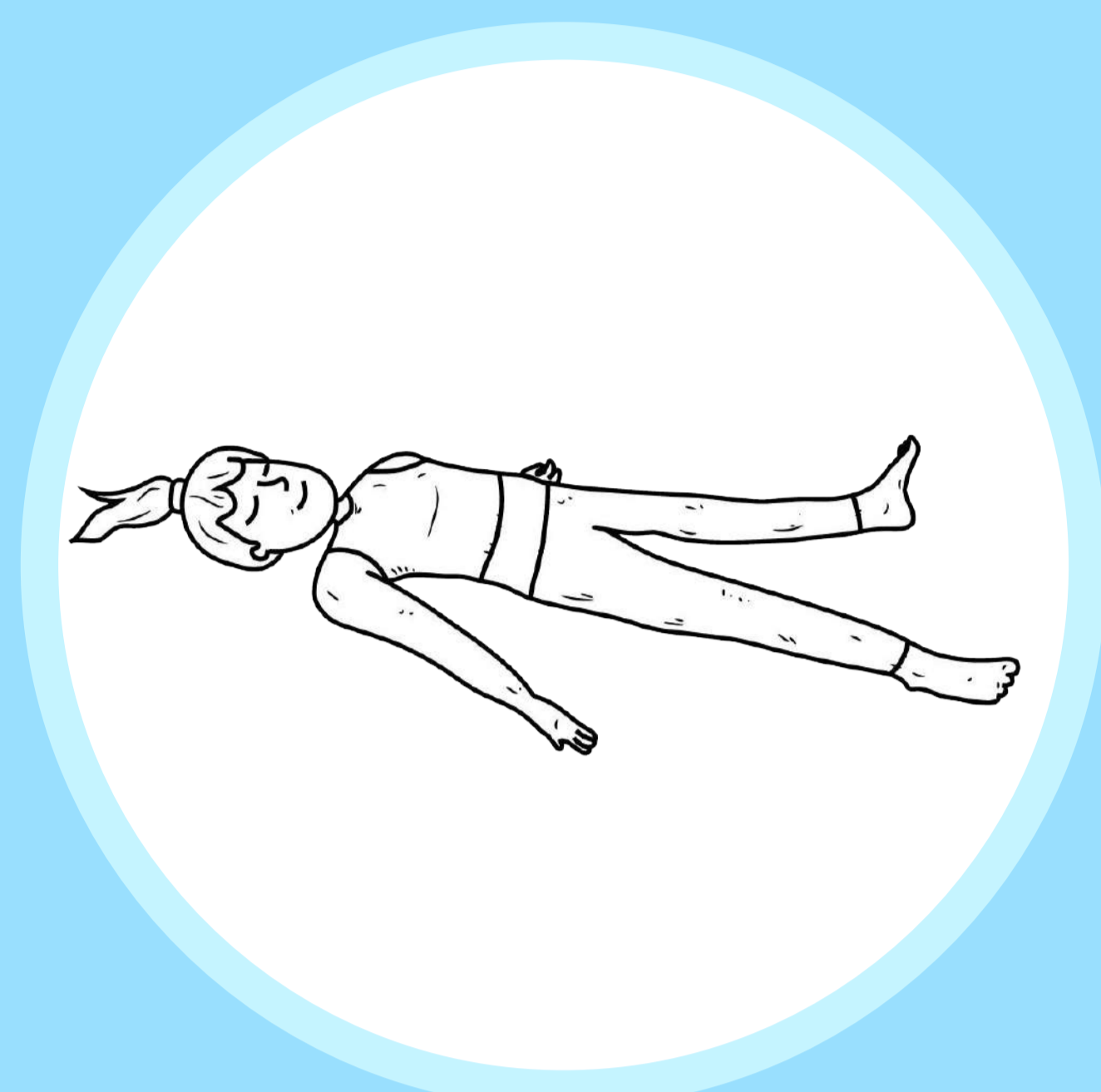


Varuna Mudra



Vīrabhadraśana II
(warrior two)

Cold (p. 3 of 4)



Śavāsana
(corpse)



Zinc in First 24 Hours.



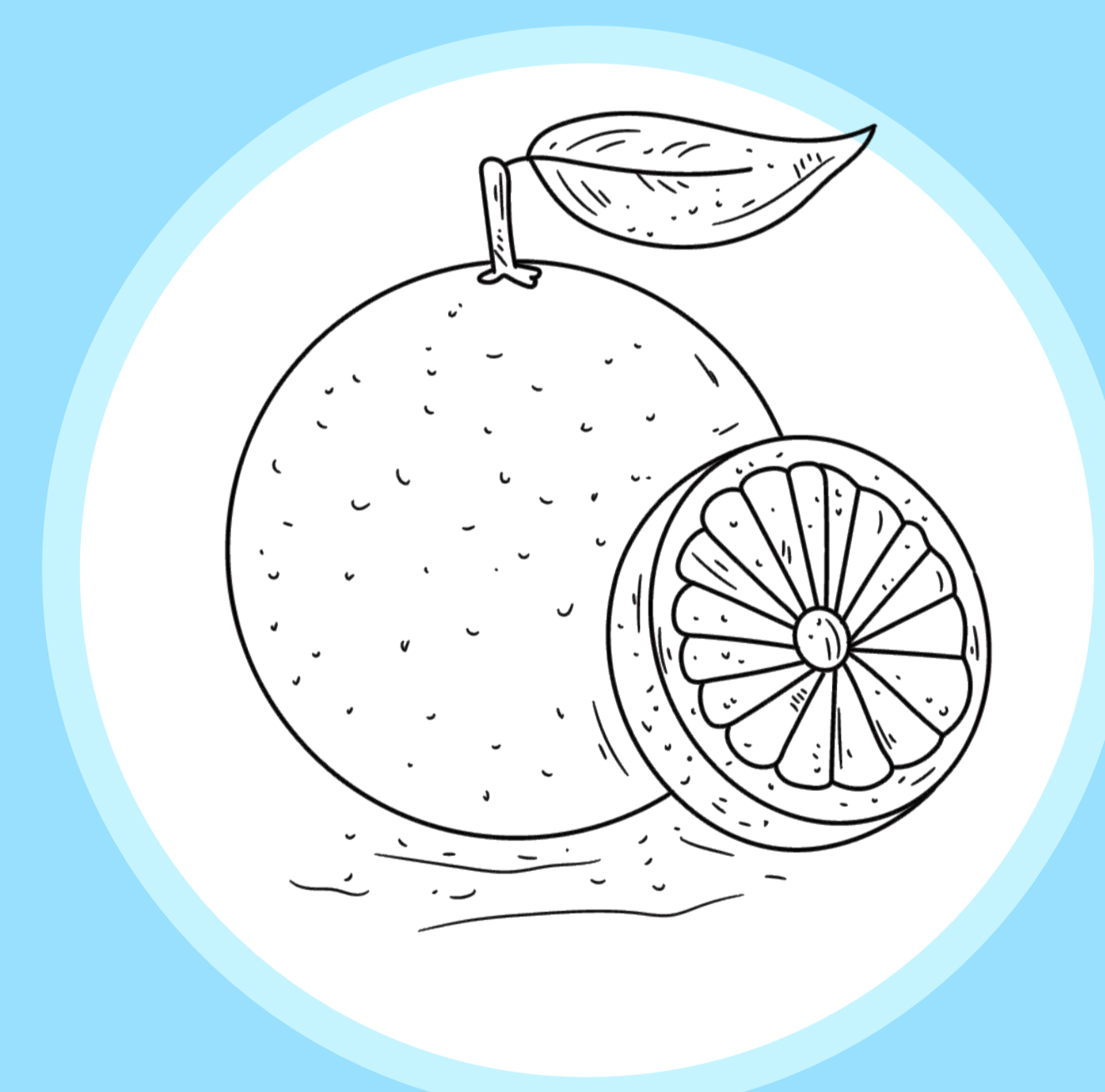
Ginger, Cinnamon,
Lemongrass Tea



Ginger, Cinnamon,
and Cardamom Tea



Fennel Seed

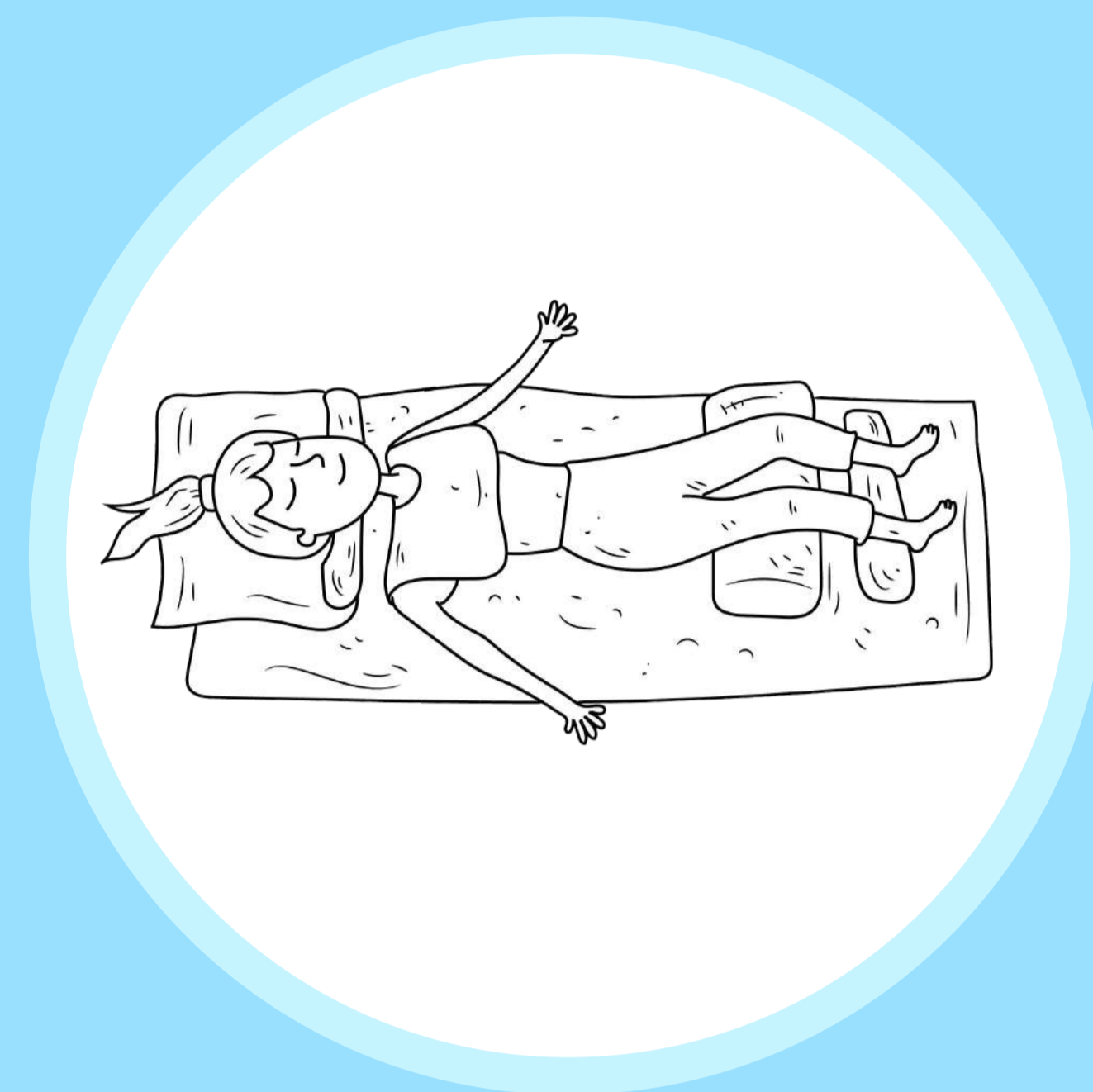


Vitamin C

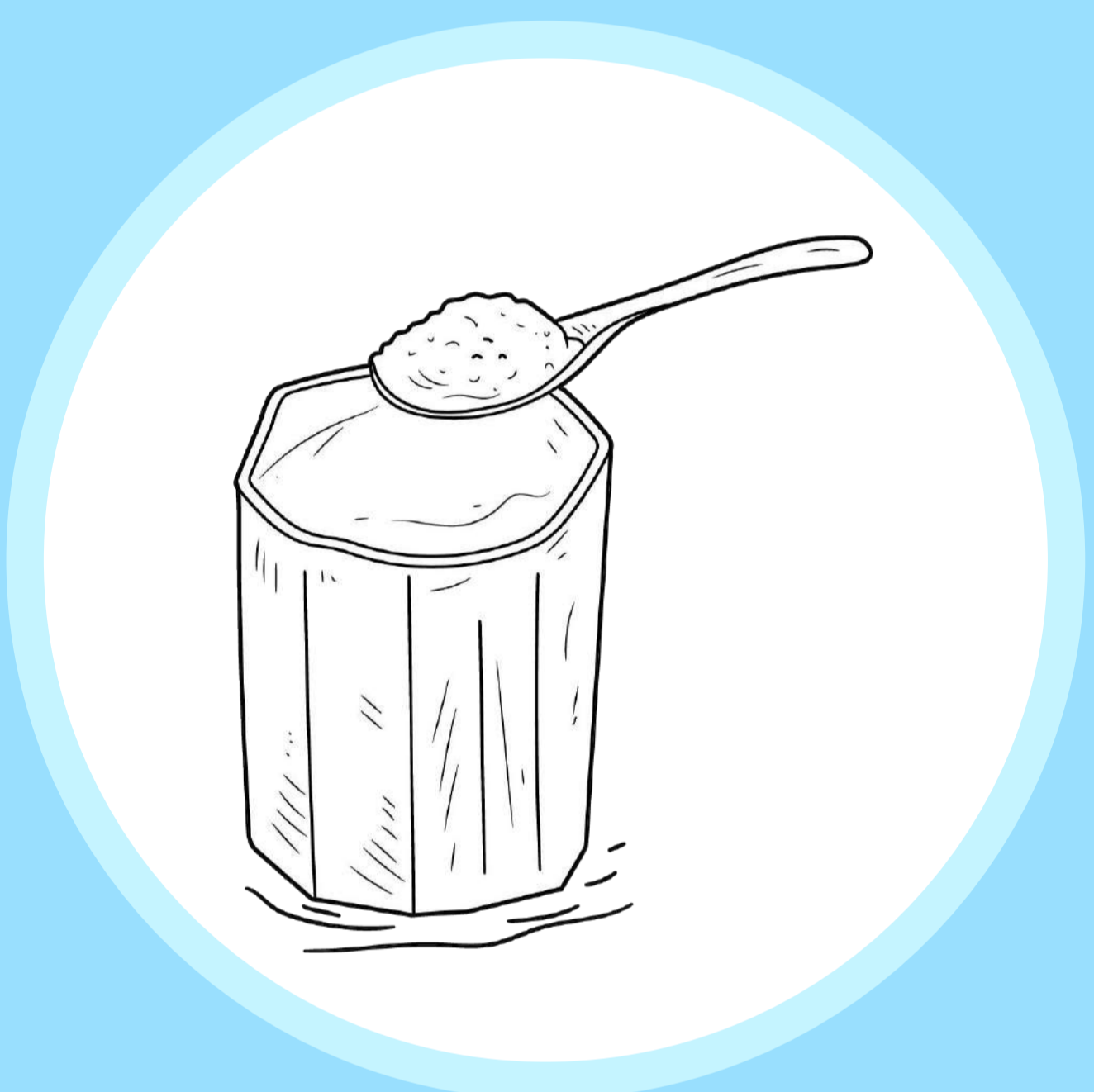
Cold (p. 4 of 4)



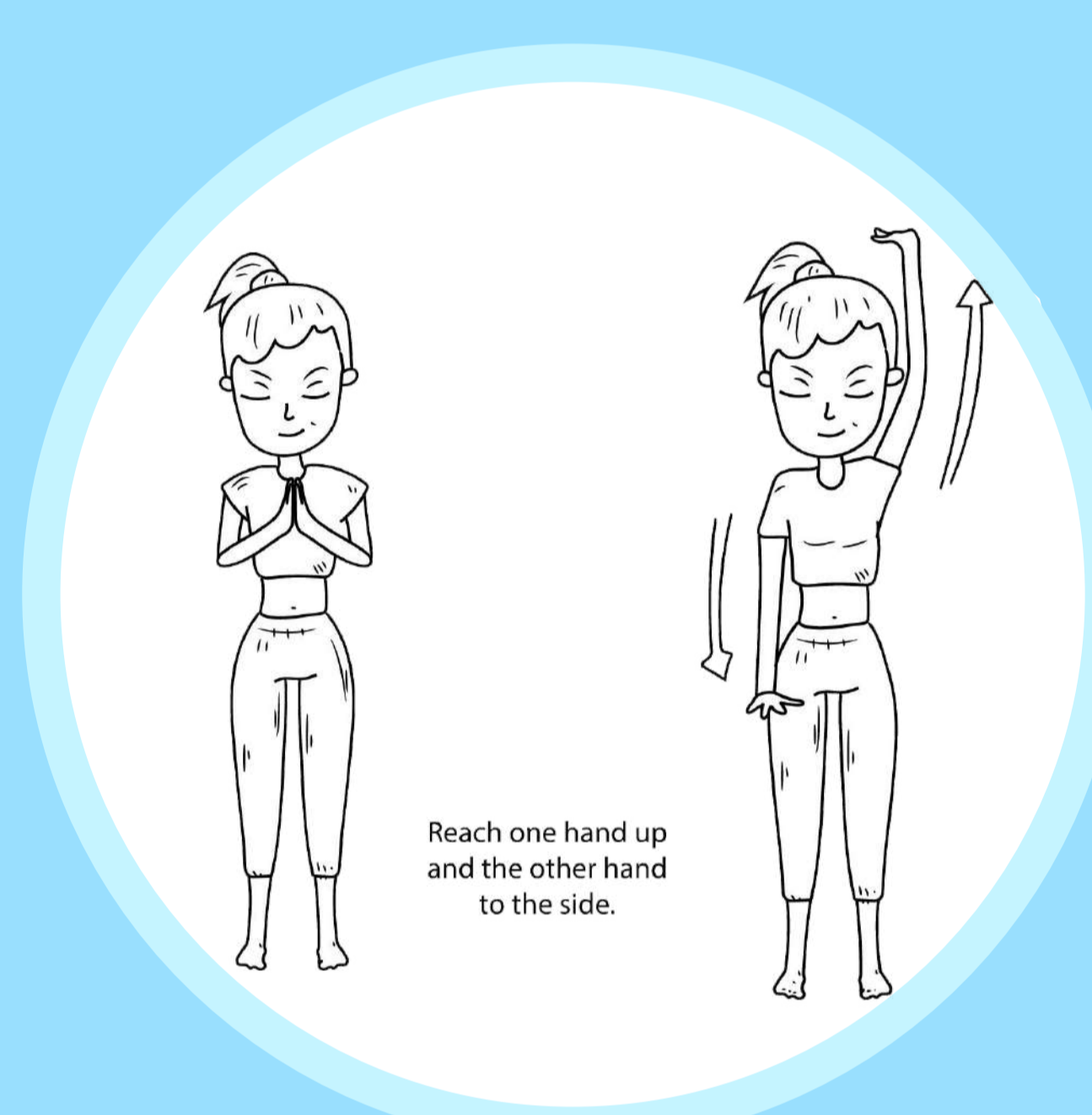
Avoid Dairy Products



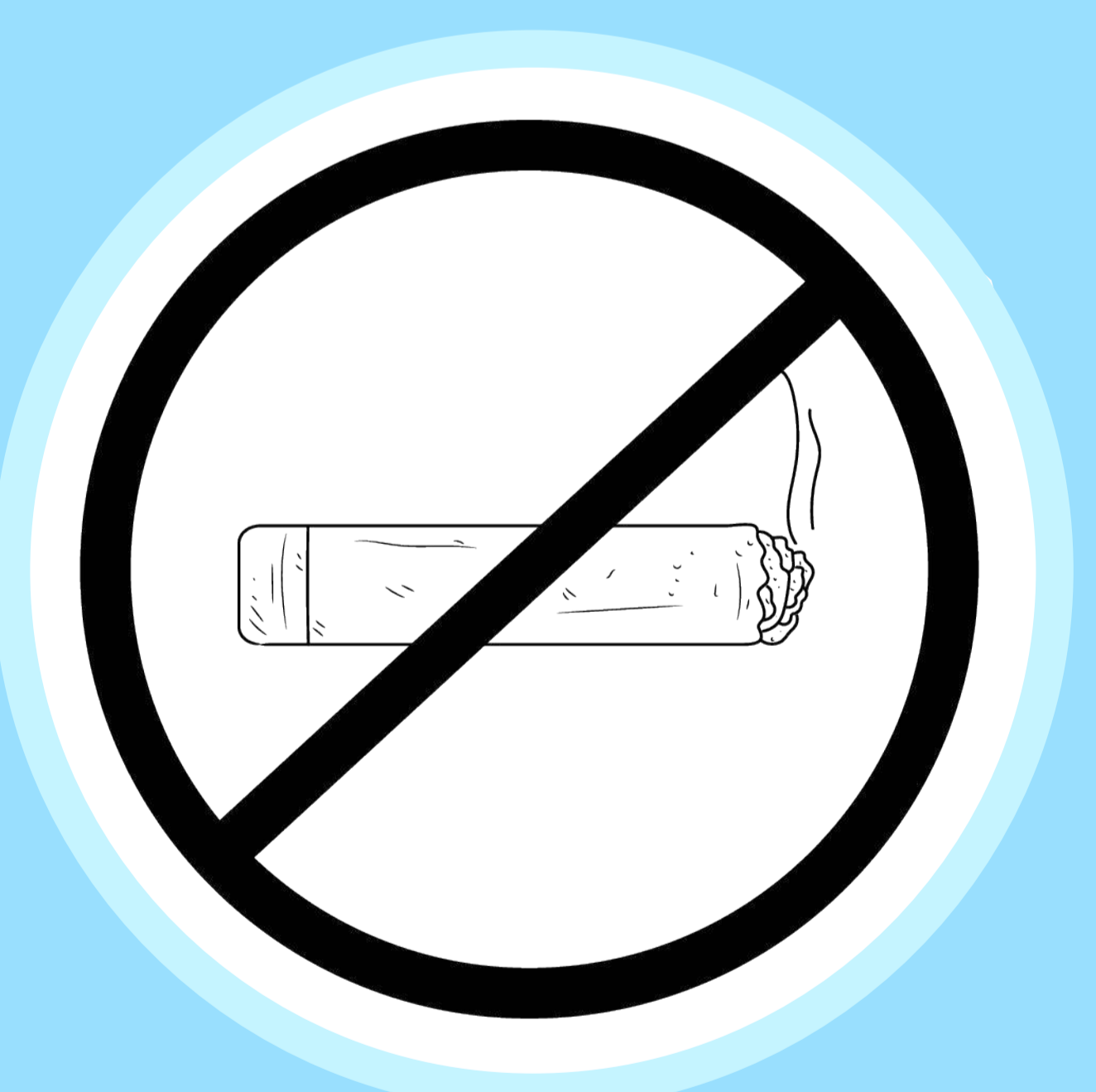
Rest



Gargle Salt Water



Pluck the Stars on Each Side



Don't Smoke