

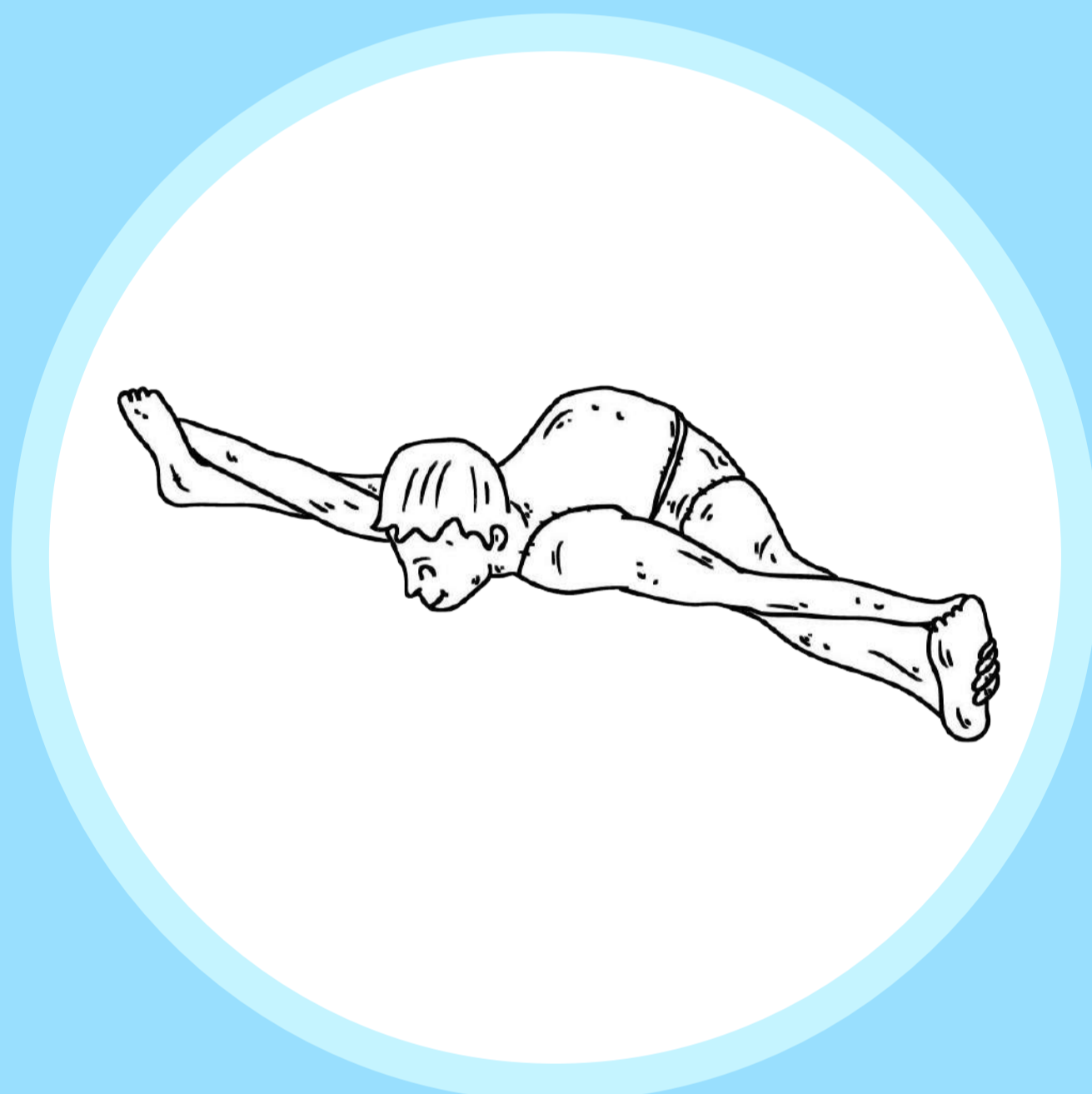
Labor Pain (p. 1 of 1)



Vīrāsana
(hero)



Baddha Konāsana
(bound angle)



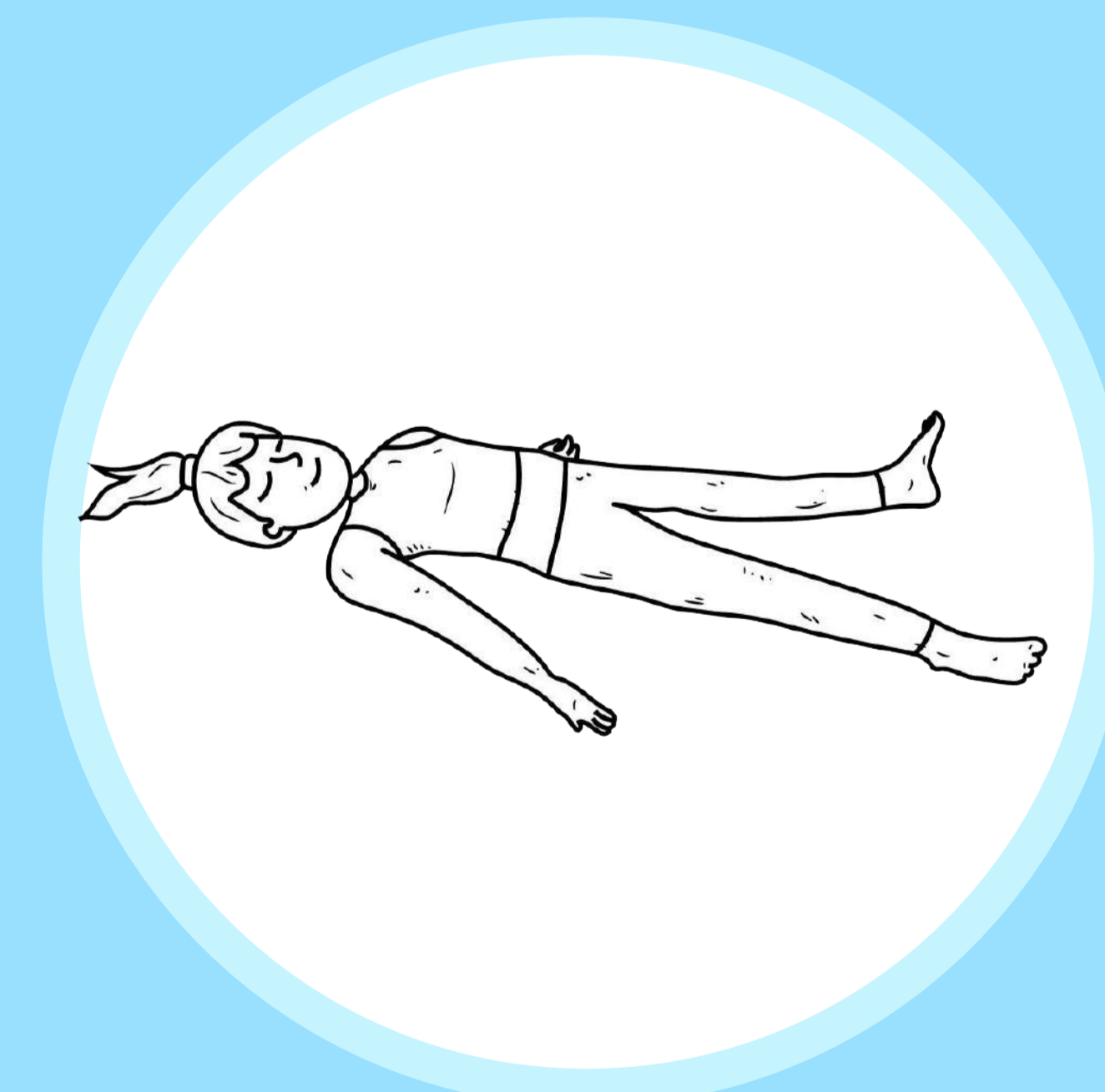
Upaviṣṭha Konāsana
(seated angle)



Ujjayi Pranayama with Retention



Nādī Śodhana
(alternate nostril breathing)



Śavāsana
(corpse)