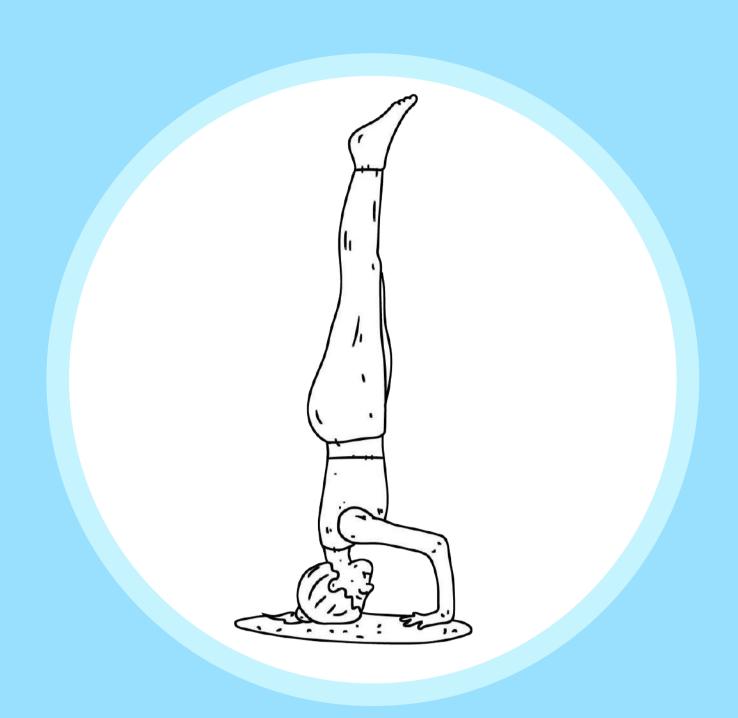
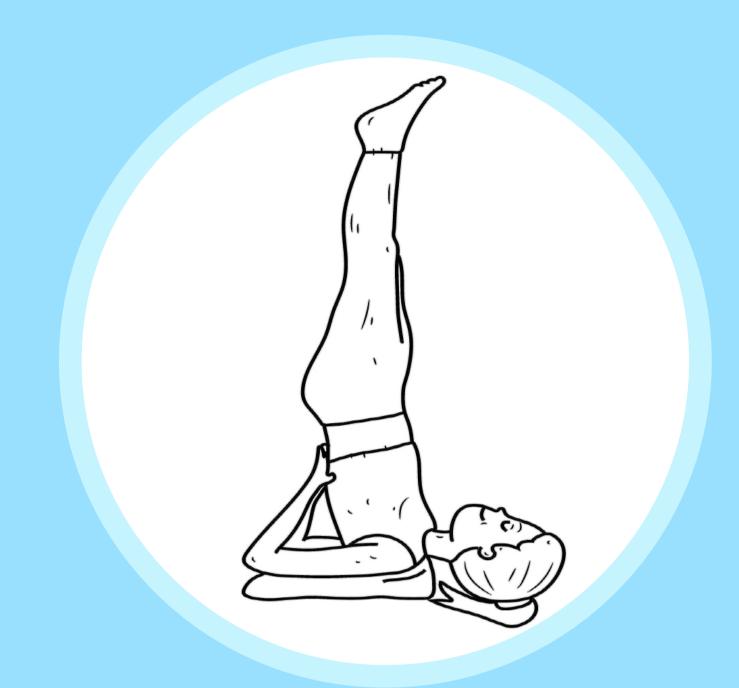
## Gout (p. 1 of 5)



Sirsasana (head stand)



Sarvāngāsana (shoulder stand)



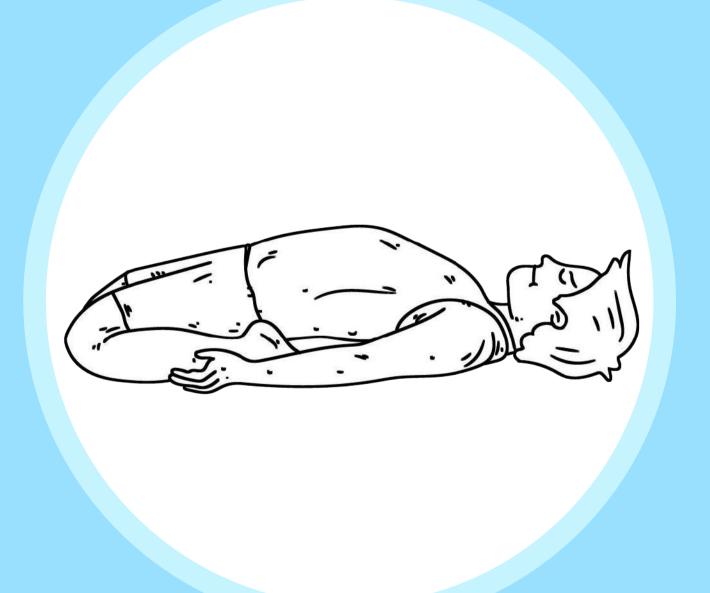
**Any Standing Posture** 



Padmāsana (lotus)



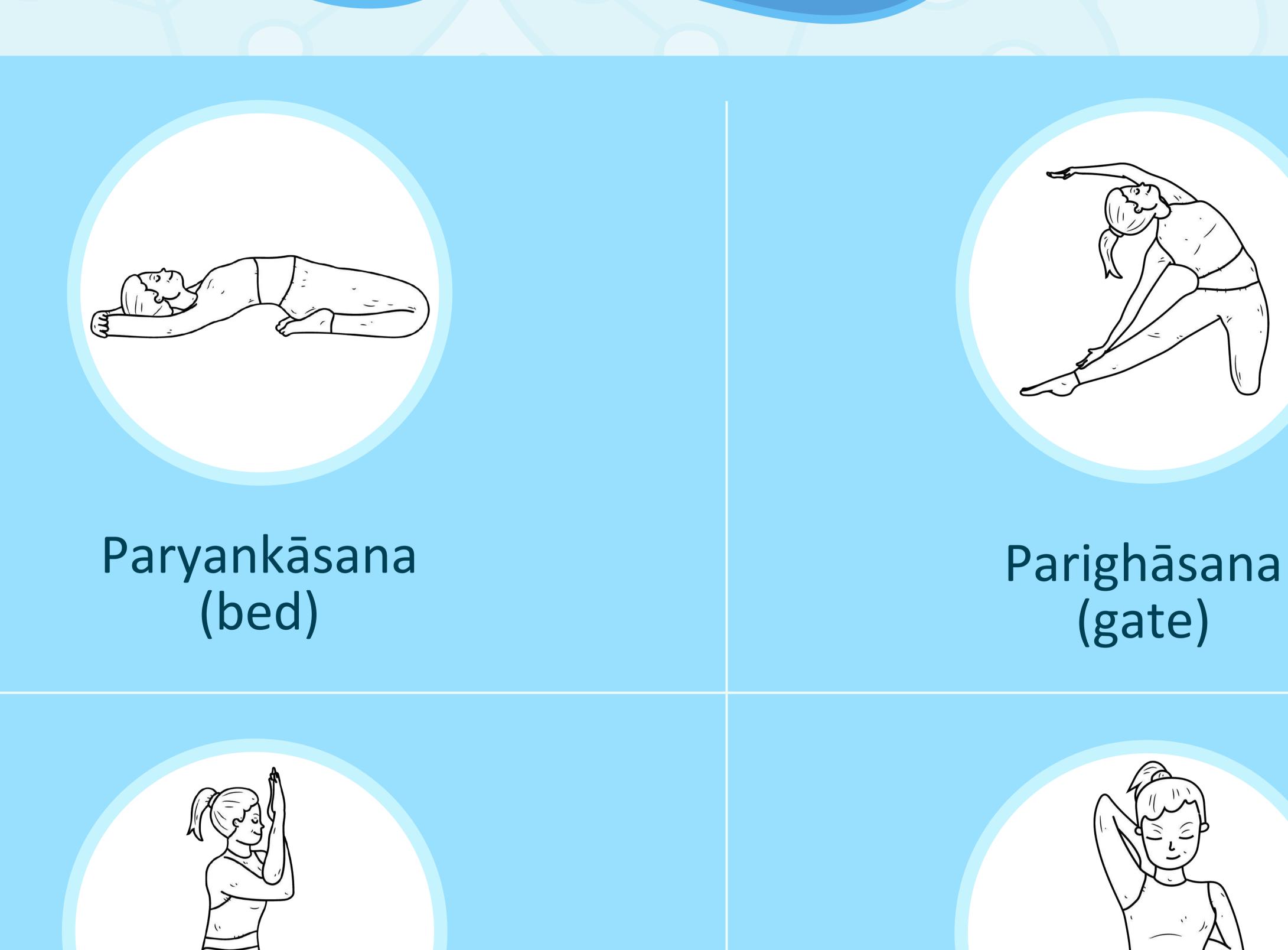
Vīrāsana (hero)



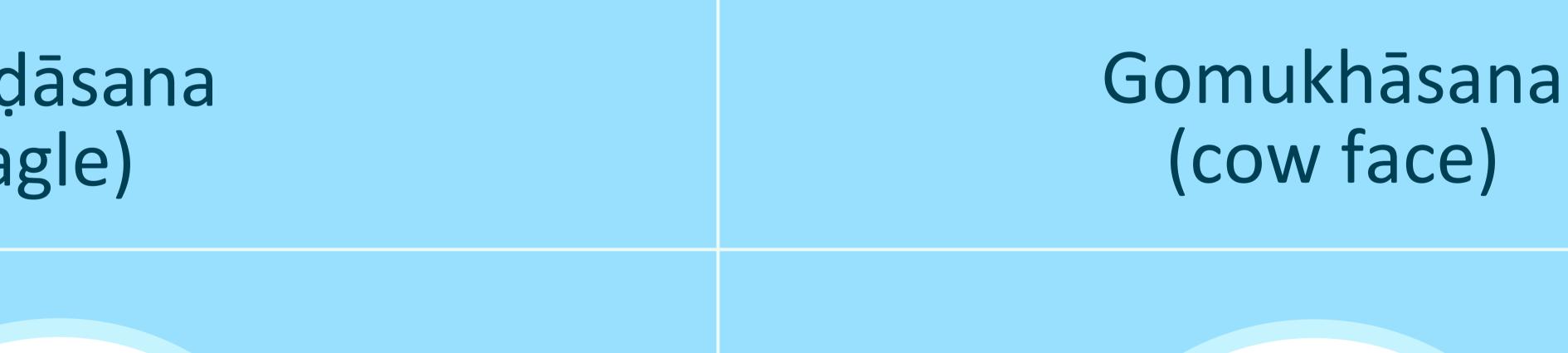
Supta Virasana (reclining horse)

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# Gout (p. 2 of 5)



Garuḍāsana (eagle)





Uttānāsana (forward fold)



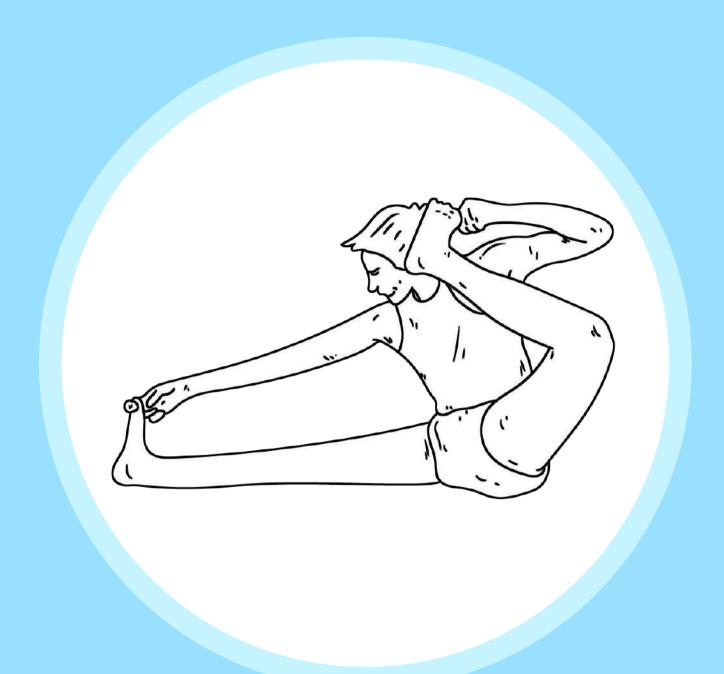
Paschimottānāsana (staff)

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## Gout (p. 3 of 5)



Ubhaya Pādānguṣṭhāsana (upward staff)



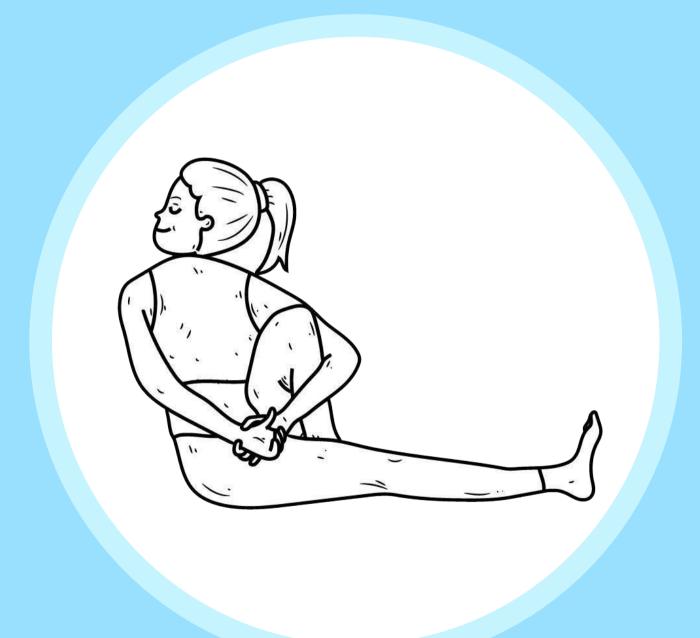
Ākarņa Dhanurāsana (archer's pose)



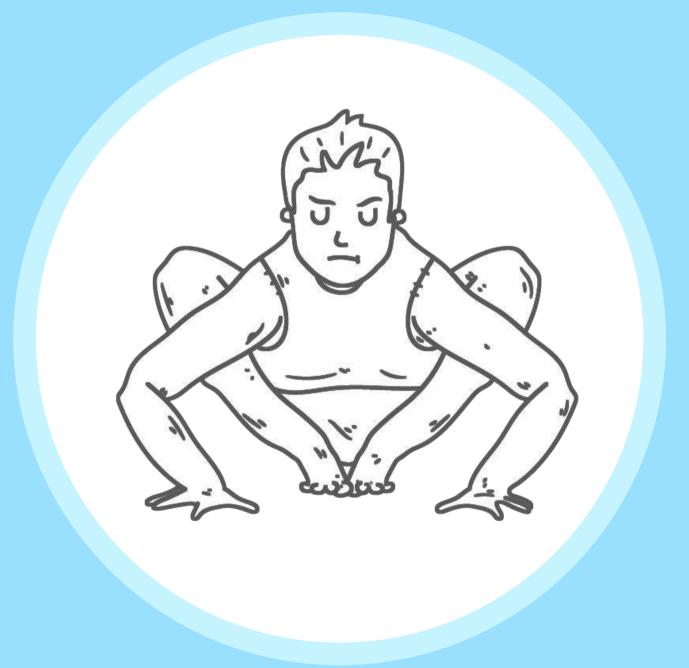
Krounchāsana (heron)



Ardha Marīchyāsana I (bound forward fold)



Ardha Marīchyāsana III (bound twist)



Mālāsana (garland) I

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#### Gout (p. 4 of 5)



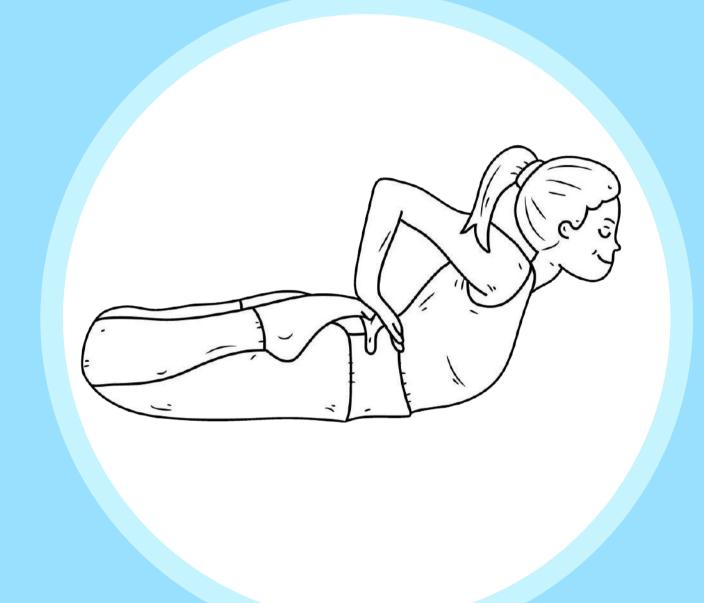
Mālāsana (garland) II



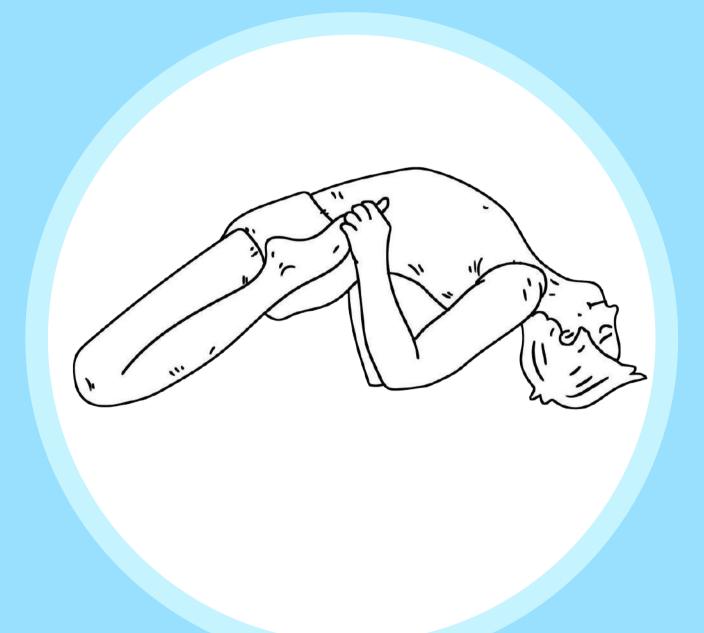
Pāśāsana (cord)



Yogadandāsana (yoga staff pose)



Bhekāsana (frog)



Supta Bhekasana (reclined frog)



Mūlabandhāsana (root lock)

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### Gout (p. 5 of 5)



Vāmadevāsana l (sage)



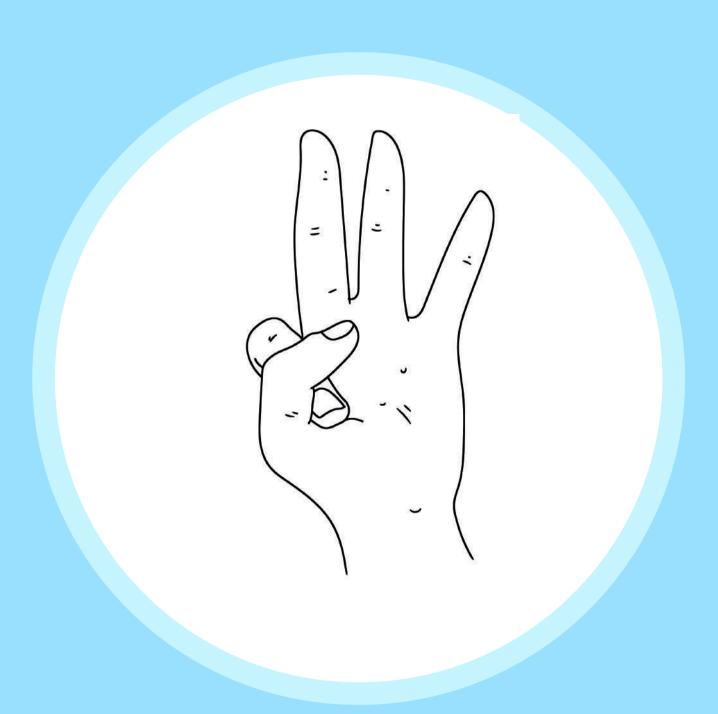
Vāmadevāsana II (sage)



Kandāsana (navel)



Hanumānāsana (splits)



Vayu Mudra

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