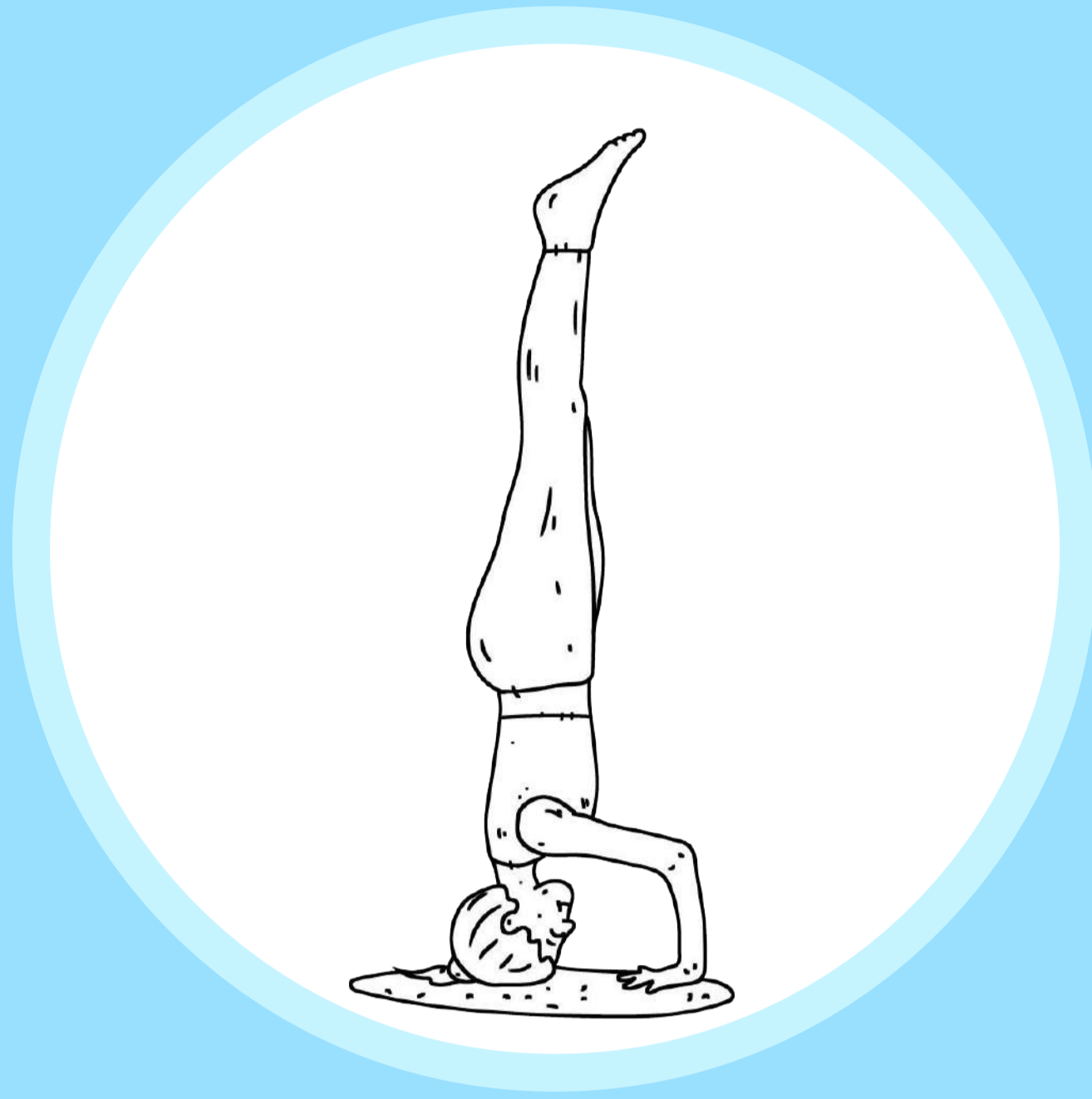


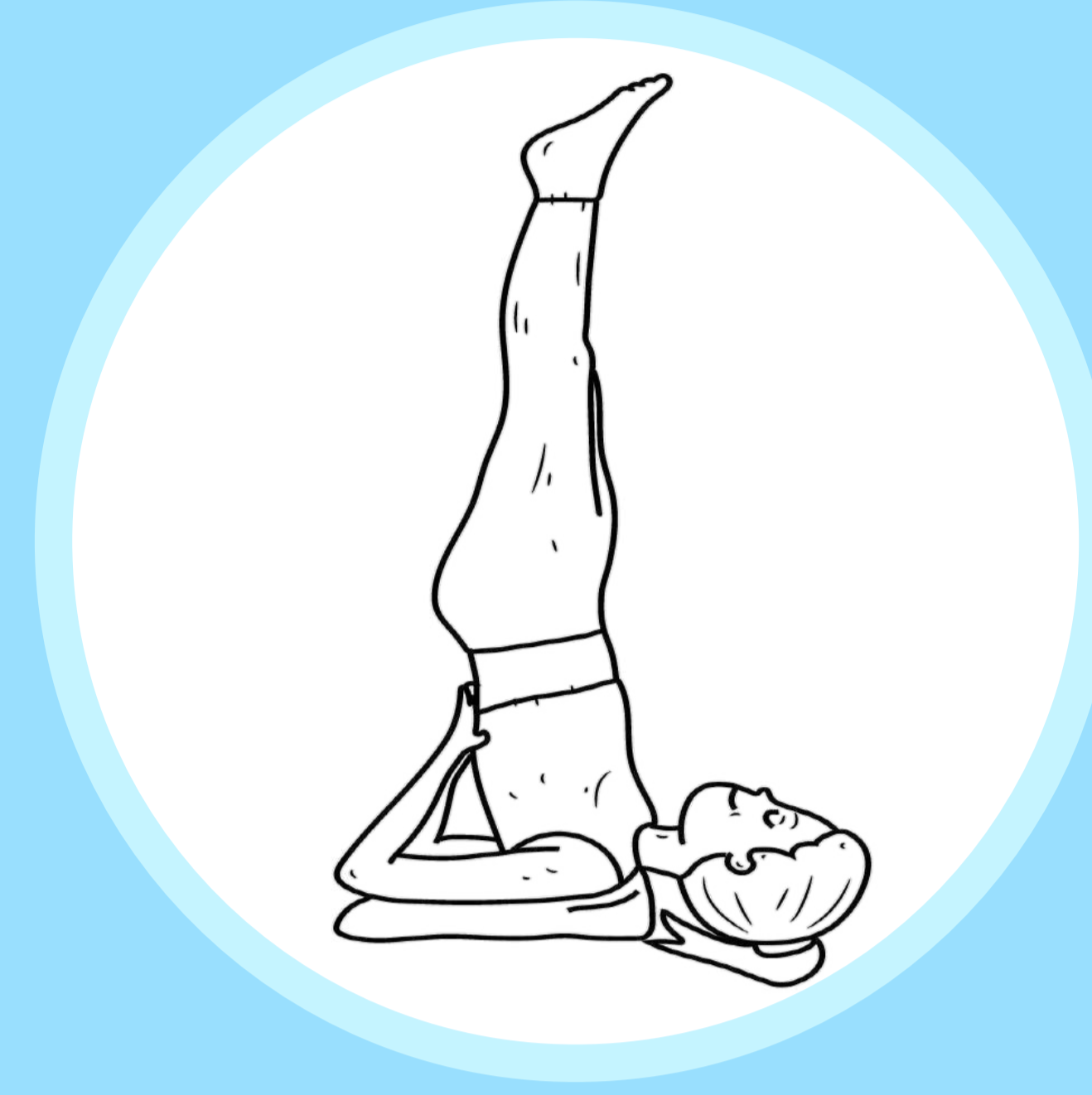
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

# Male Fertility and Urine Health\*

(p. 1 of 8)



**Sirsasana**  
(head stand)



**Sarvāngāsana**  
(shoulder stand)



**Paschimottānāsana**  
(staff)



**Baddha Konāsana**  
(bound angle)



**Mūlabandhāsana**  
(root lock)



**Kandāsana**  
(navel)

\*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

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# Male Fertility and Urine Health\*

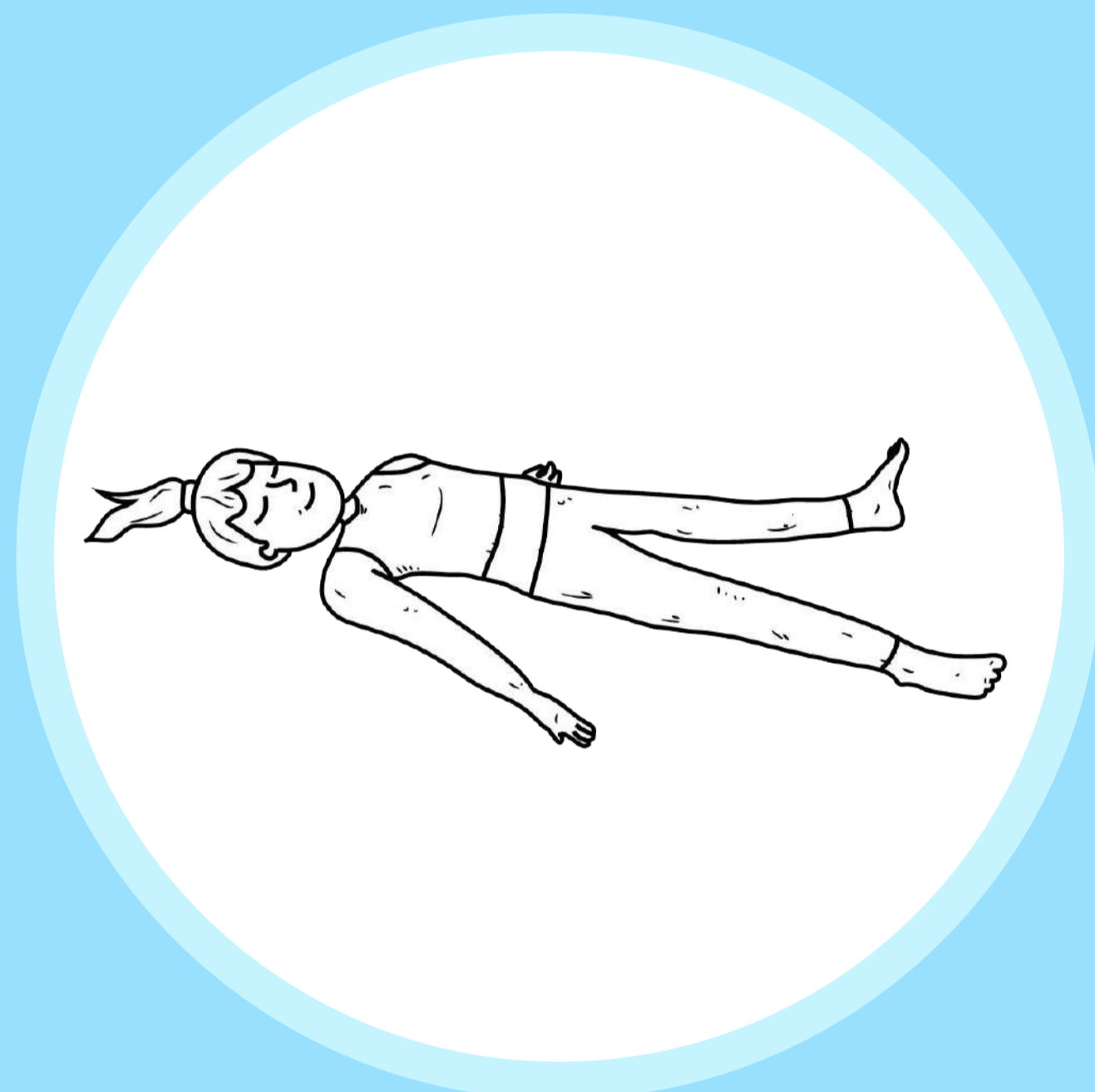
(p. 2 of 8)



Meditation&



Nādī Śodhana Without Retention



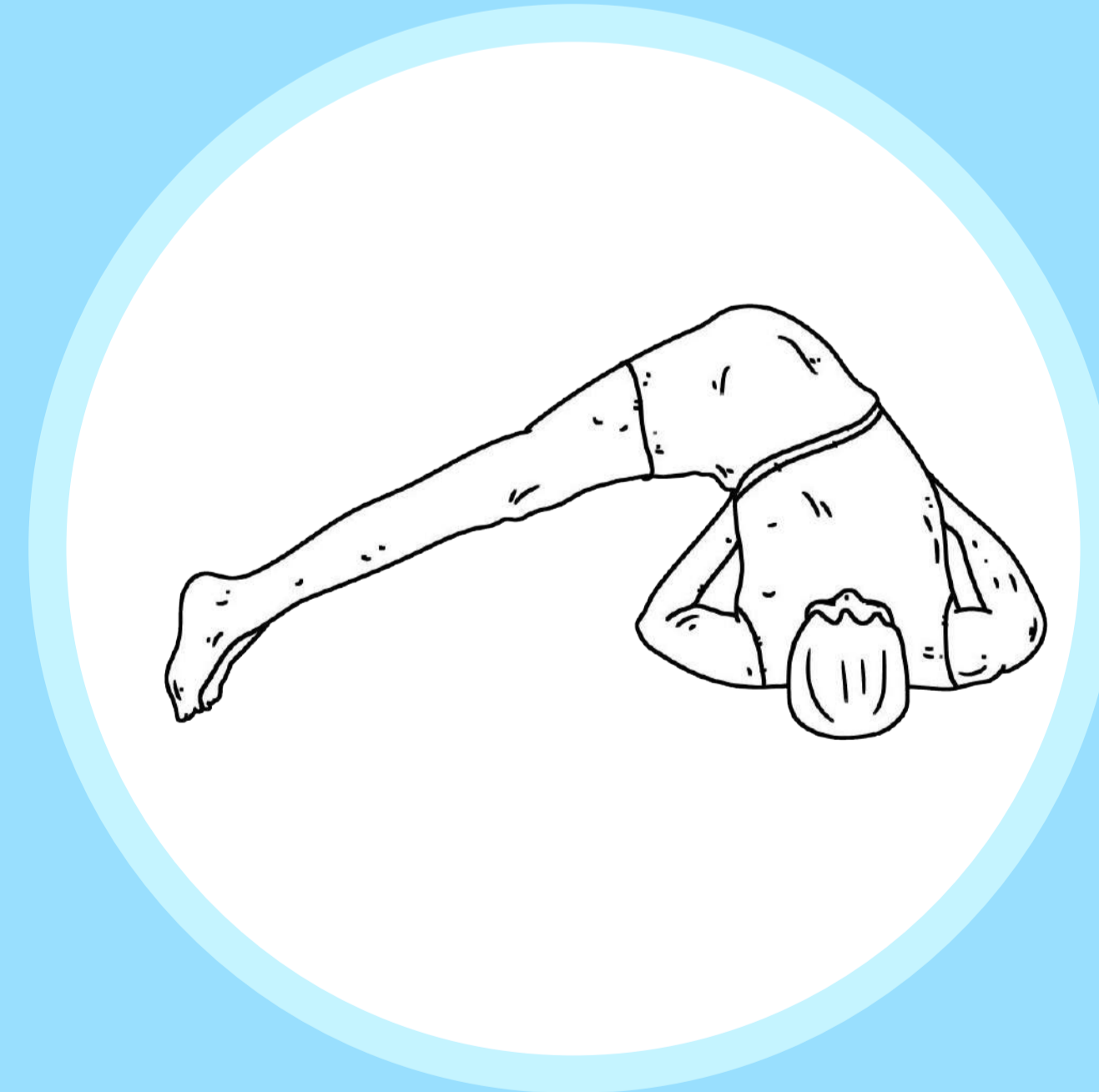
Śavāsana  
(corpse)&



Ujjayi Pranayama&



Virasana  
(hero)



Pārśva Halāsana  
(side plow)

& especially good for sperm health

\*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

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# Male Fertility and Urine Health\*

(p. 3 of 8)



Nādi Śodhana with  
Antara Kumbhaka@



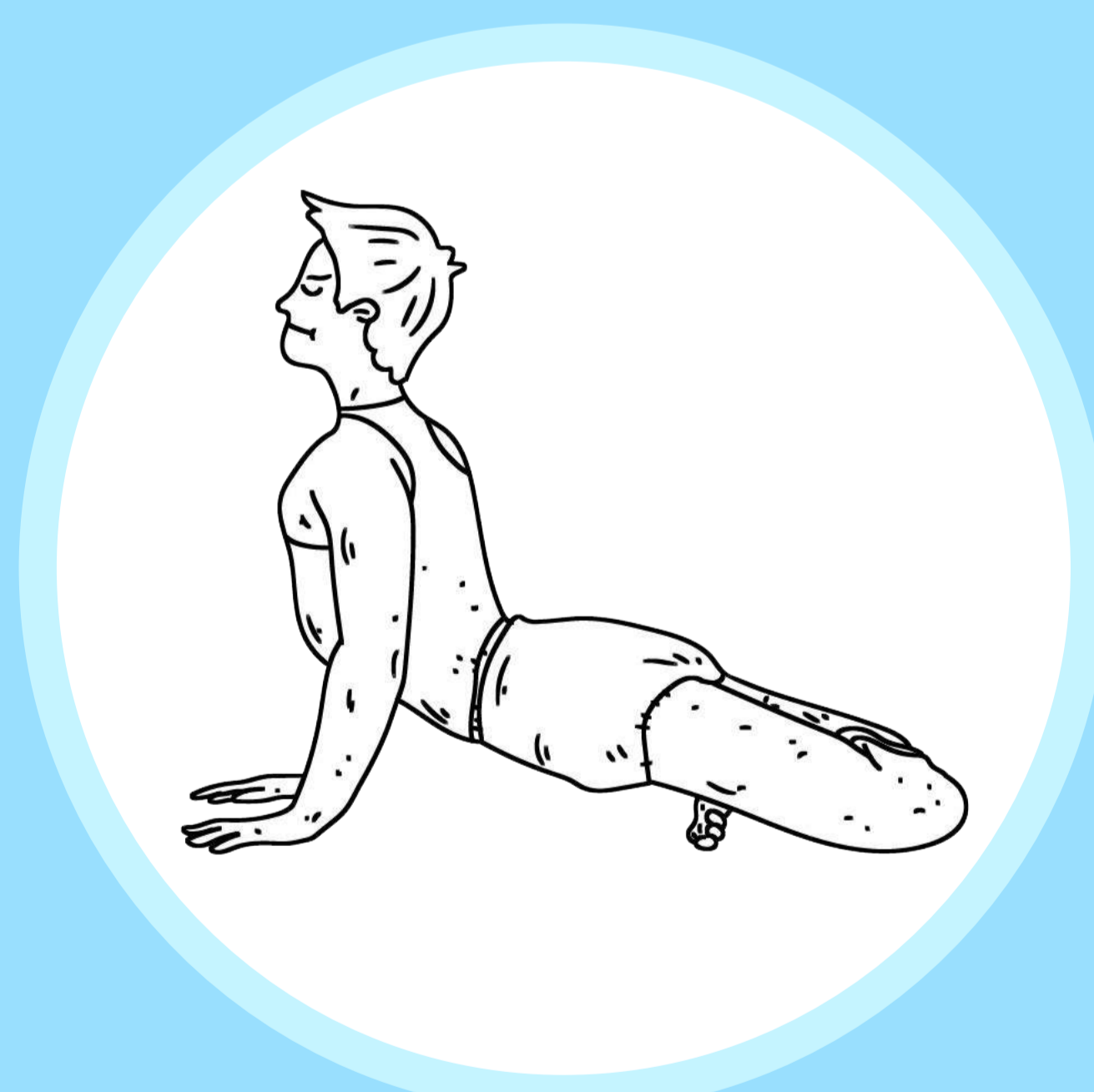
Bahya Kumbhaka@



Supta Virasana  
(reclining horse)@



Matsyāsana  
(fish)@



Simhāsana II  
(lion)@



Apana Mudra@

@ especially good for displaced urinary difficulties.

\*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

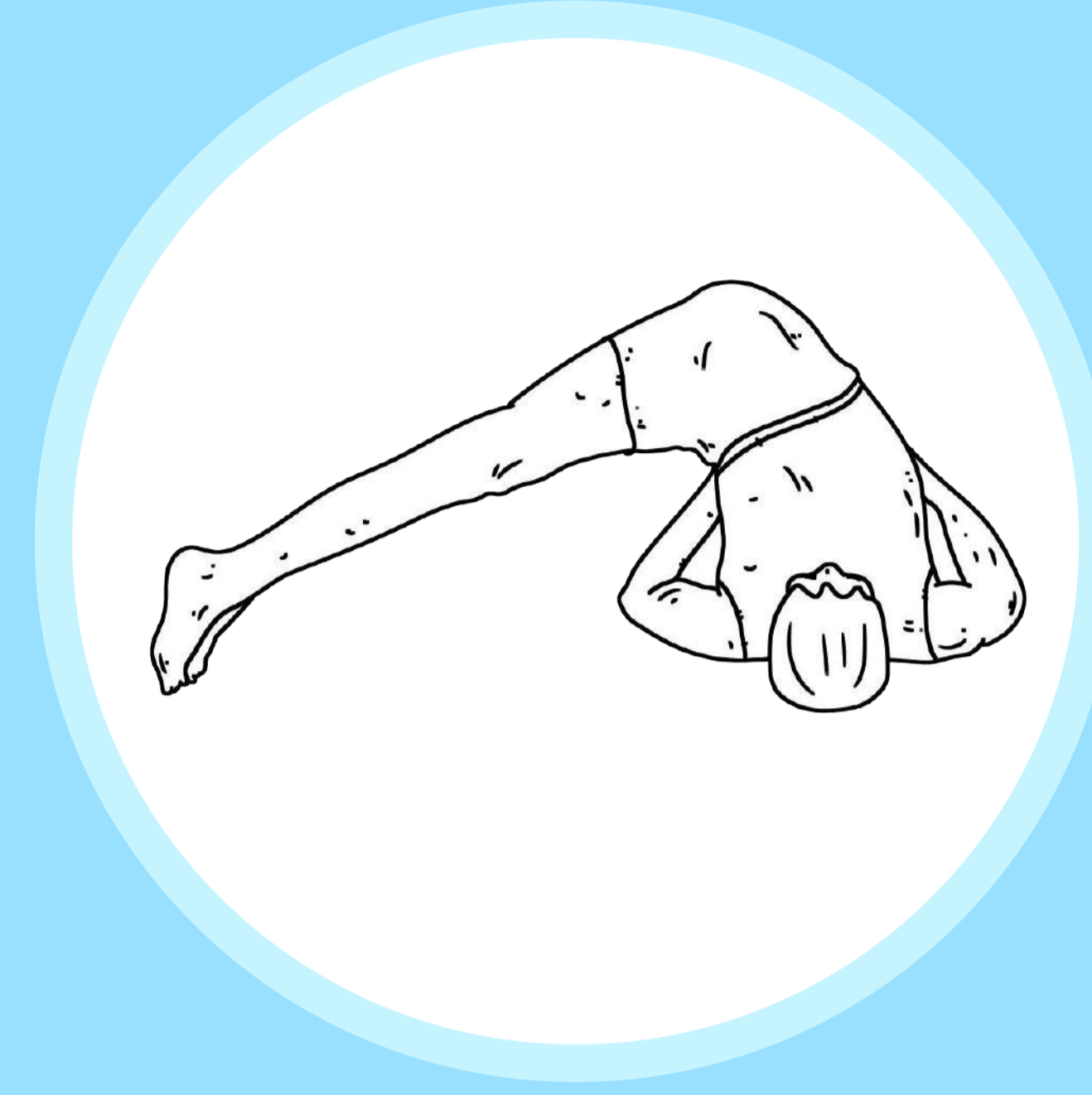
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# Male Fertility and Urine Health\*

(p. 4 of 8)



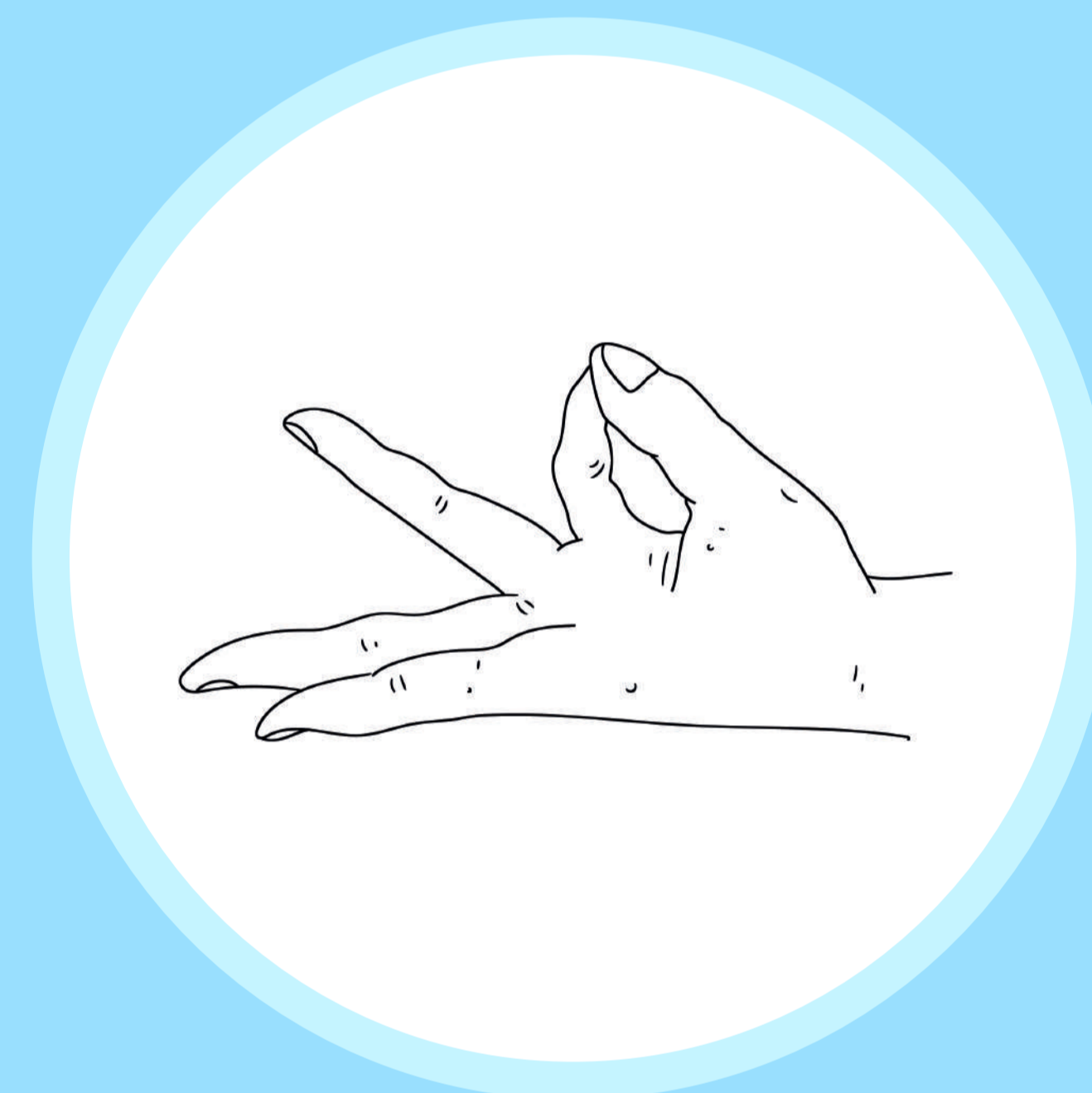
Jānu-Śīrṣāsana  
(head to knee)



Pārśva Halāsana  
(side plow)



Bearberry@



Bhudi Mudra@



Drinking Pear@



Matangi Mudra  
(in front of solar plexus)@

@ especially good for displaced urinary difficulties.

\*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

# Male Fertility and Urine Health\*

(p. 5 of 8)



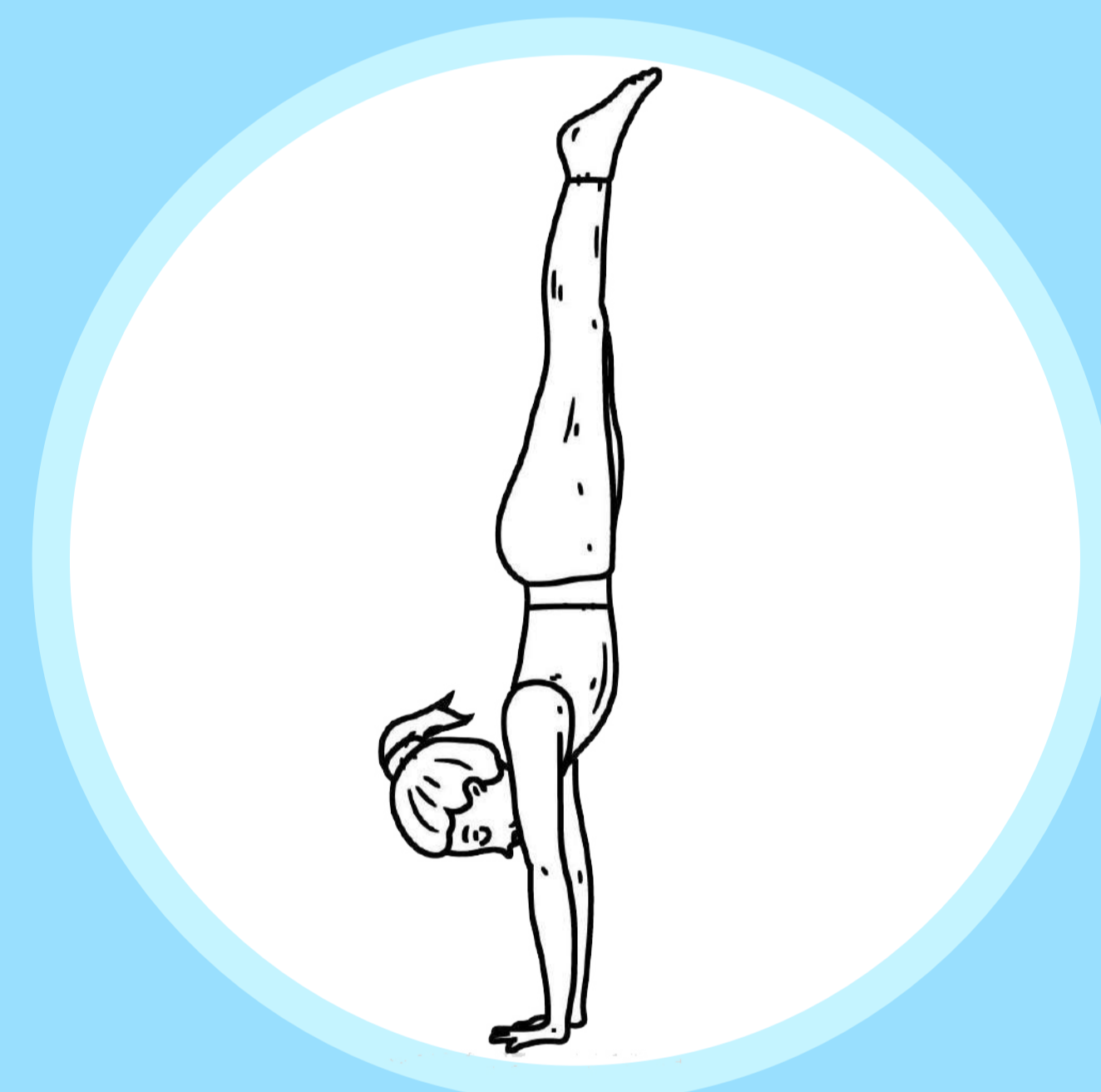
Nādi Śodhana  
(alternate nostril breathing)+



Vāmadevāsana I  
(sage)+



Padmāsana  
(lotus)+



Adhomukha Vṛkṣāsana  
(handstand)+



Pincha Mayūrāsana  
(peacock feather)+



Adhomukha Śvānāsana  
(downward dog)+

+ especially good for testicle pain.

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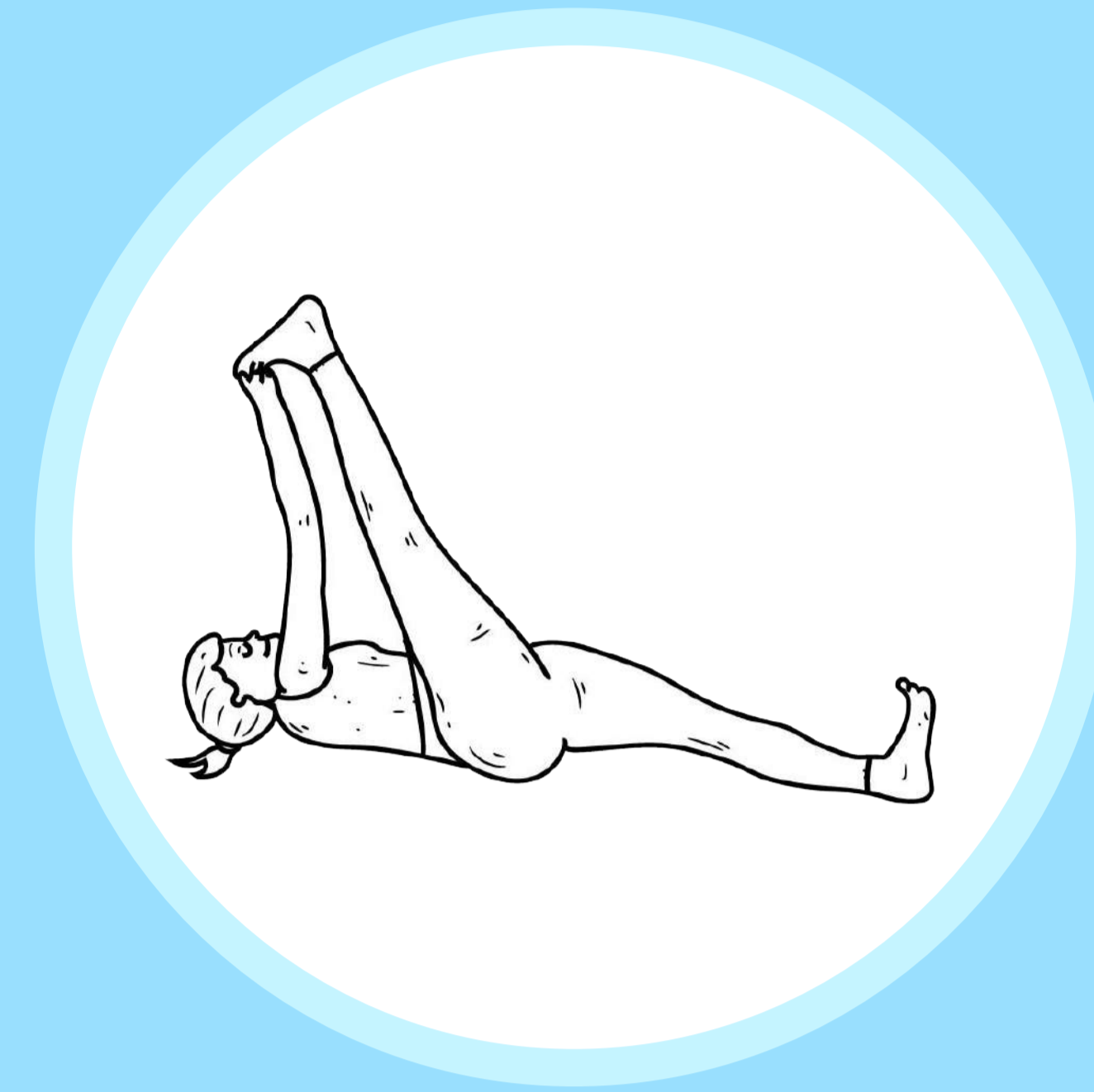
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

# Male Fertility and Urine Health\*

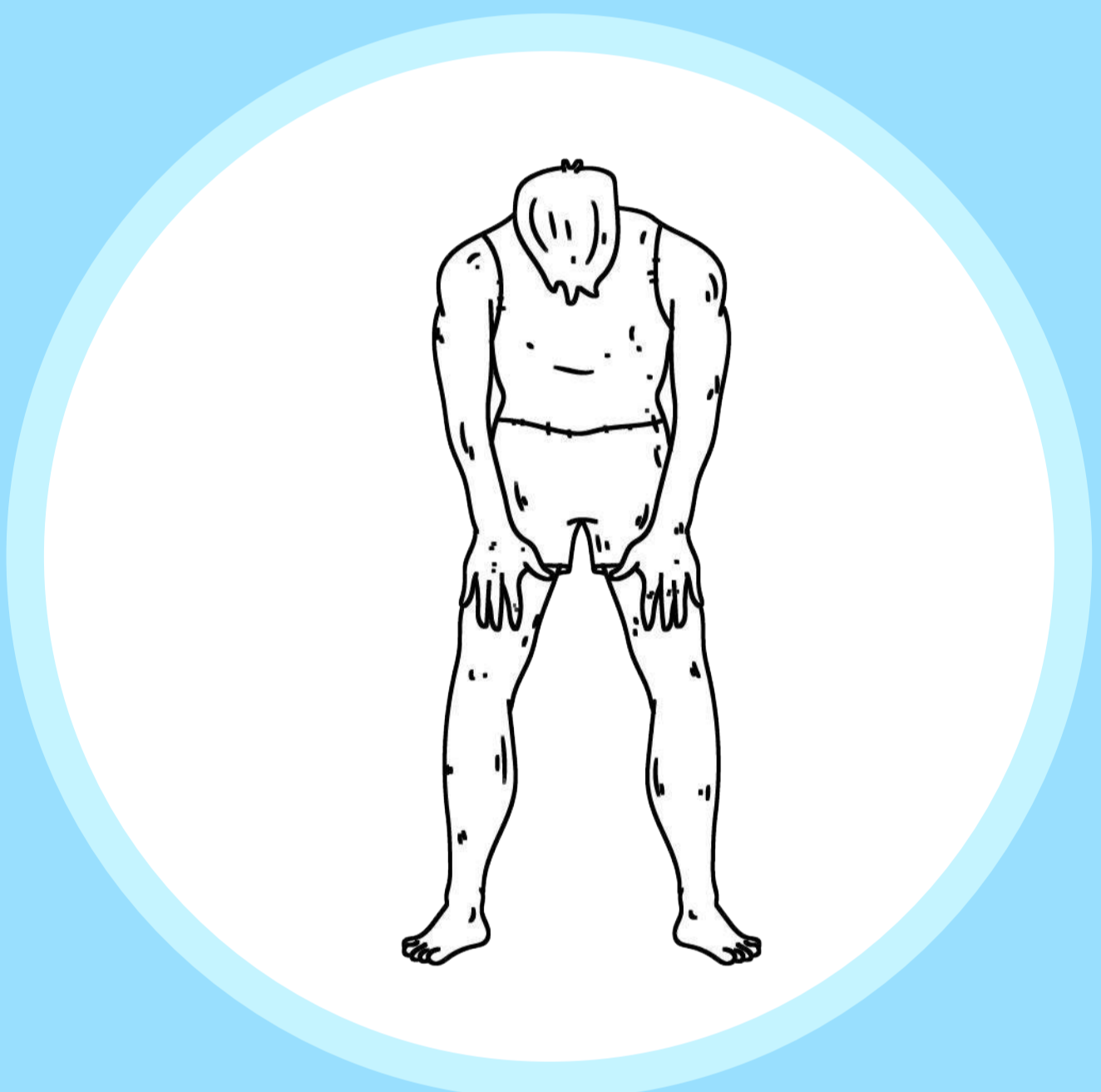
(p. 6 of 8)



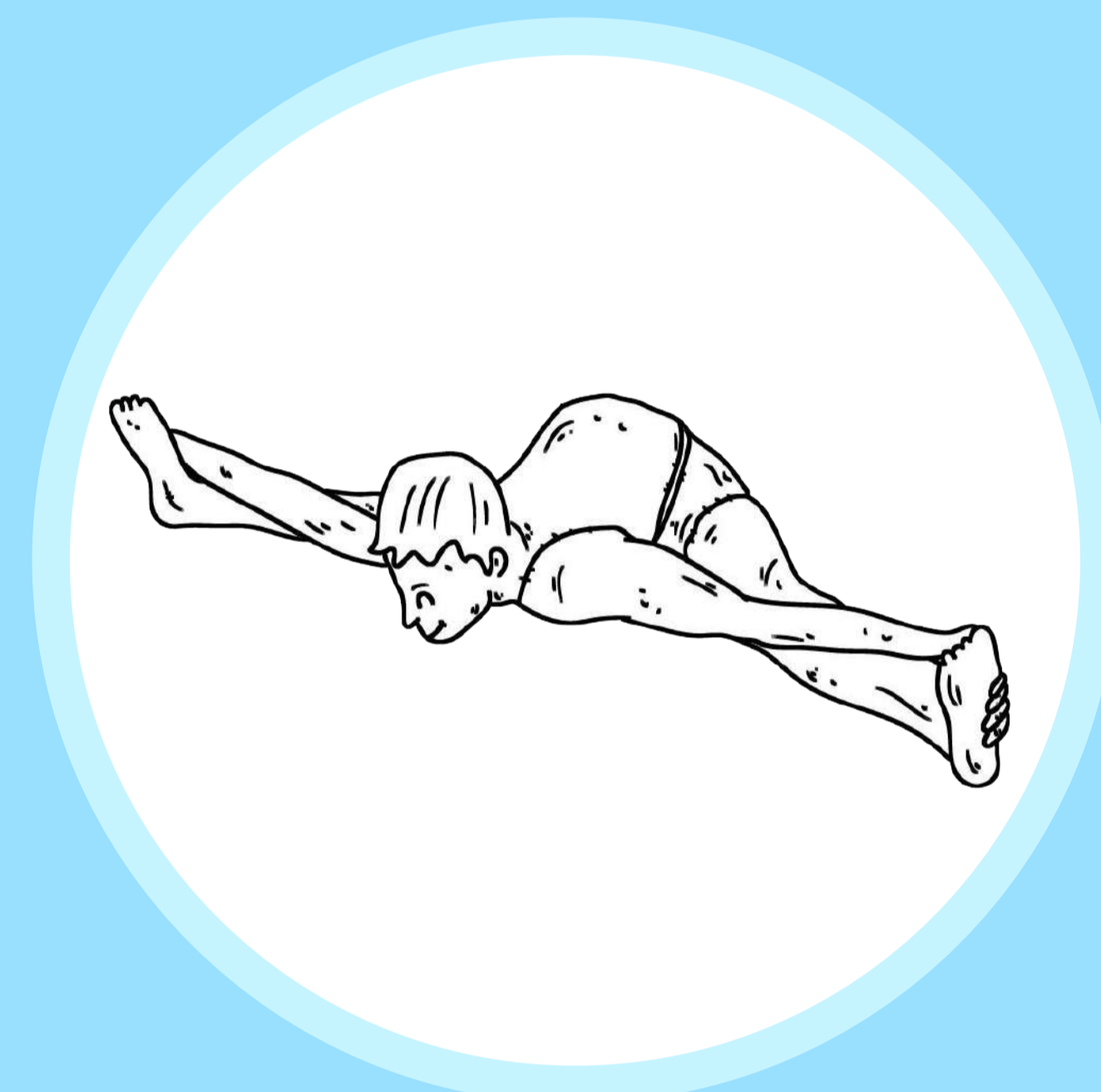
Samakoṅāsana  
(even angle)+



Supta Pādānguṣṭhāsana  
(reclined big toe)+



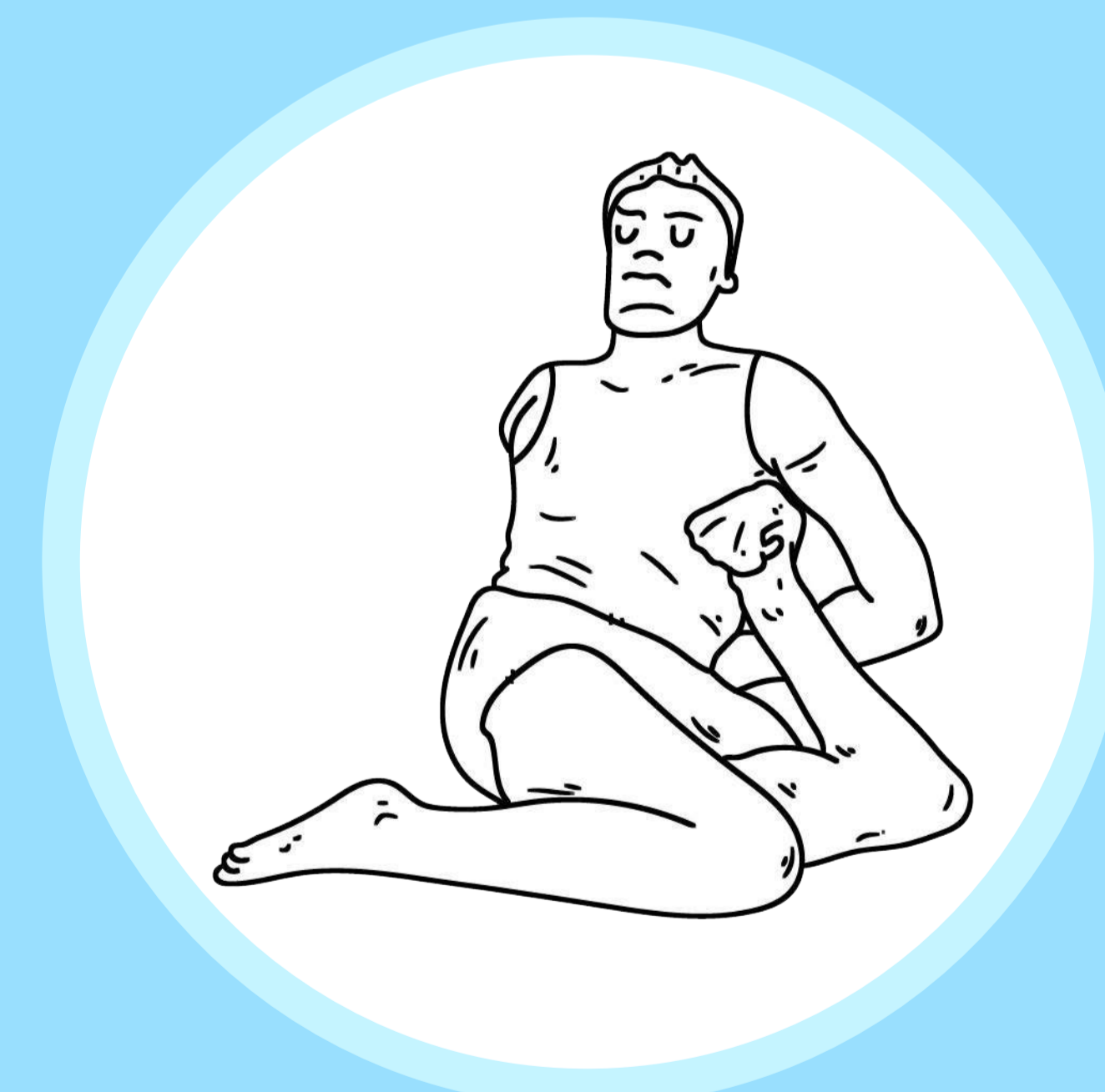
Uddiyana



Upaviṣṭha Koṅāsana  
(seated angle)+



Hanumānāsana  
(splits)



Yogadaṇḍāsana  
(yoga staff pose)+

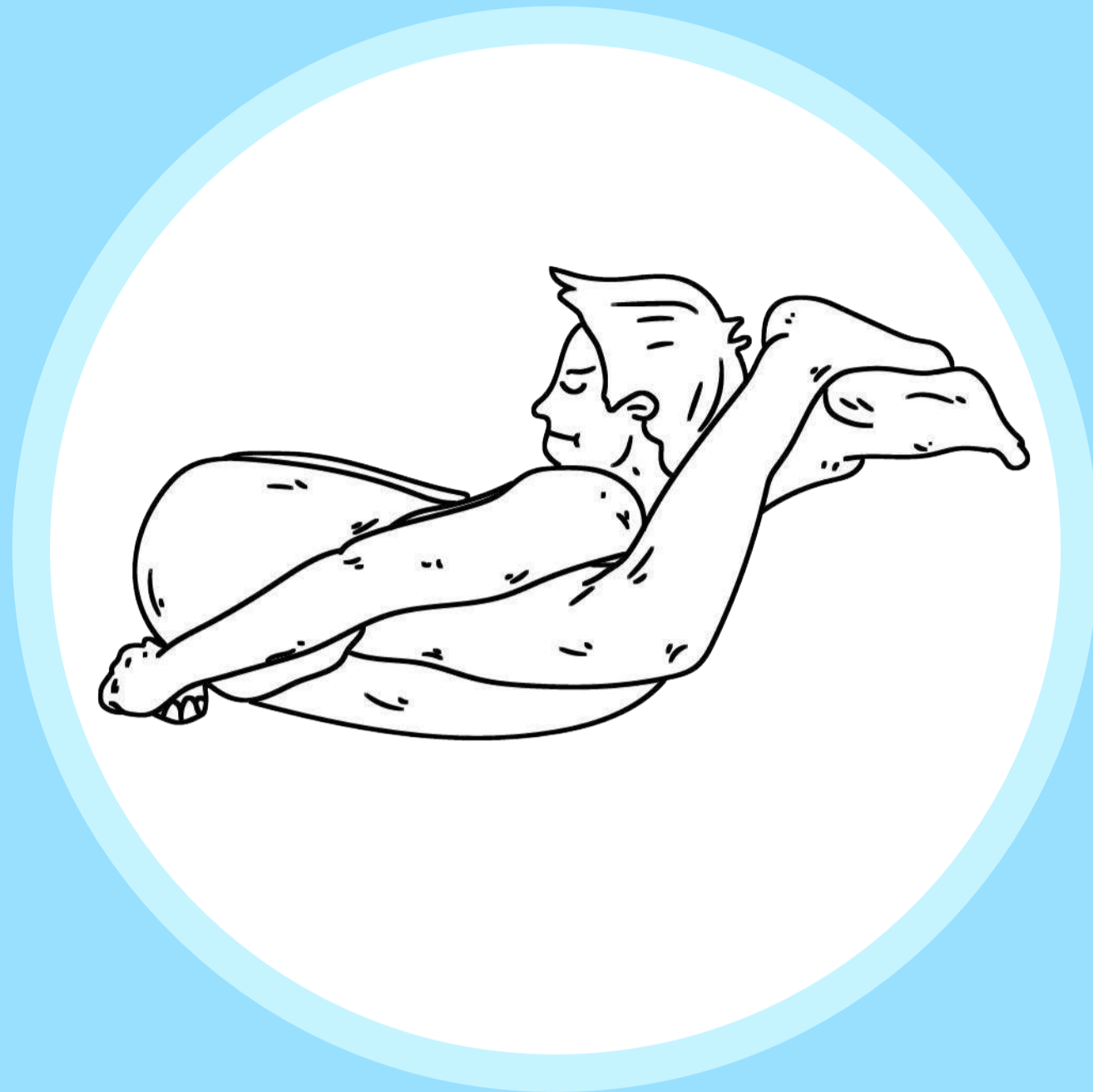
+ especially good for testicle pain.

\*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

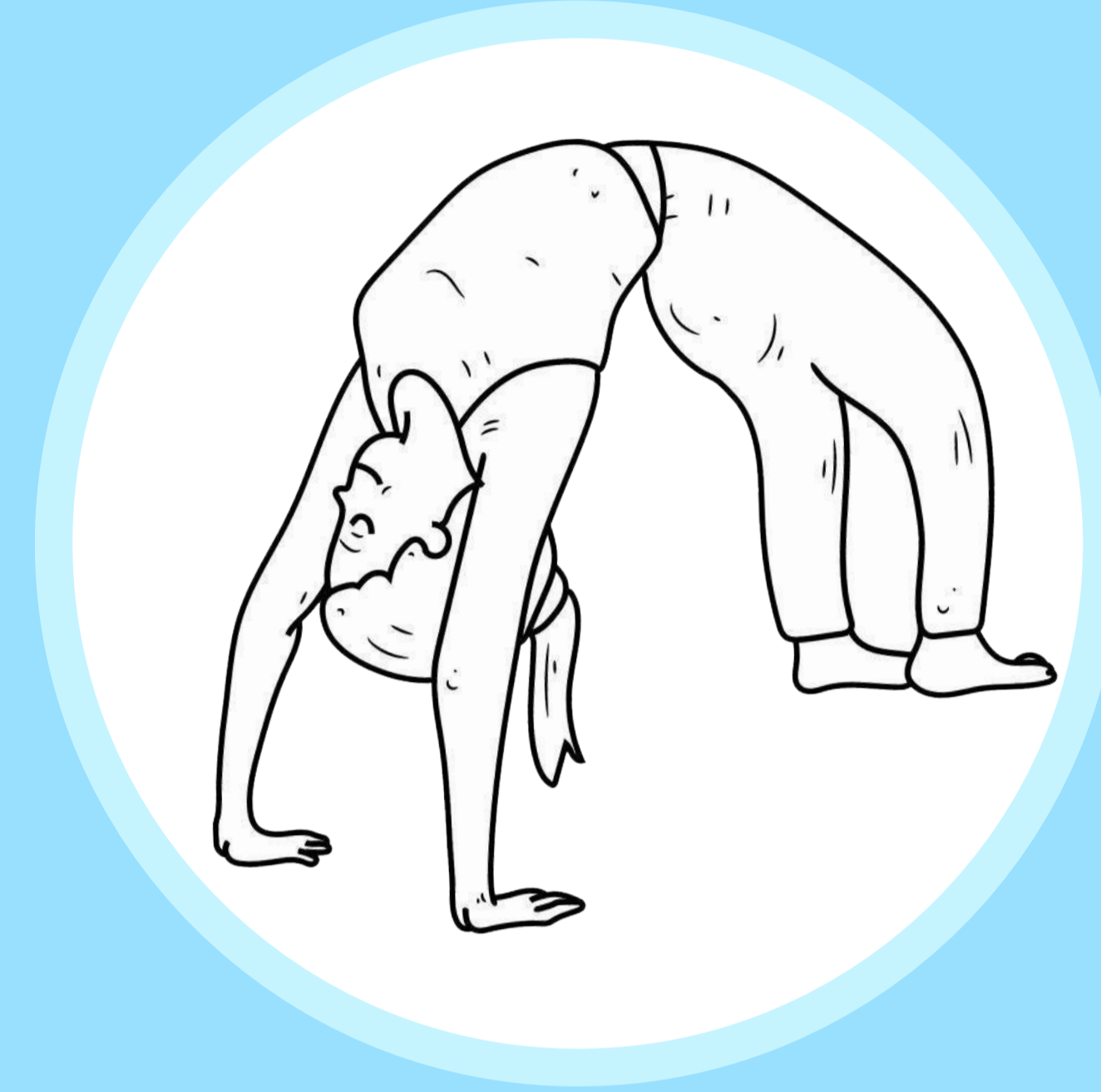
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# Male Fertility and Urine Health\*

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**Yoganidrasna**  
(state between sleep and wakefulness)#



**Chakrasana**  
(wheel)#



**Dwipada Viparita Dandhasana**  
(two-legged inverted staff)#



**Pasasana**  
(cord)#



**Ardha Marichyasana I**  
(bound forward fold)#



**Uttanasana**  
(forward fold)#

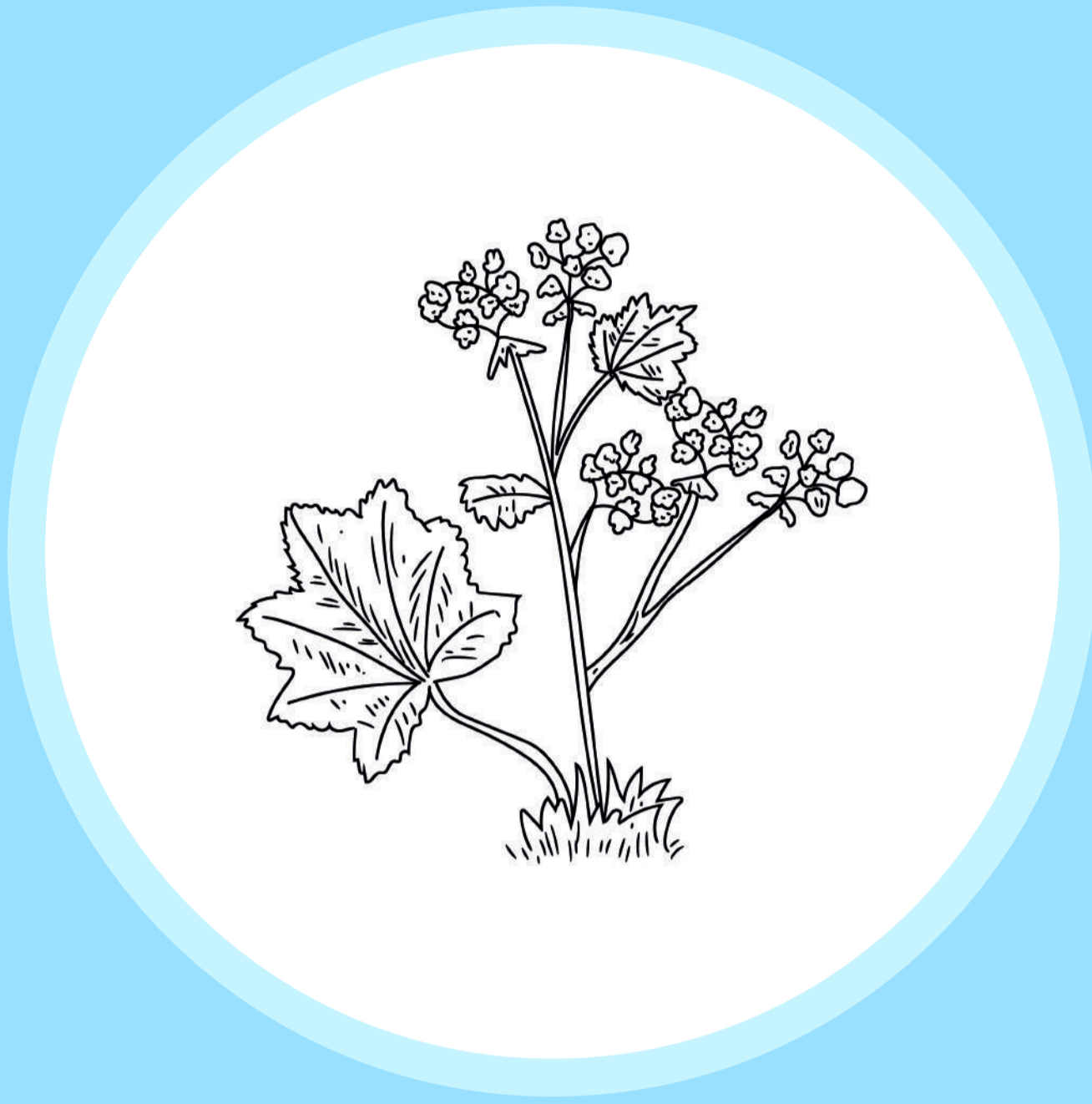
# especially good for erectile dysfunction.

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# Male Fertility and Urine Health\*

(p. 8 of 8)



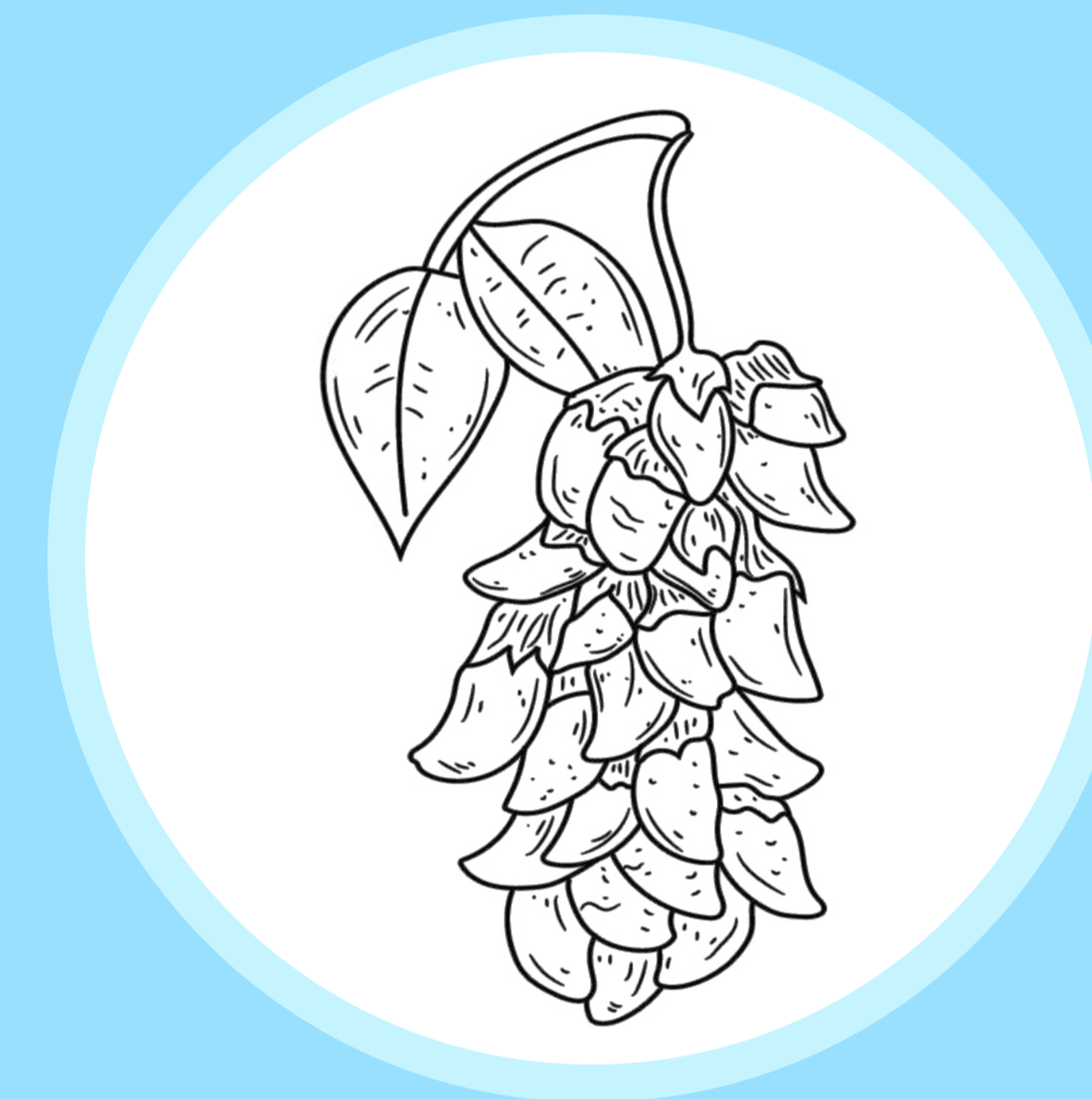
Lady's Mantle#



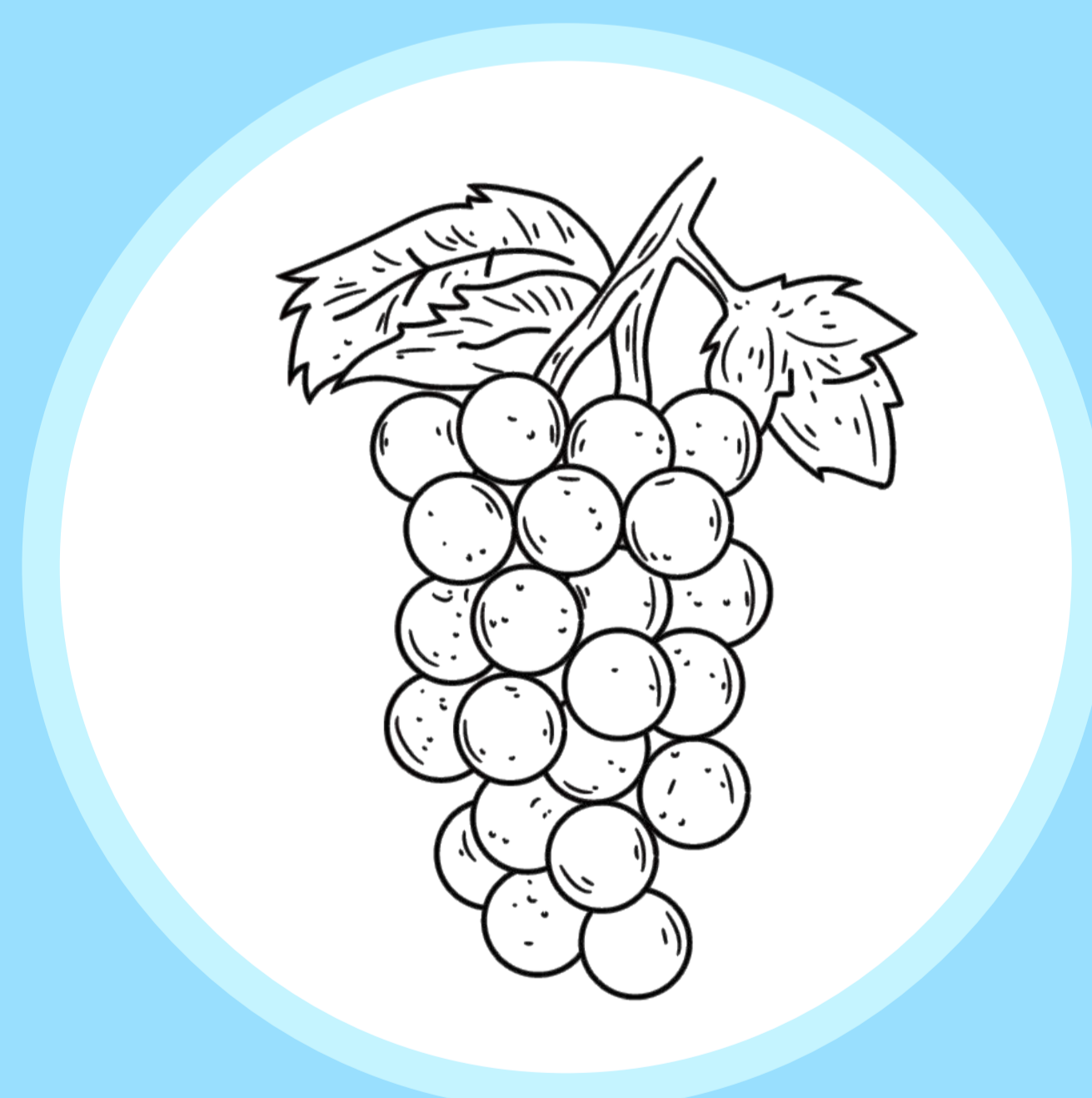
Kundalini Mudra#



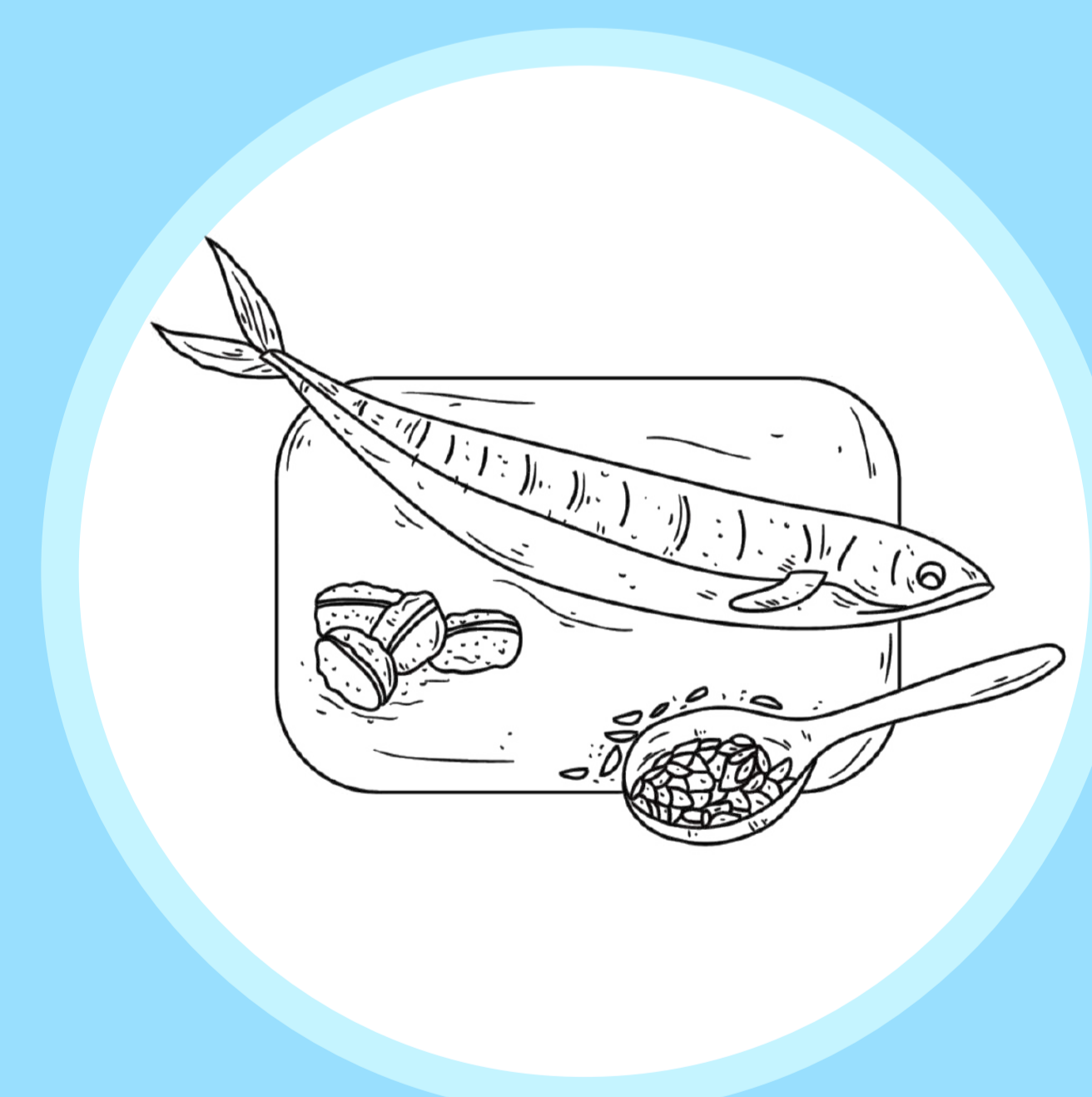
Tribulus Terrestris#



Red Velvet Bean Plant#



Grapes#



Omega 3s#

# especially good for erectile dysfunction.

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