

## Adrenals (p. 1 of 4)



Lotus Mudra repeated for 3 min in Sukansana



Breath of Fire for 3 Minutes



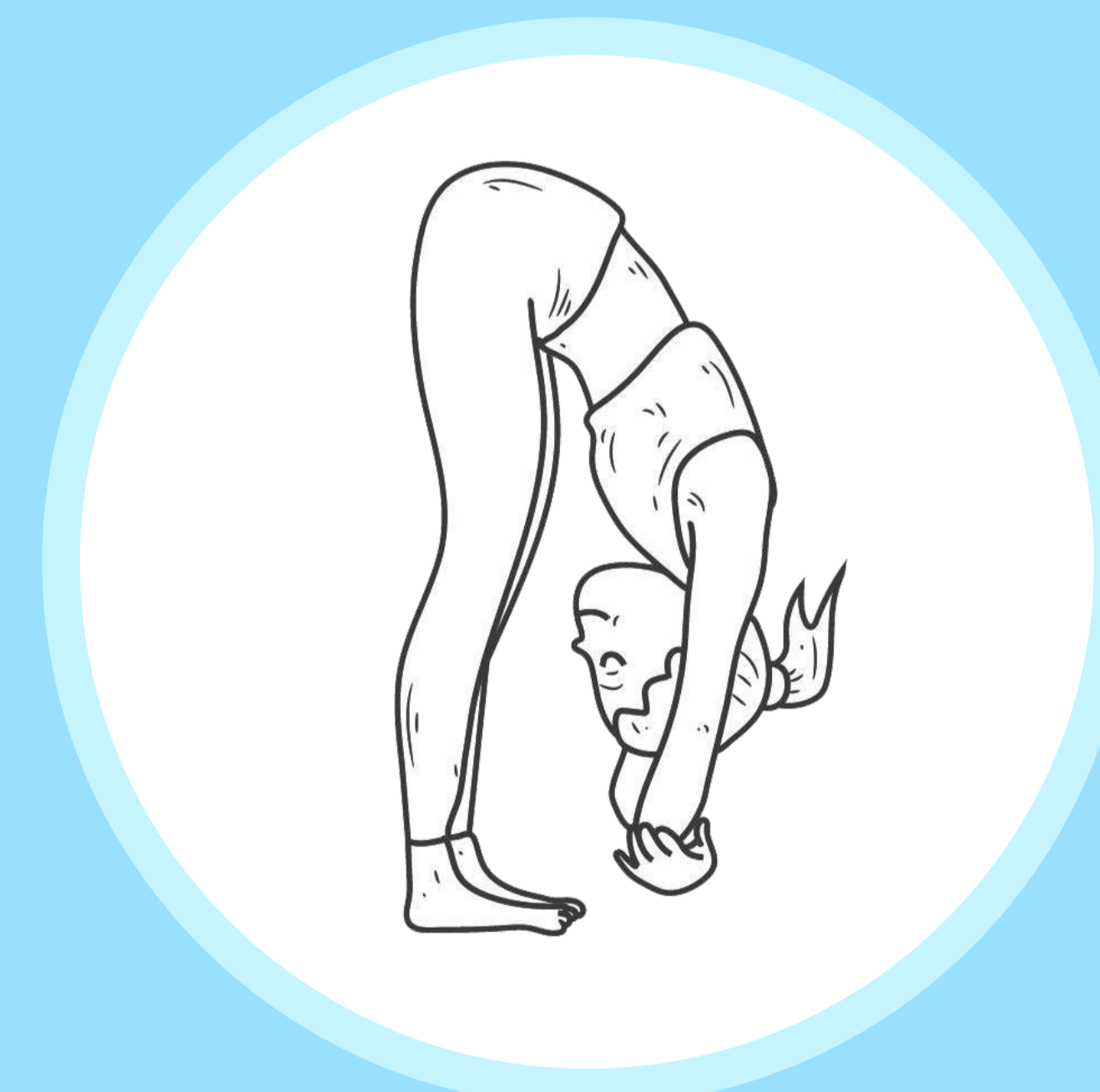
Cannon Breath



Bharadwājasana I  
(father of Drona)



Ardha Marīchyāsana I  
(bound forward fold)



Ragdoll

## Adrenals (p. 2 of 4)



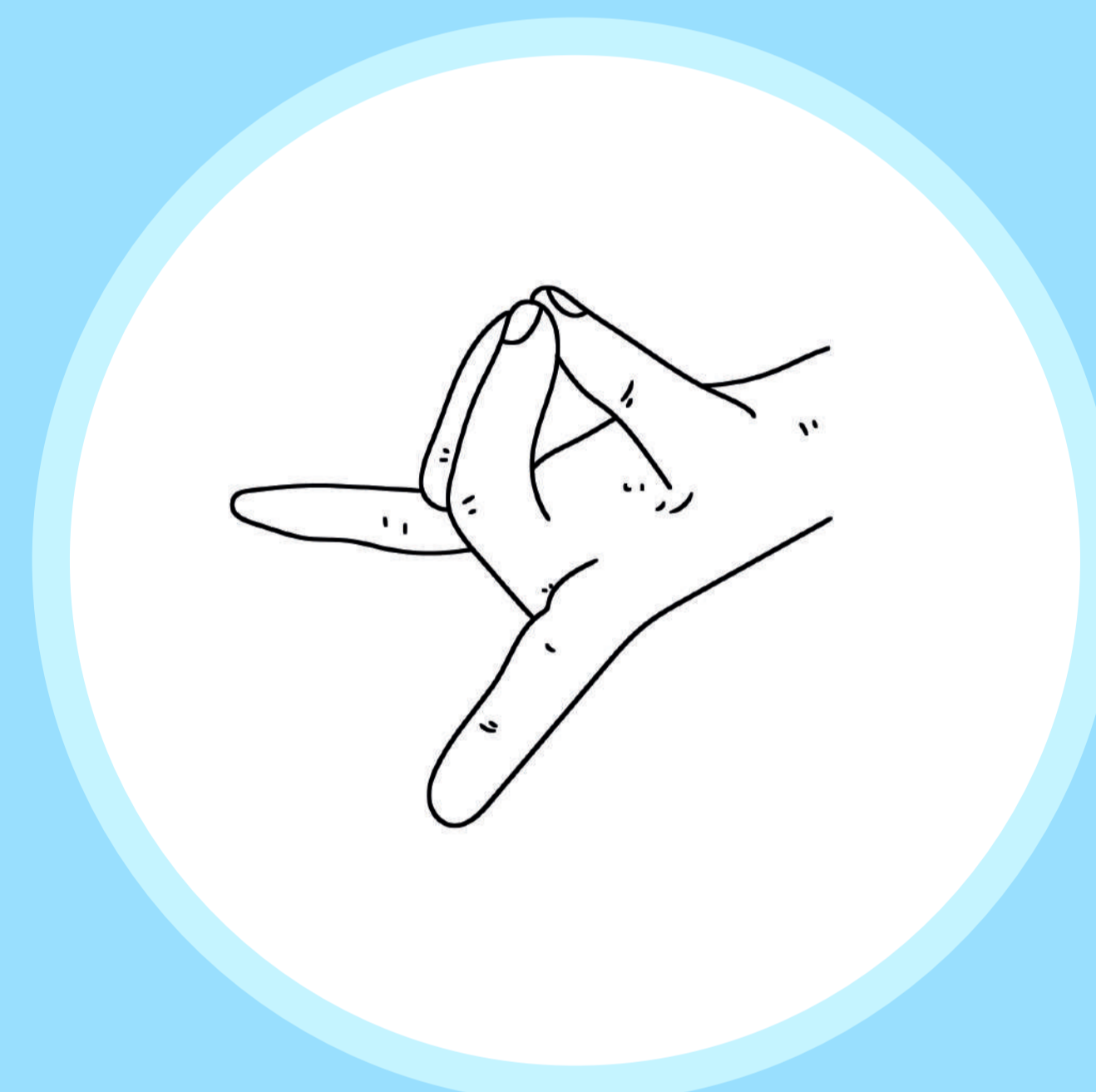
Bitilasana-Marjaryasana  
(cat-cow)



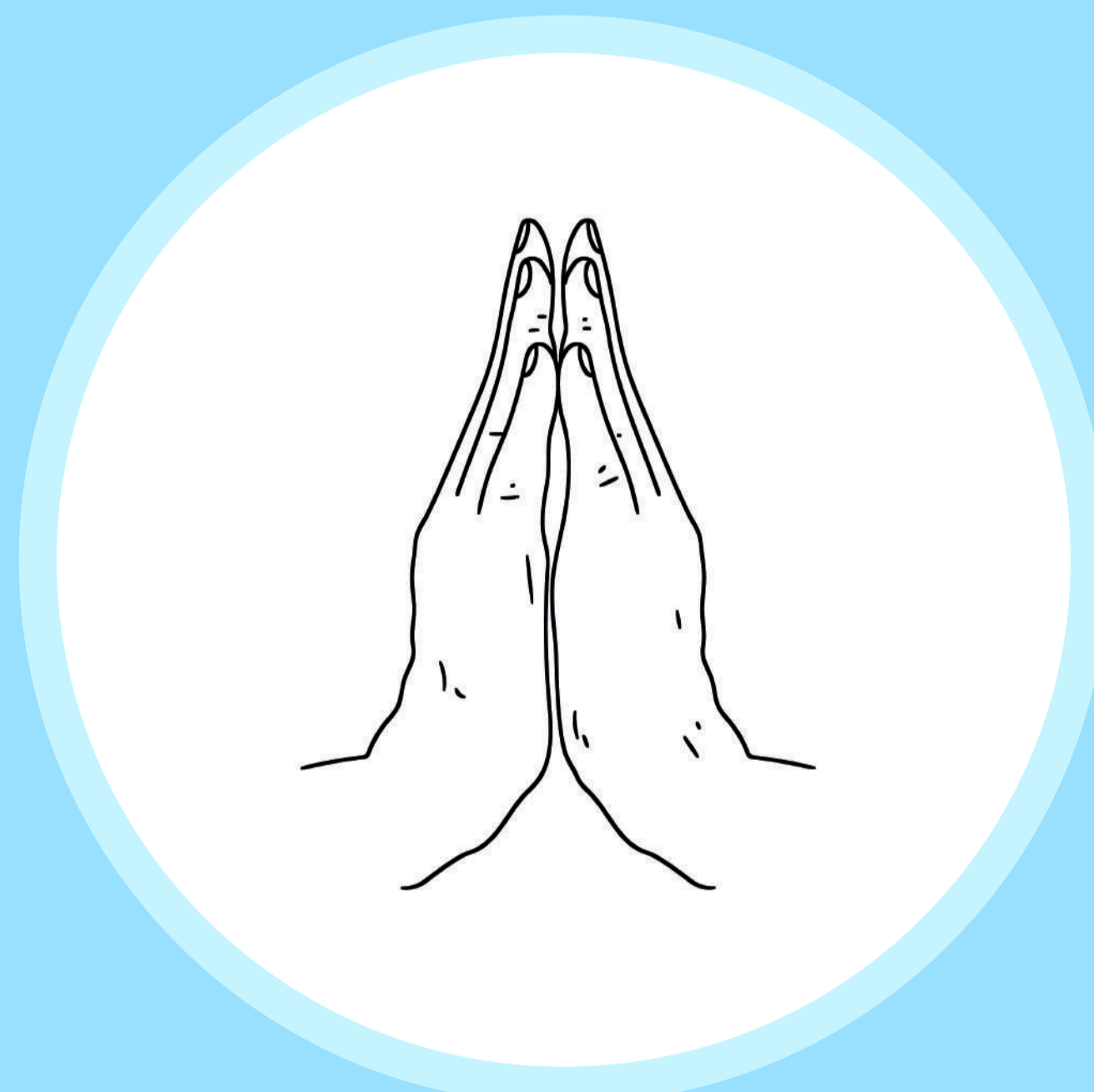
Jhulana Lurhakanasana  
(back rolls)



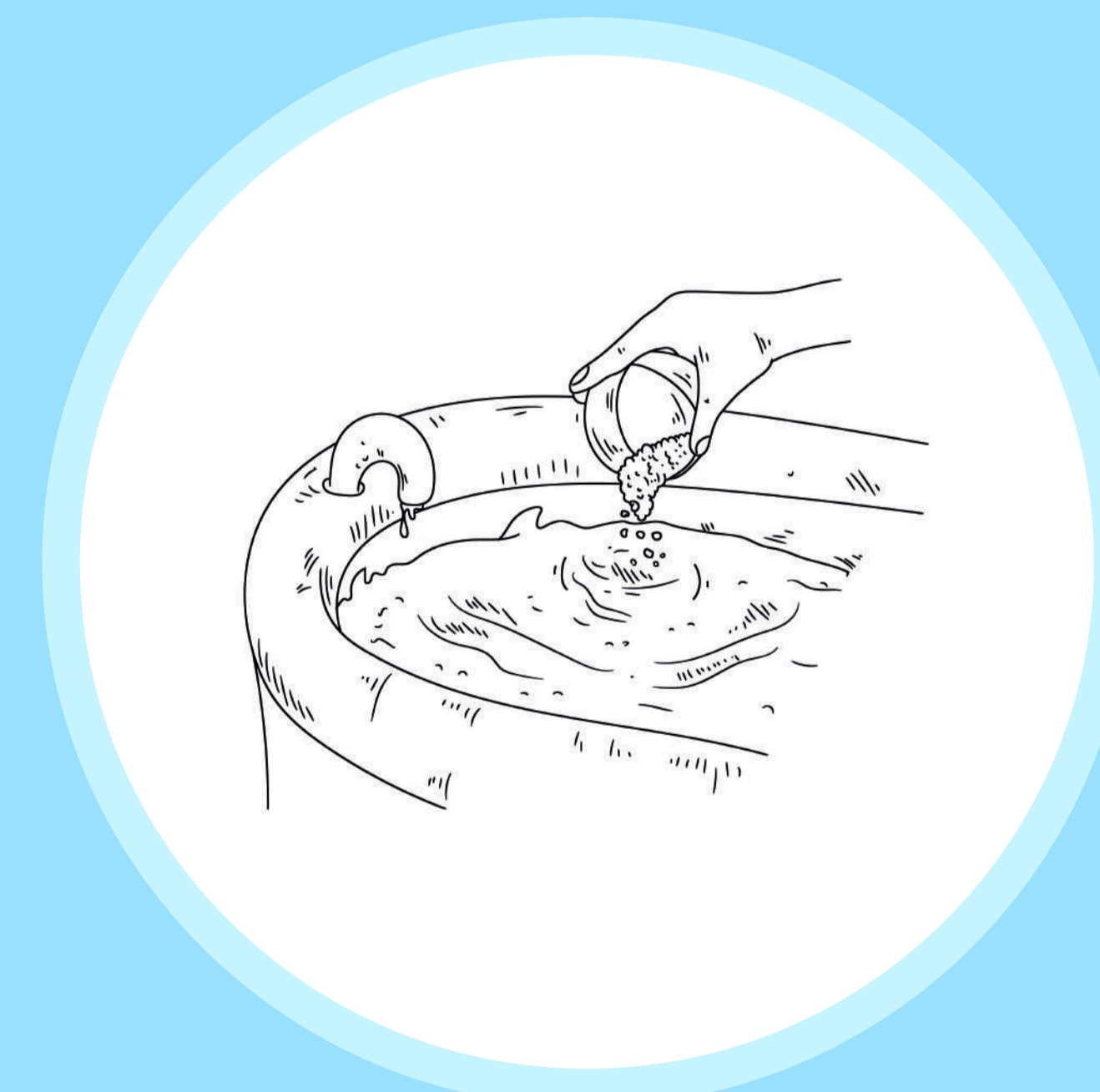
Śavāsana  
(corpse)



Apan Mudra  
(energy mudra)



Atmanjali Mudra



Epsom Salt Bath

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

## Adrenals (p. 3 of 4)



Lavender



Lemon Balm



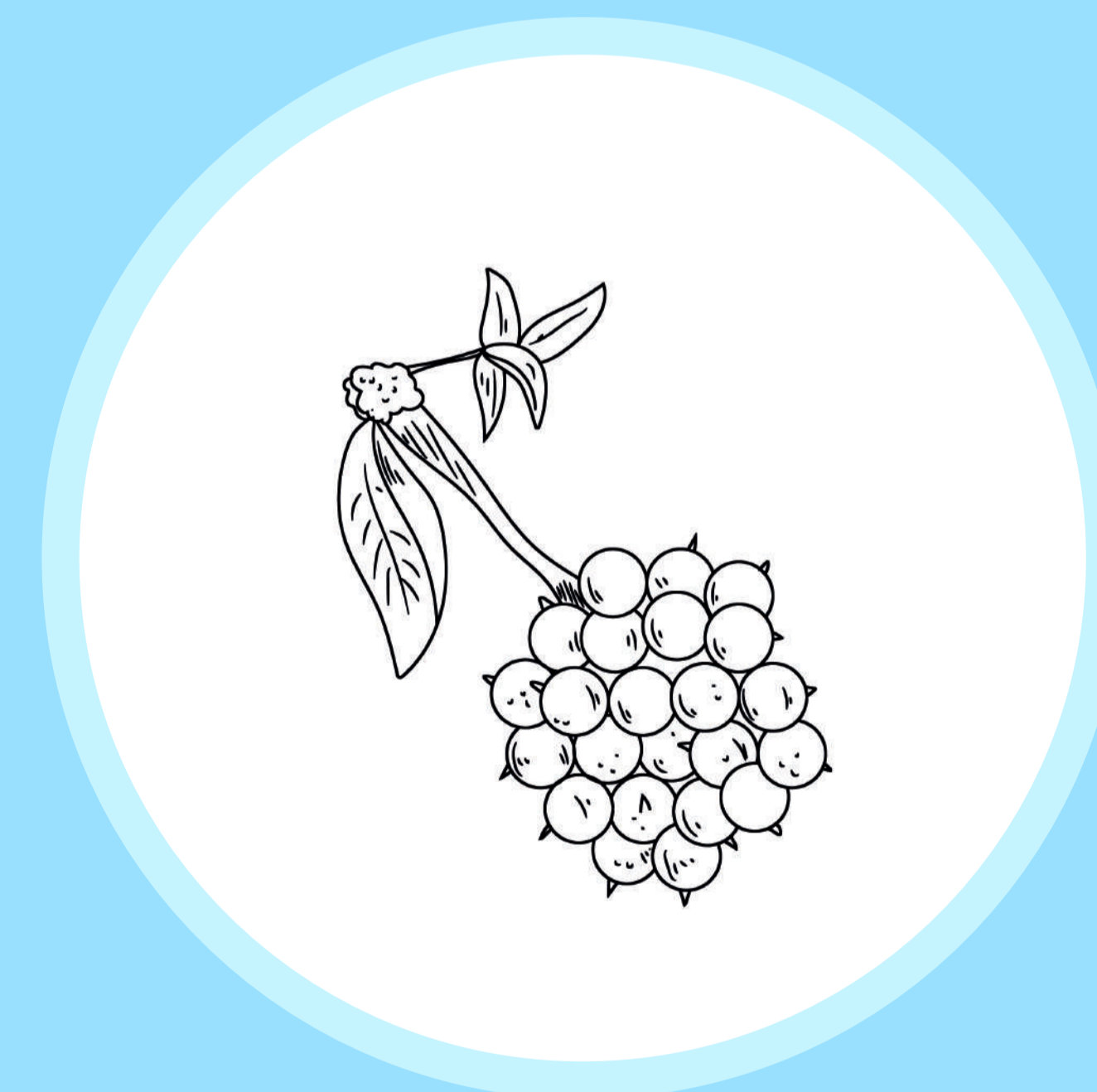
Prithivi Mudra



Sage Tea



Shankh Mudra



Taiga Root

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

## Adrenals (p. 4 of 4)



Verbena