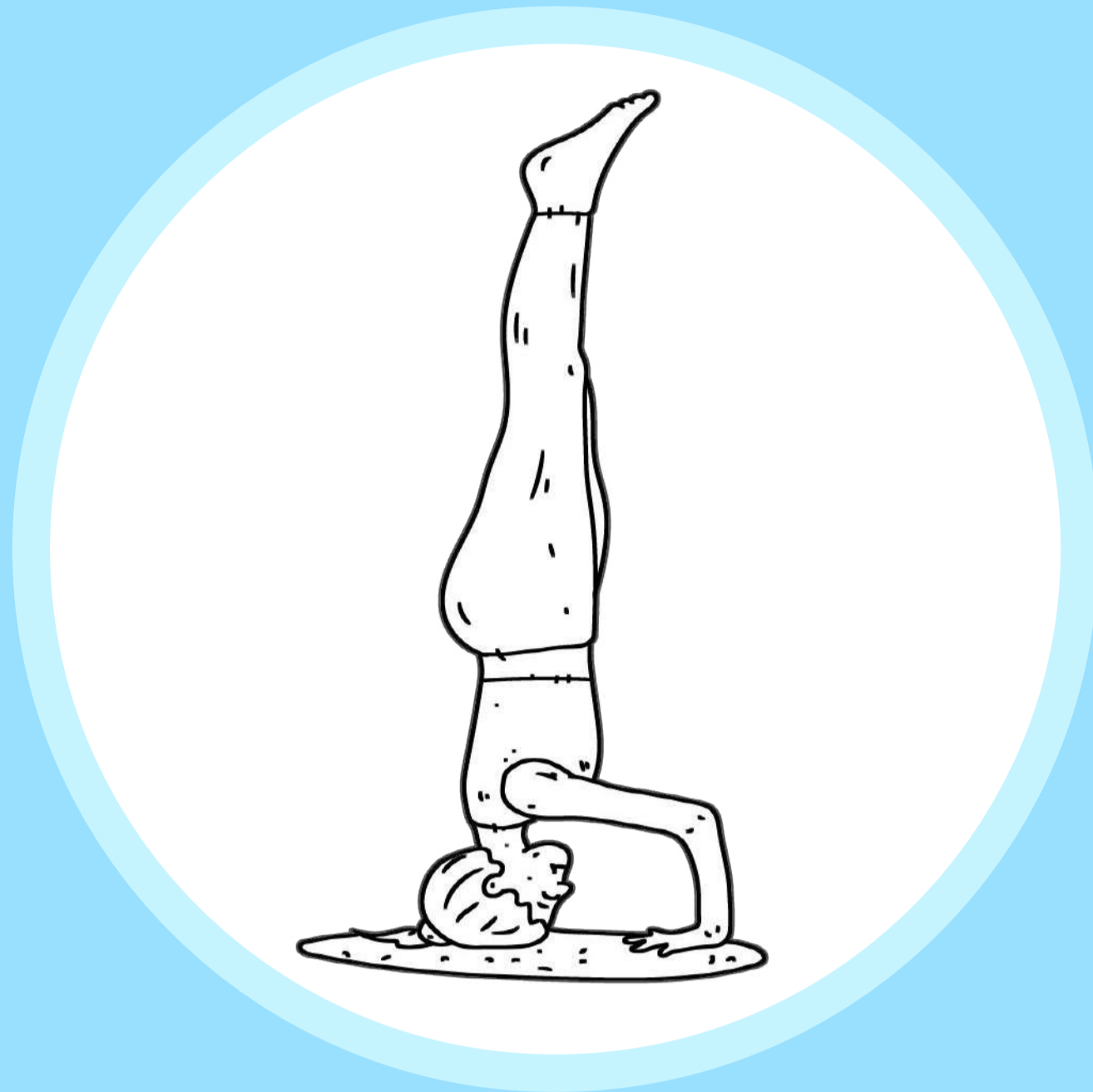
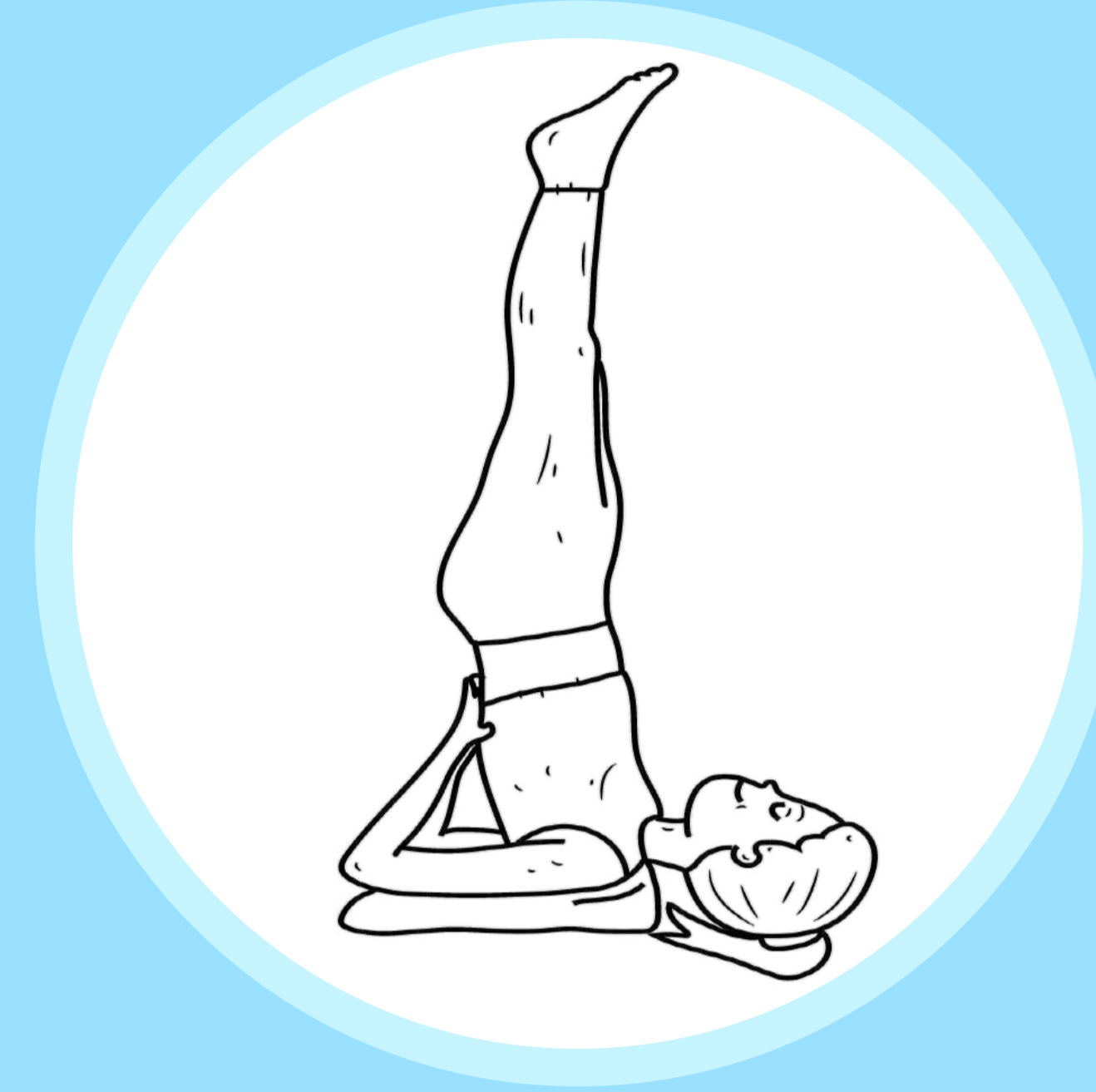


## Constipation (p. 1 of 6)



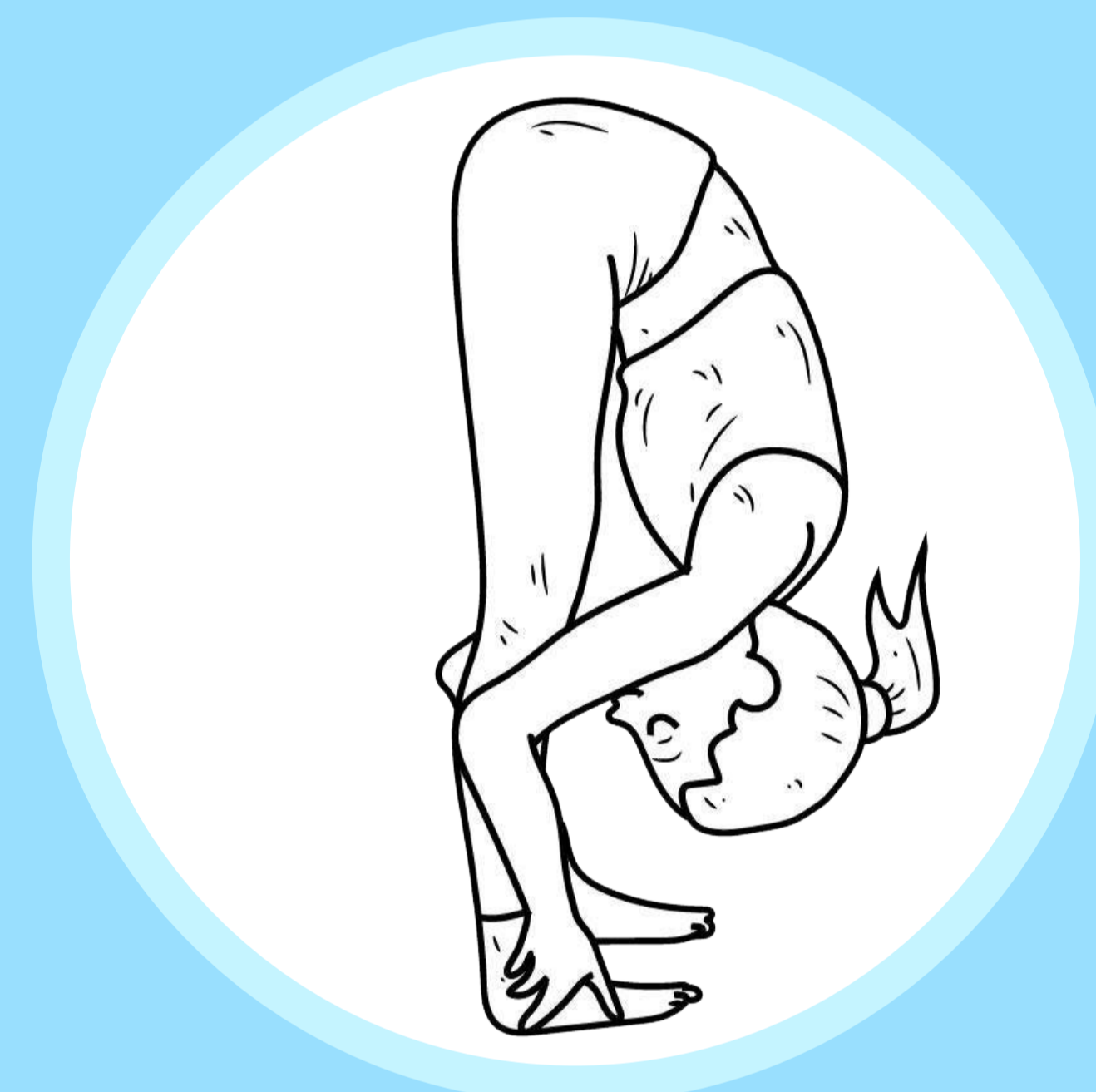
Sirsasana  
(head stand)



Sarvāngāsana  
(shoulder stand)



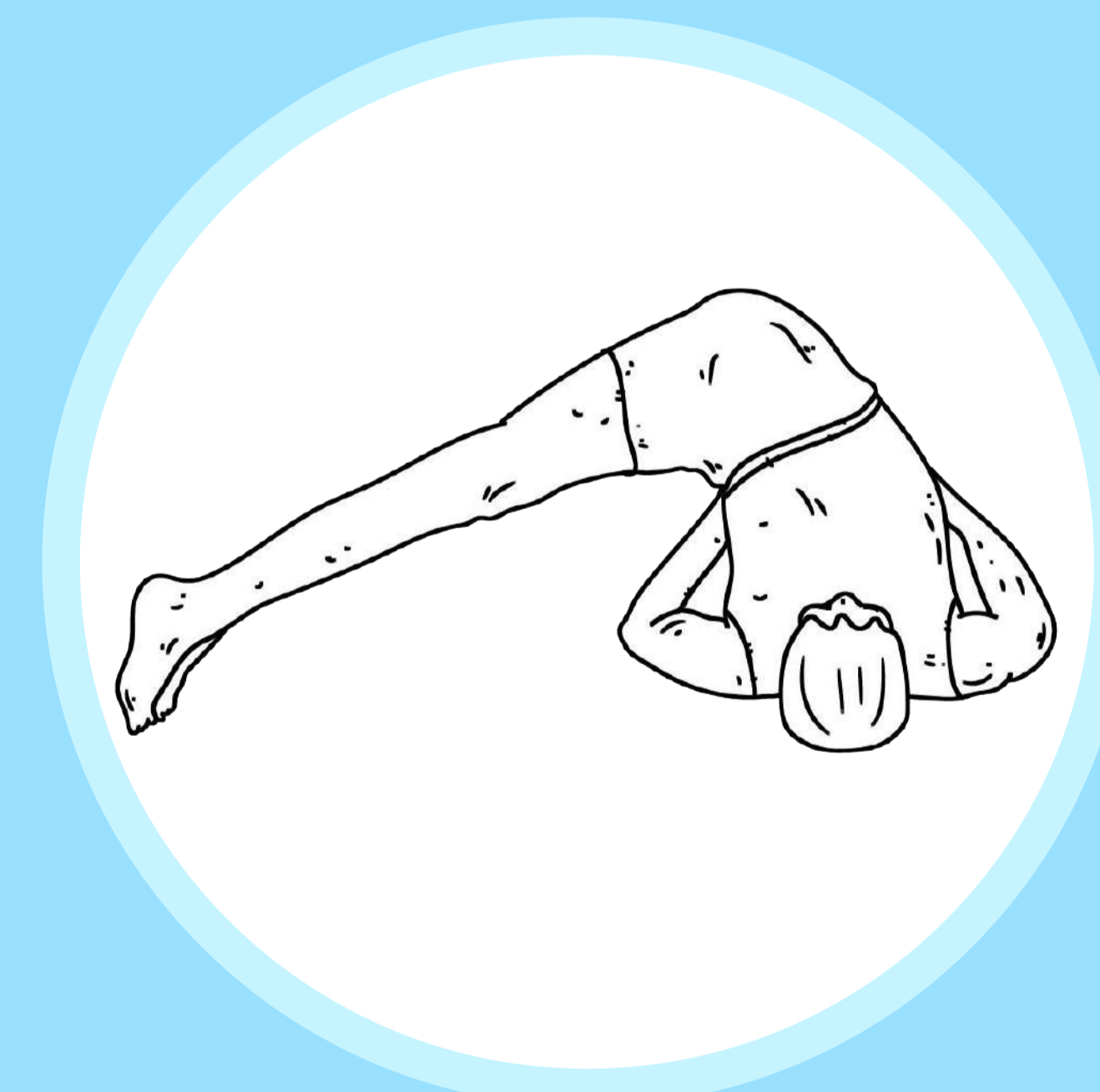
Any Standing Posture



Uttānāsana  
(forward fold)



Paschimottānāsana  
(staff)



Pārśva Halāsana  
(side plow)

## Constipation (p. 2 of 6)



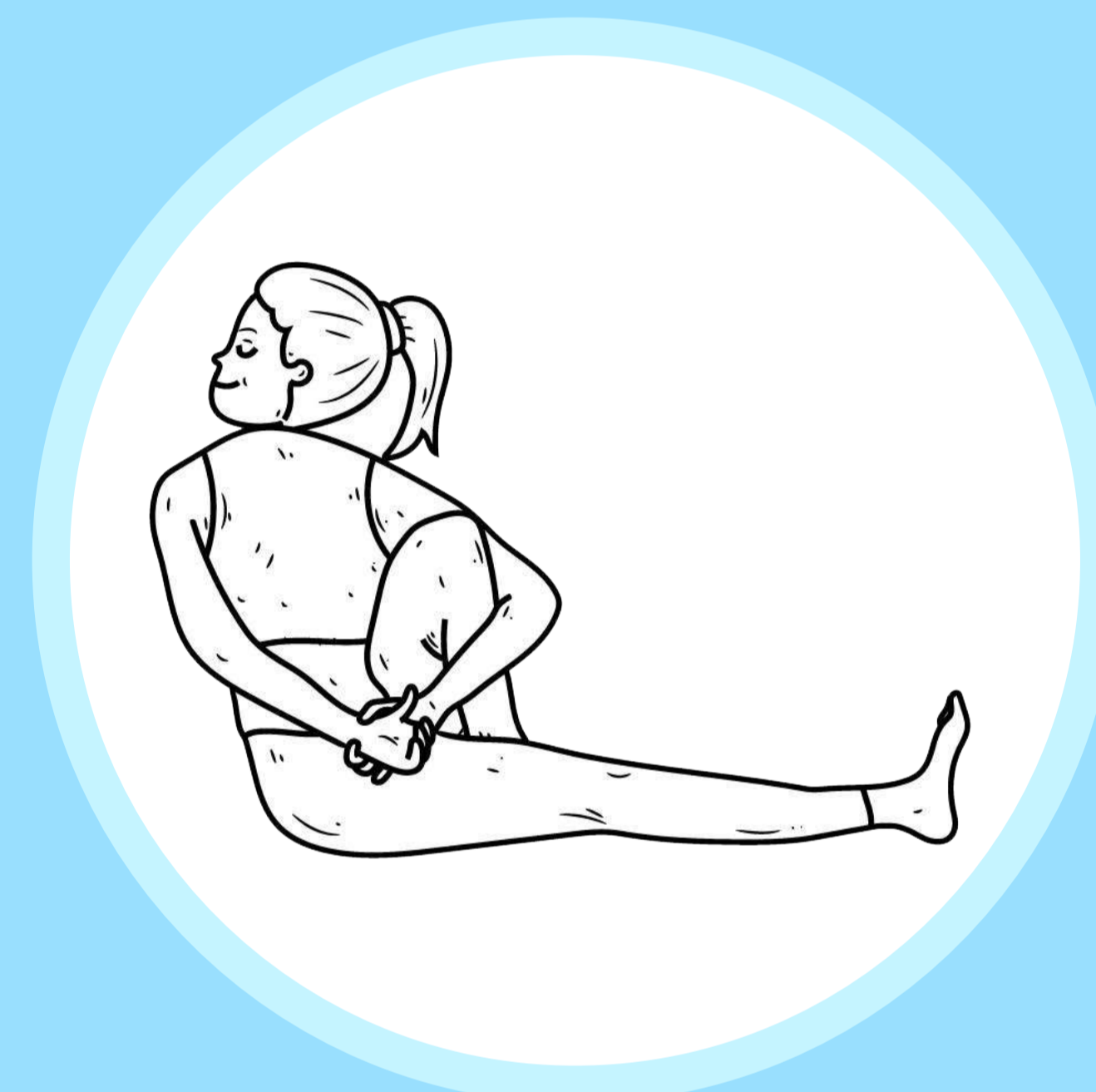
**Nādi Śodhana**  
(alternate nostril breathing)



**Ardha Marīchyāsana I**  
(bound forward fold)



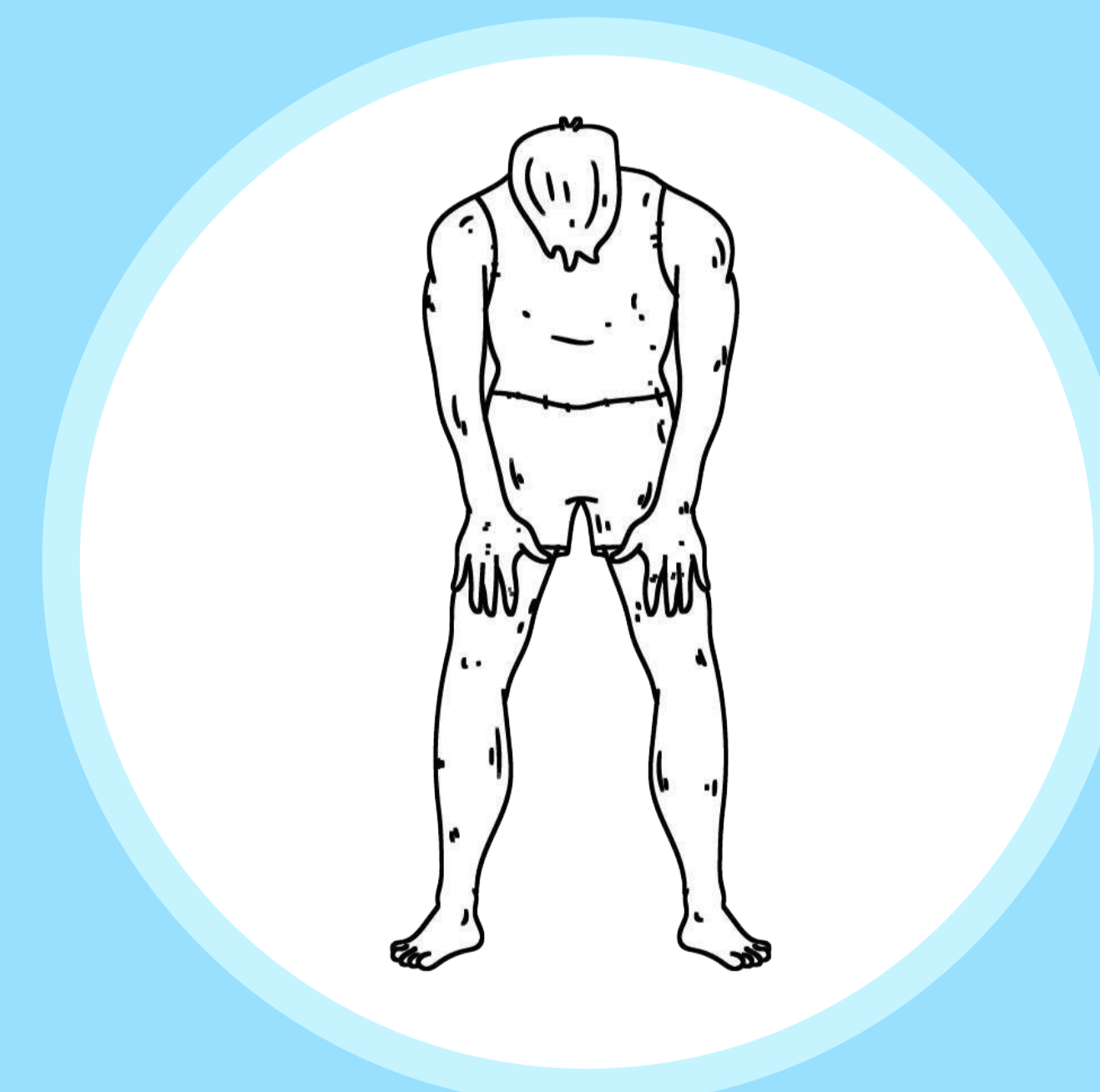
**Ardha Marīchyāsana II**  
(half lotus bound forward fold)



**Ardha Marīchyāsana III**  
(bound twist)

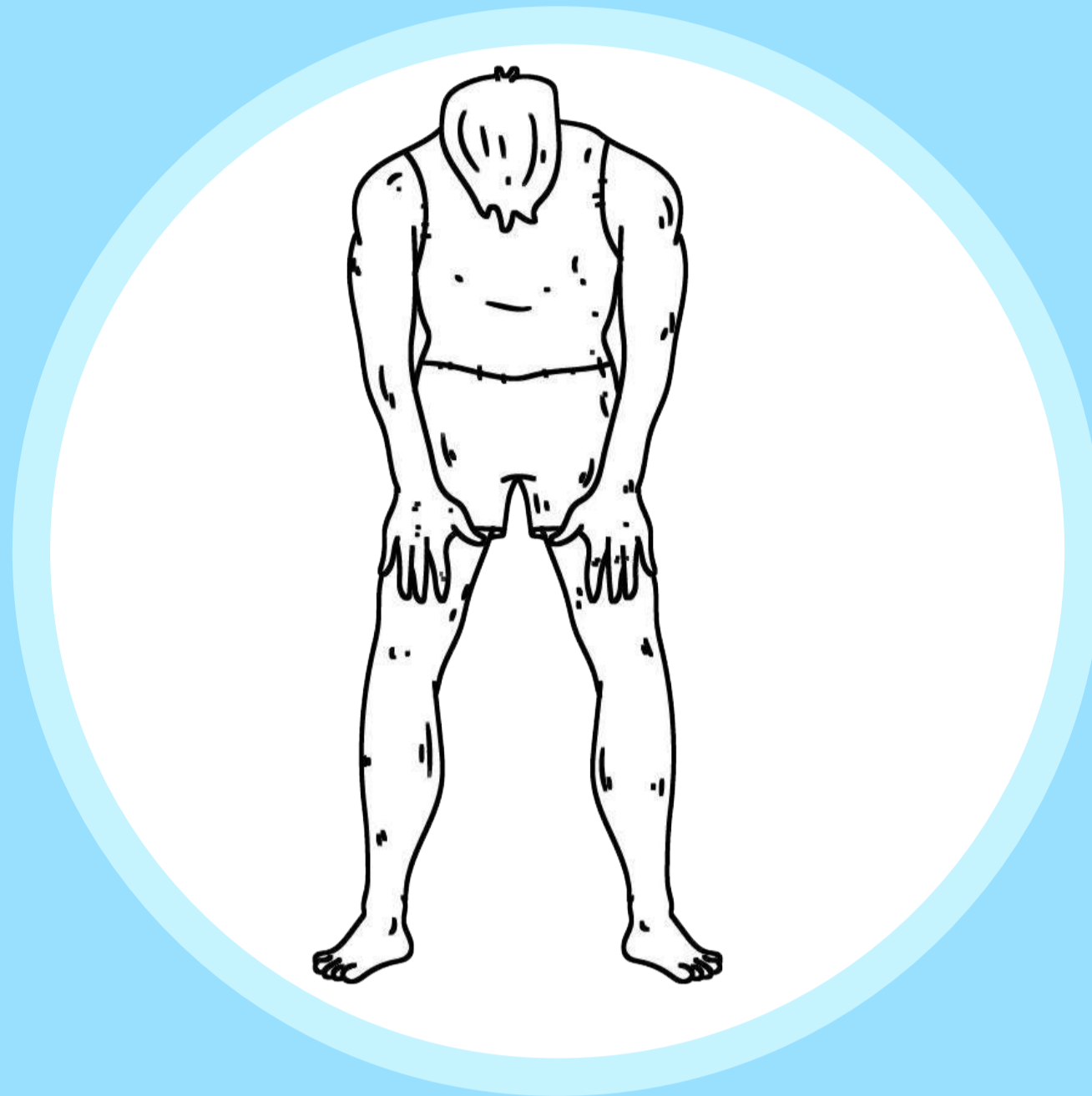


**Ardha Marīchyāsana IV**  
(half lotus bound twist)



**Uddiyana**

## Constipation (p. 3 of 6)



**Nauli**  
(stomach churn)



**Supta Virāsana**  
(reclined hero)



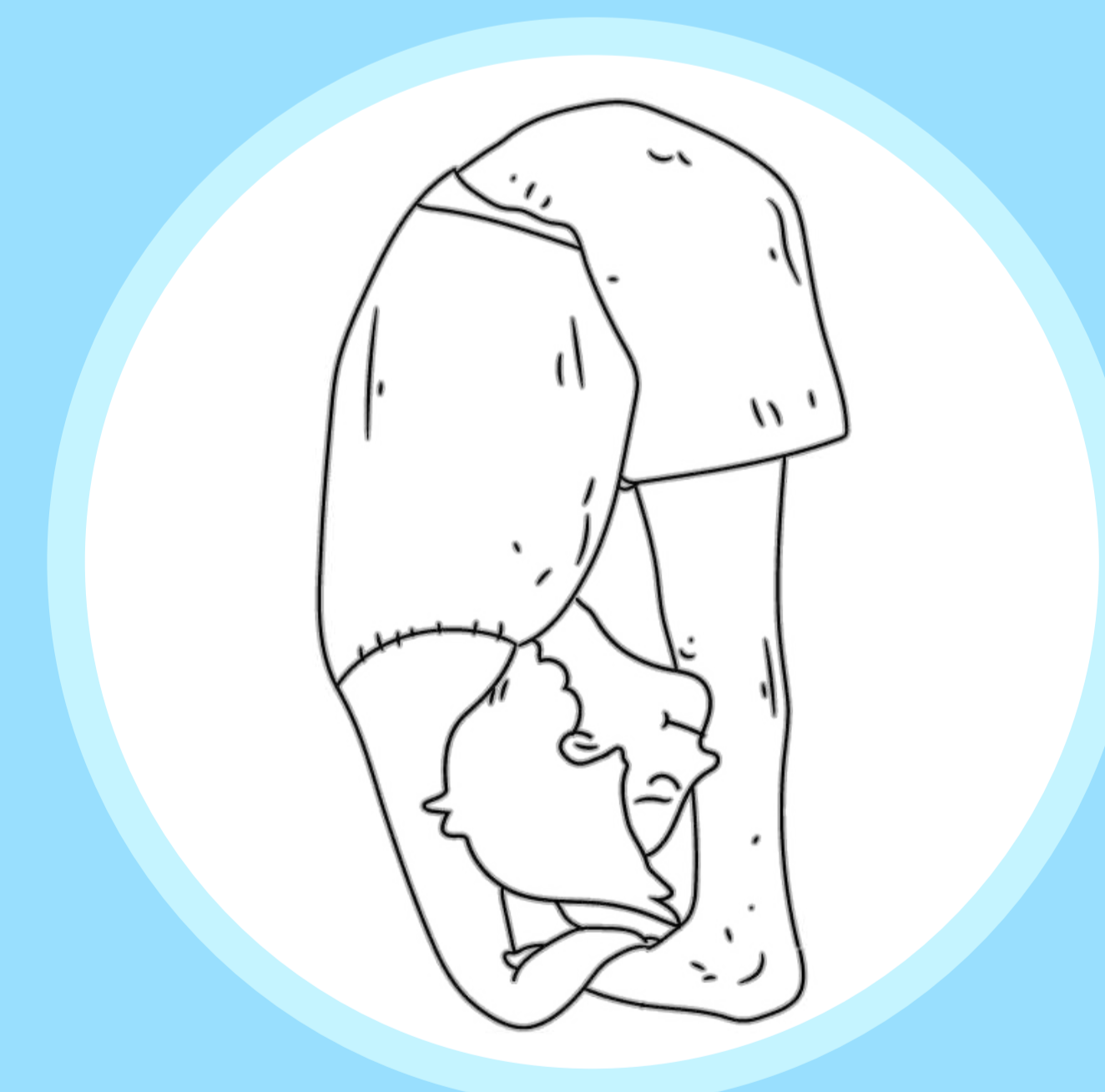
**Paschimottānāsana**  
(staff)



**Parvatāsana**  
(mountain)



**Yoga Mudrāsana**  
(union seal)



**Pāda Hastāsana**  
(hand under foot)

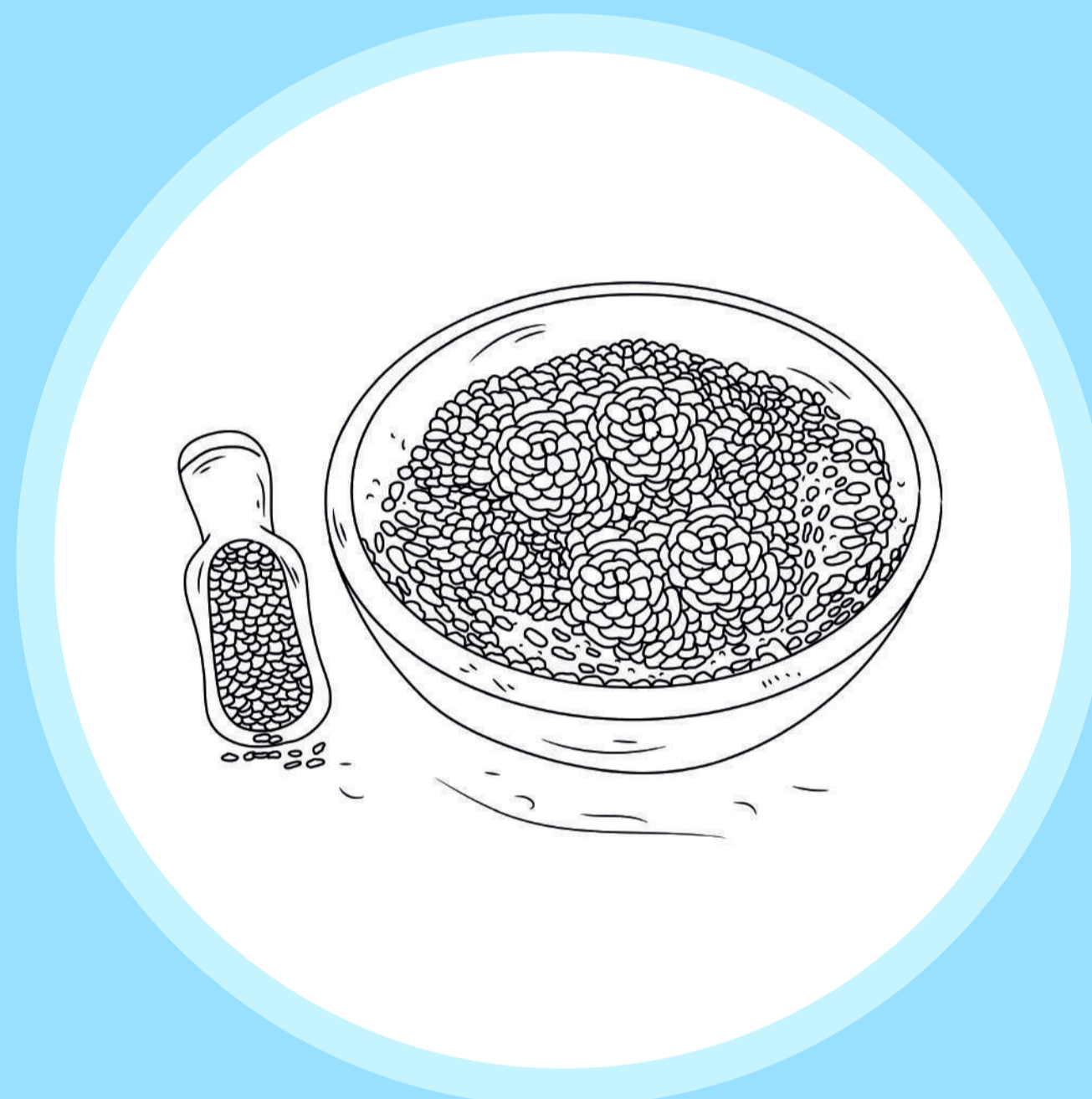
## Constipation (p. 4 of 6)



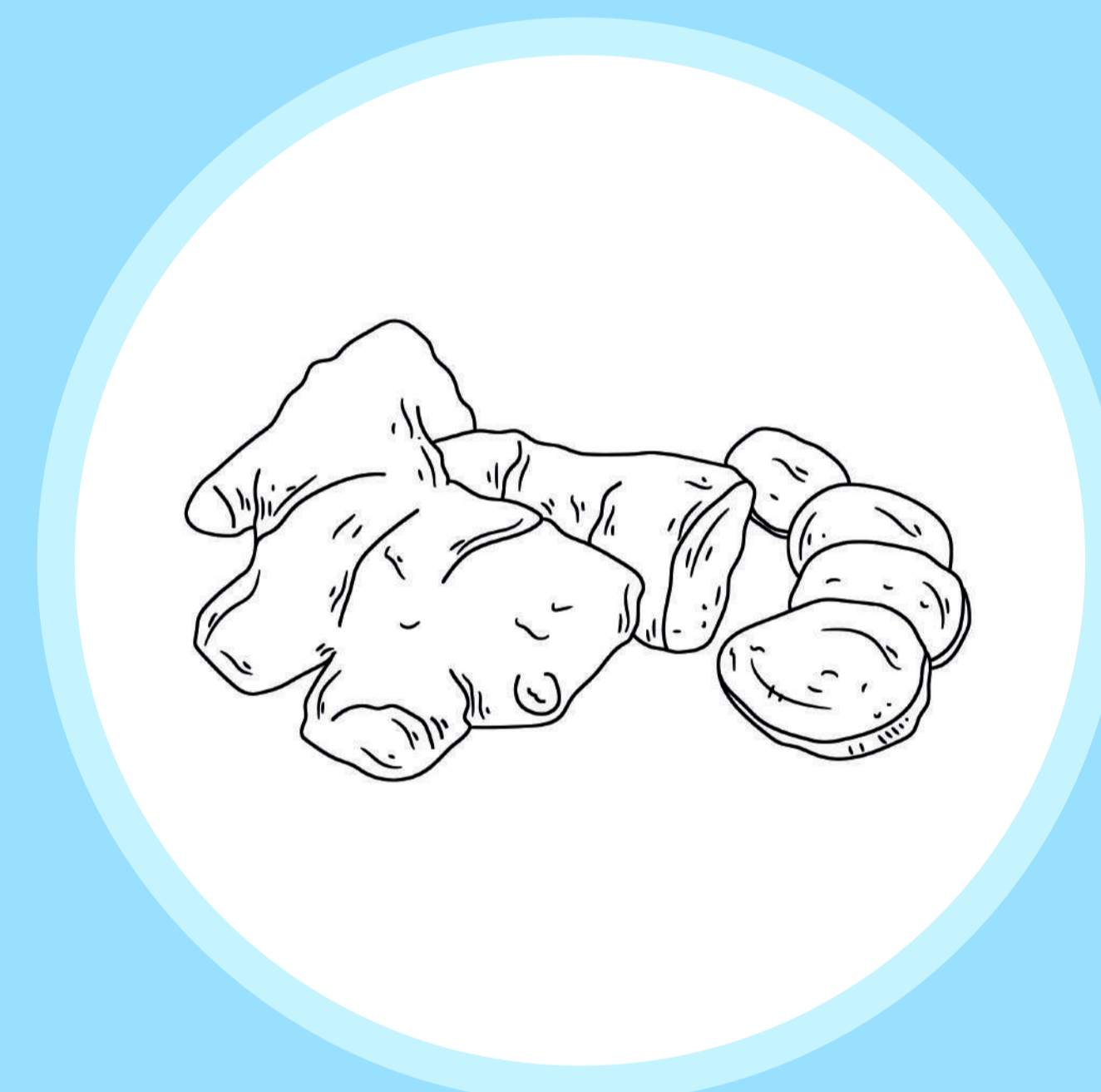
**Trikonasana  
(triangle)**



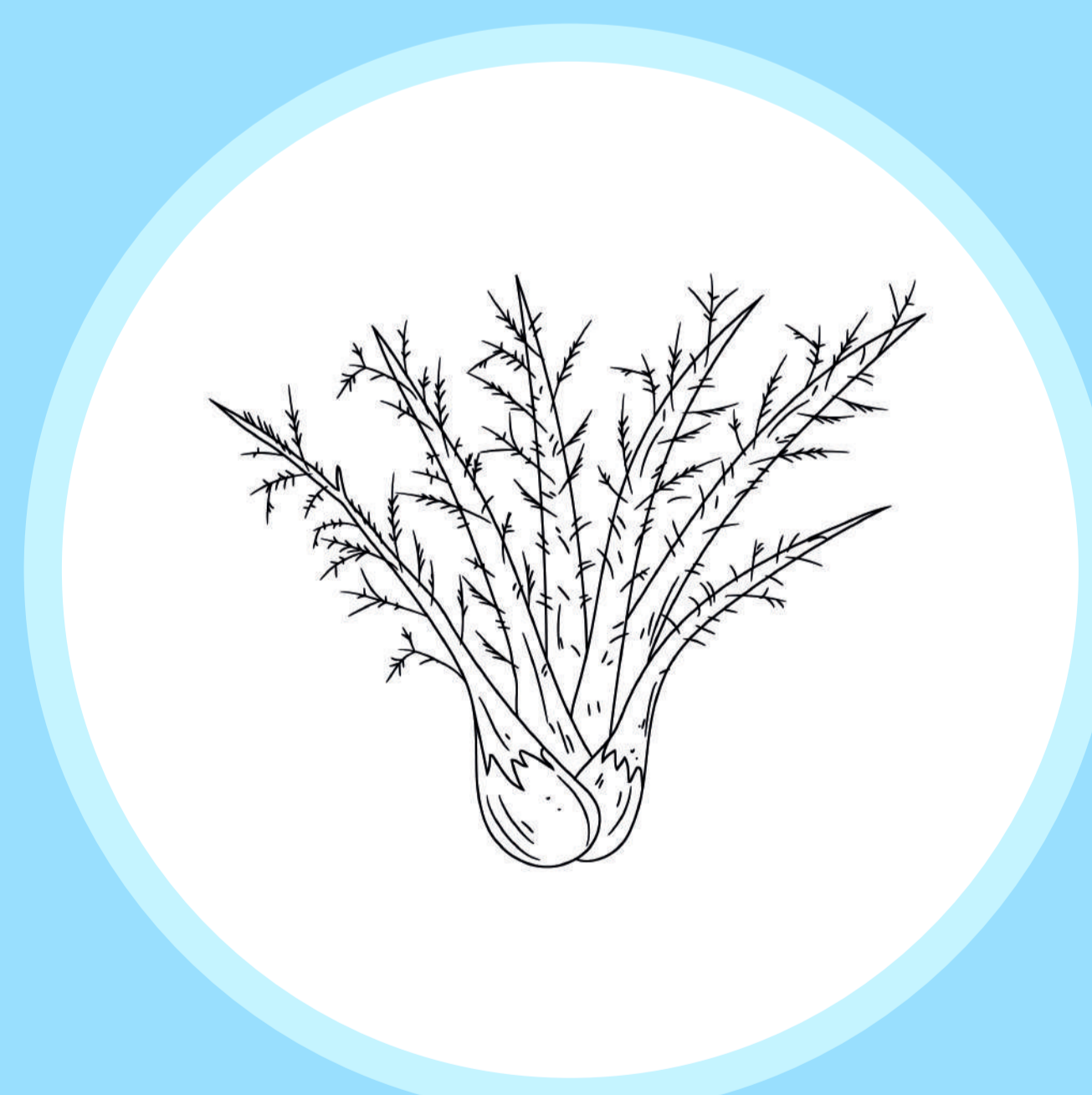
**Vajrasana  
(hero)**



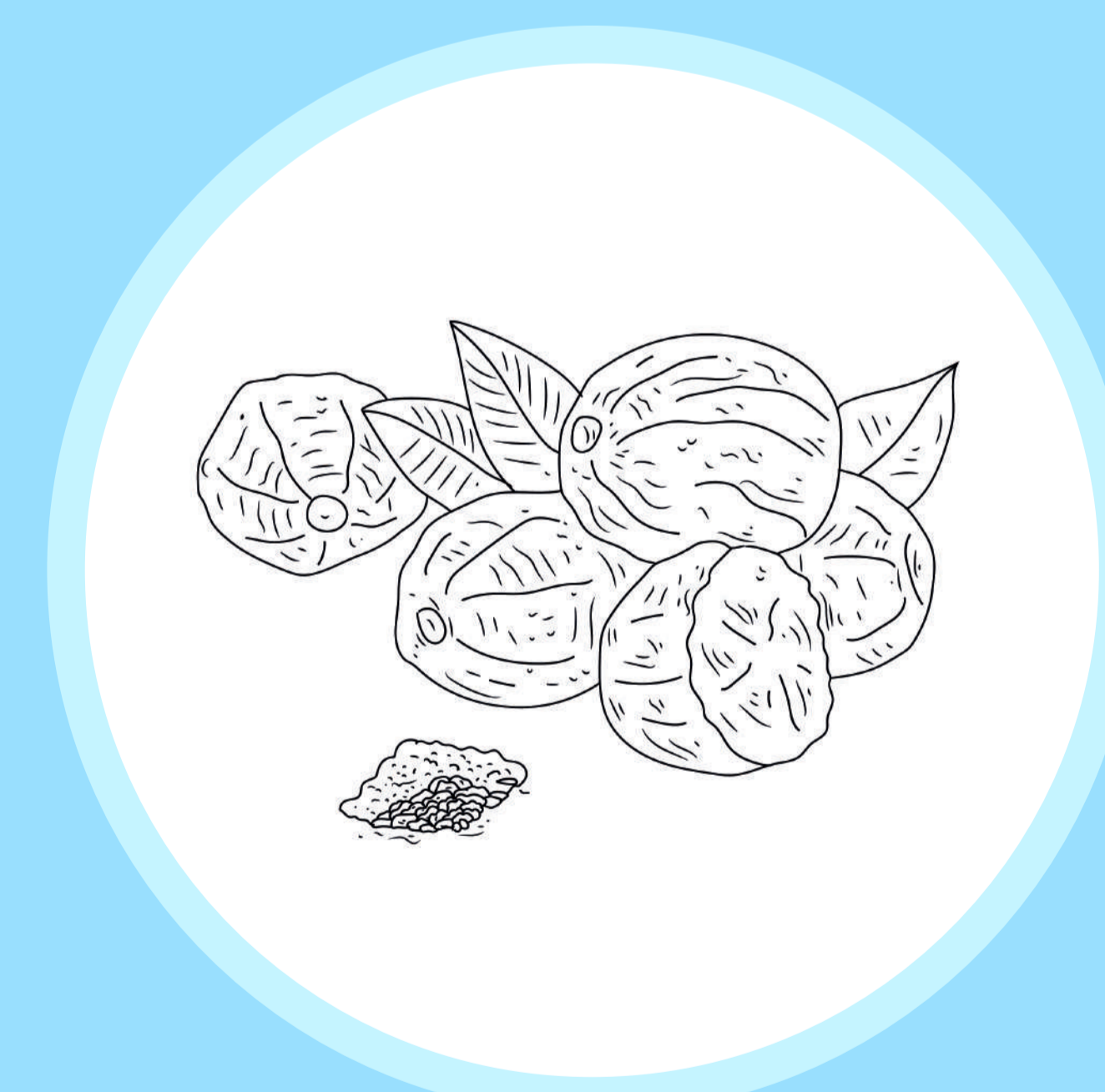
**Pink Salt**



**Ginger**



**Fennel**



**Nutmeg**

## Constipation (p. 5 of 6)



Anise



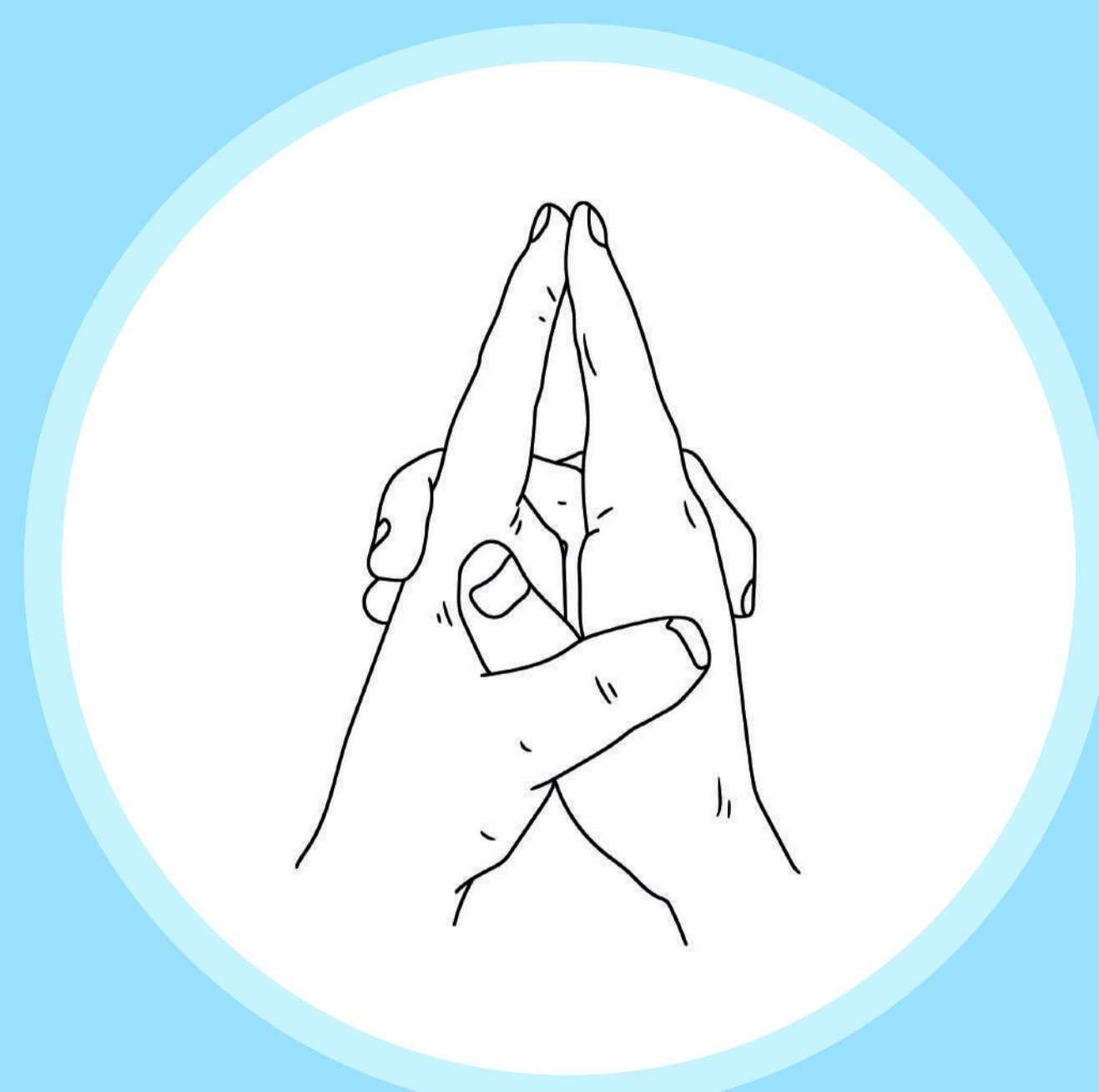
Black Alder



Caraway



Olive Oil  
(massaged into body)



Ksepana Mudra



Large Bottle of Water

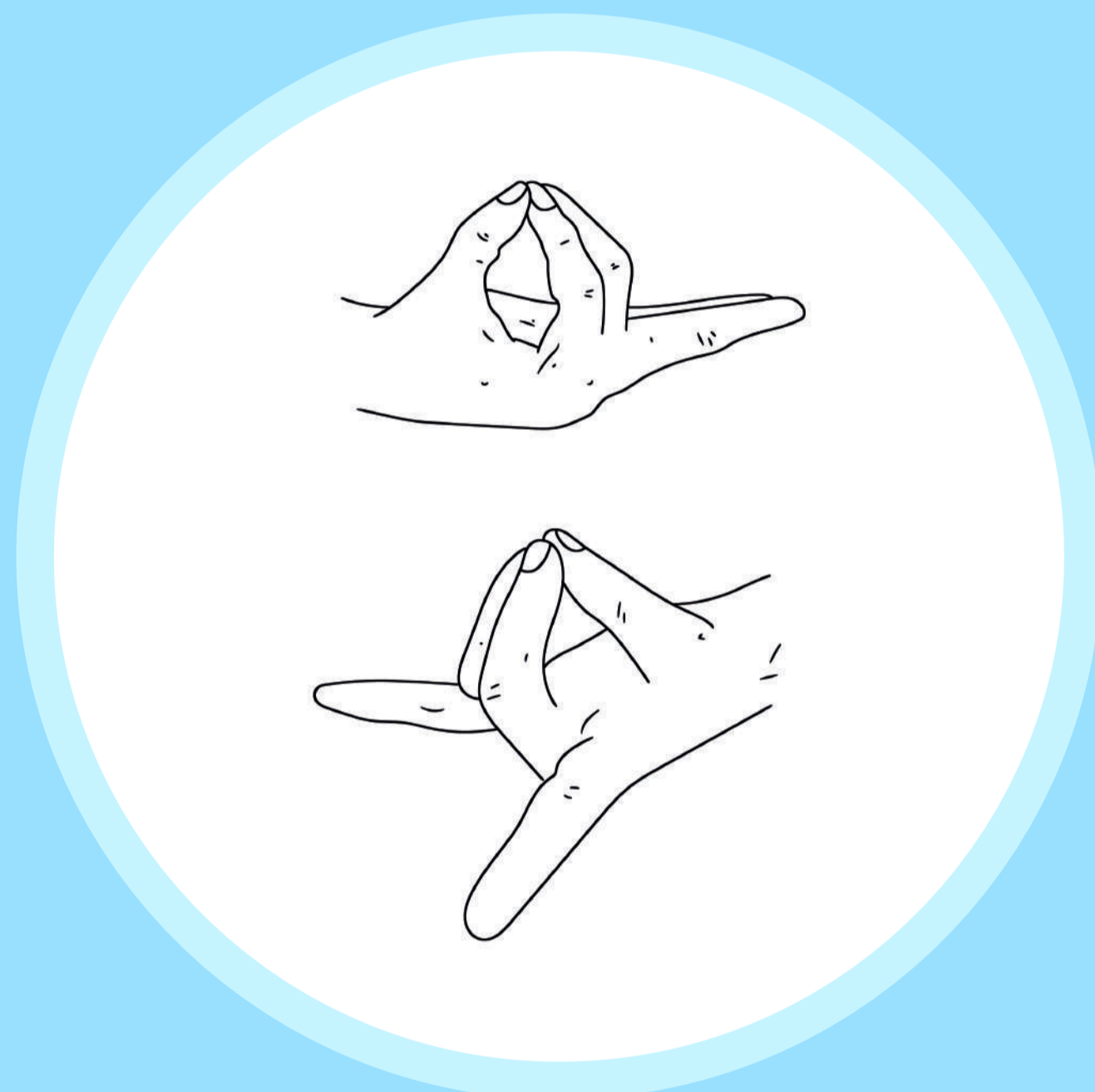
## Constipation (p. 6 of 6)



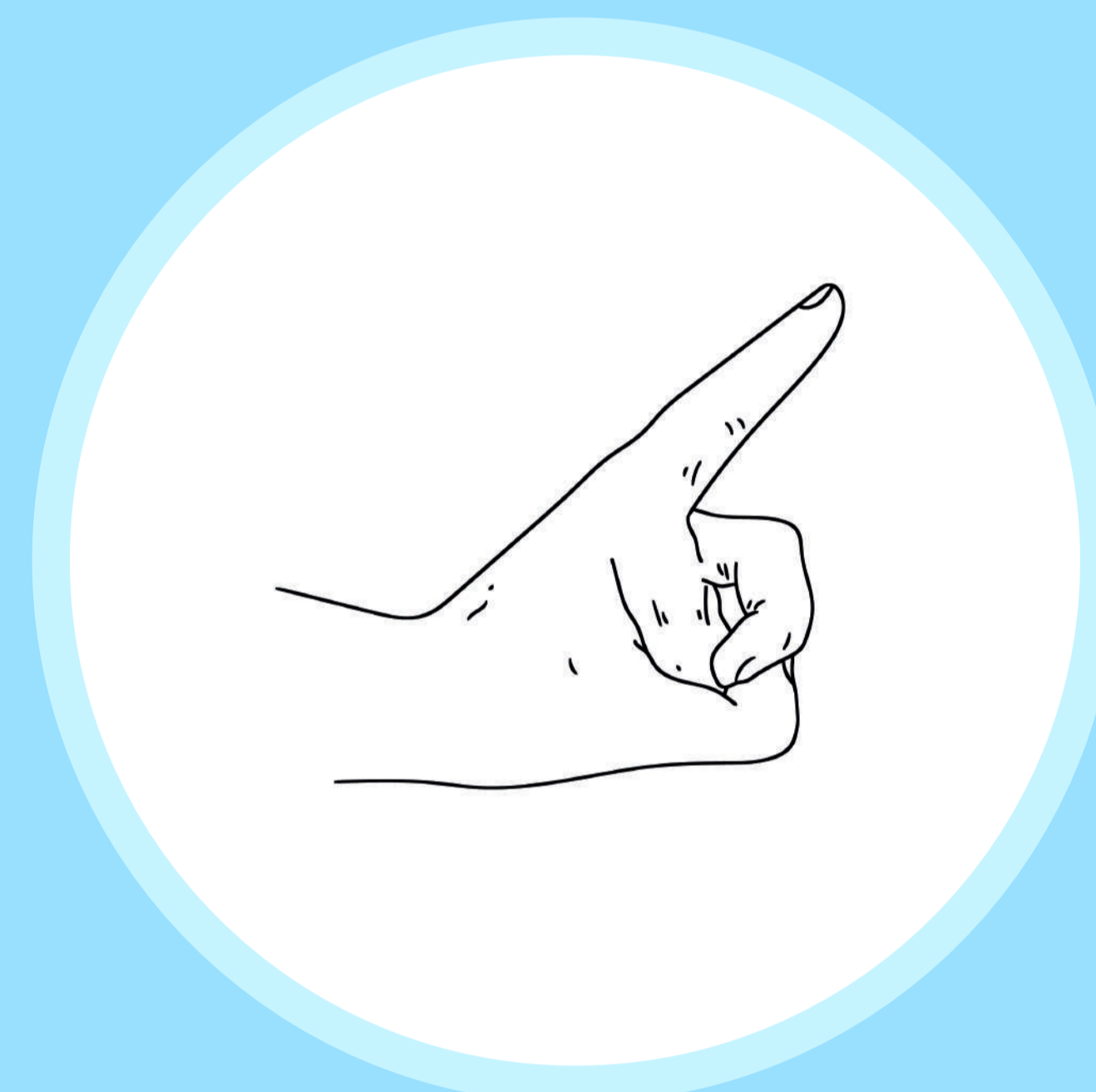
Mukula Mudra



Mushti Mudra



Pushan Mudra



Suchi Mudra



Triphala