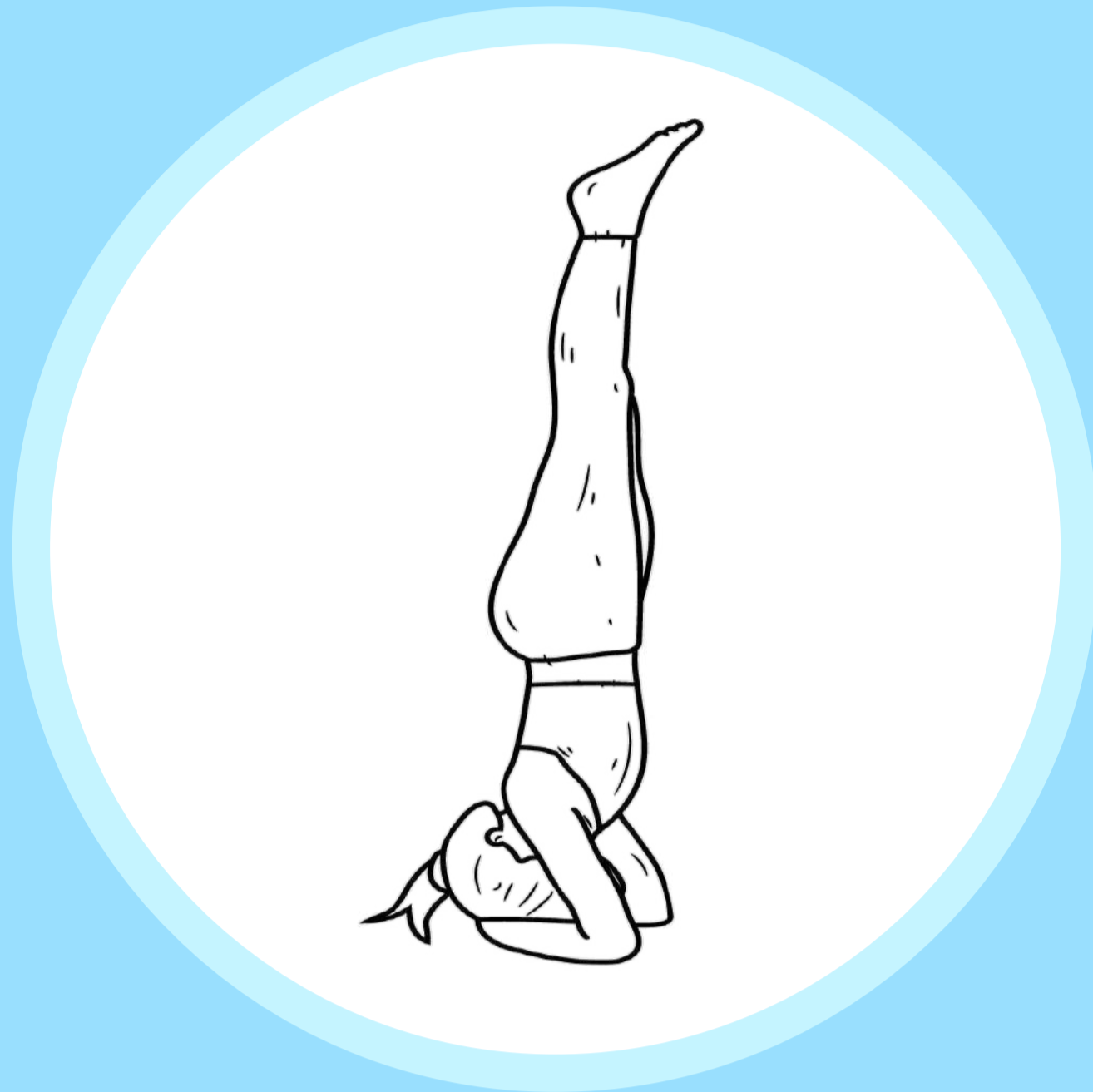


## Low Blood Pressure (p. 1 of 3)



Sālamba Śīrṣāsana  
(supported headstand)



Halāsana  
(plow)



Karṇapīdāsana  
(ear pressure)



Paschimottānāsana  
(staff)



Vīrāsana  
(hero)



Siddhāsana  
(perfect pose)

## Low Blood Pressure (p. 2 of 3)



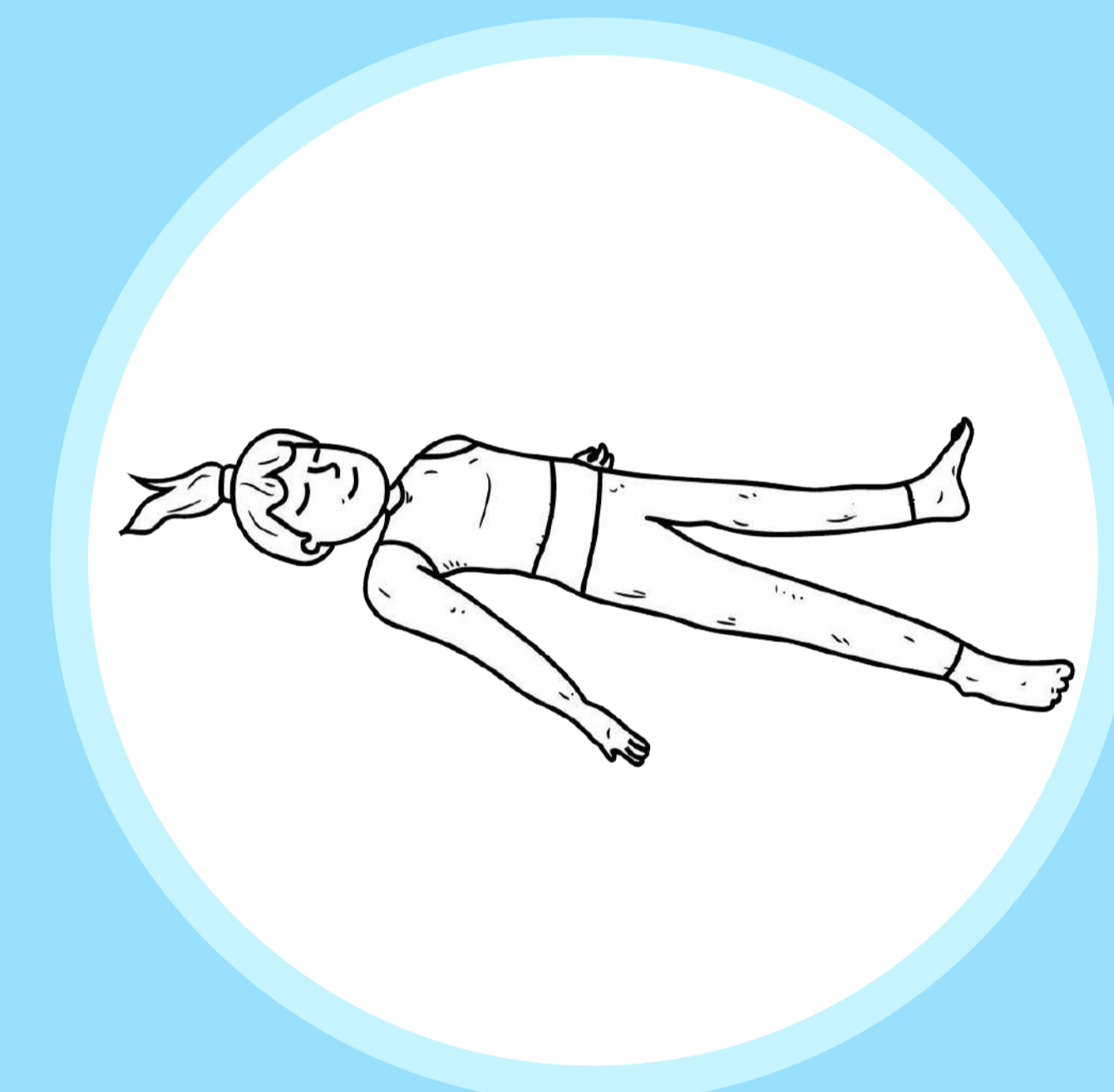
Padmāsana  
(lotus)



Baddha Konāsana  
(bound angle)



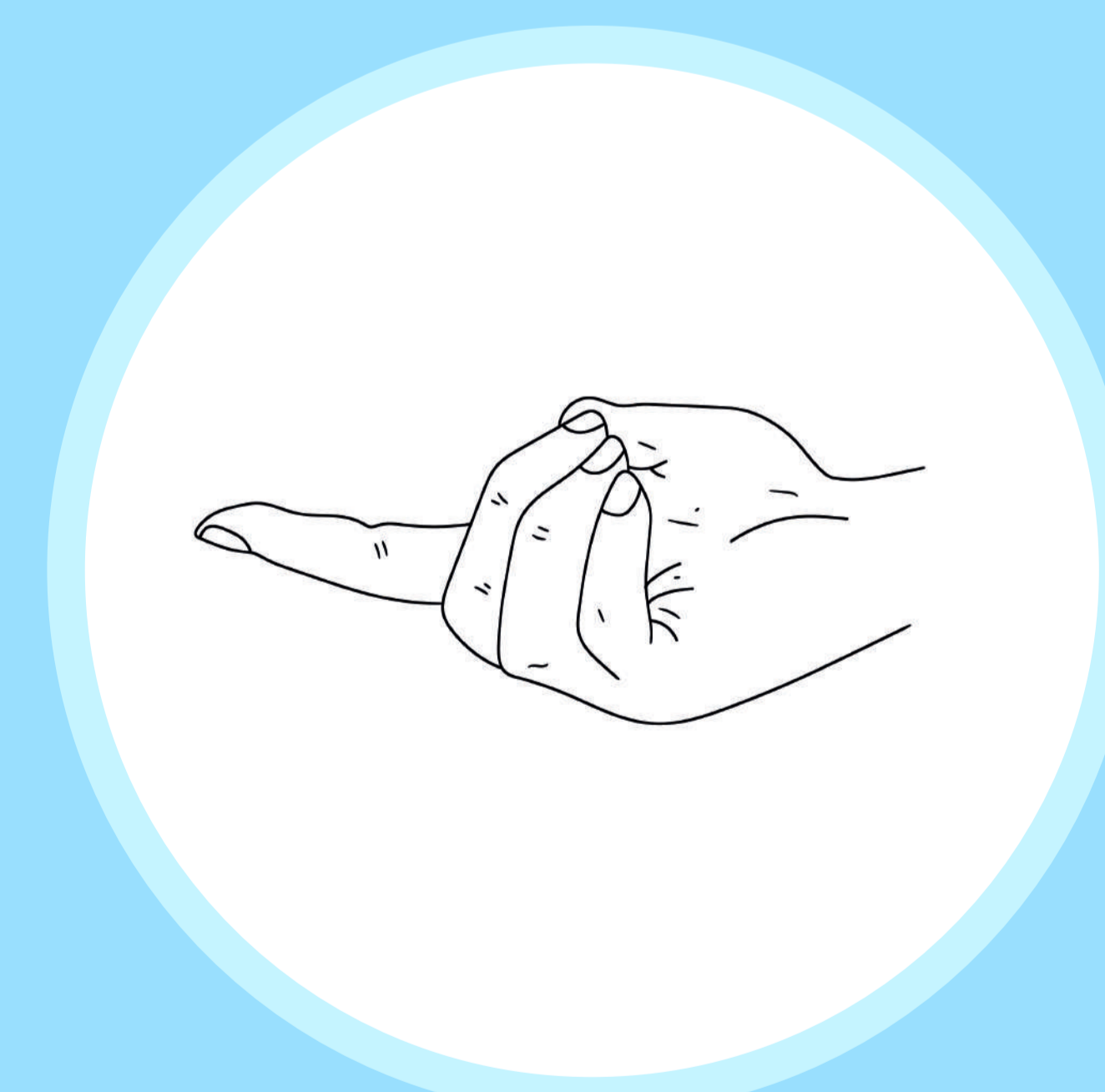
Nādī Śodhana without Retention



Śavāsana  
(corpse)



Garuda Mudra



Vajra Mudra

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

## Low Blood Pressure (p. 3 of 3)



Magnesium

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