

## Acidity and Obesity (p. 1 of 8)



Utthita Trikonāsana  
(triangle)



Parivrtta Trikonāsana  
(revolved triangle)



Utthita Pārsvakonāsana  
(size angle)



Parivrtta Pārsvakonāsana  
(revolved side angle)



Vīrabhadrāsana I  
(warrior one)



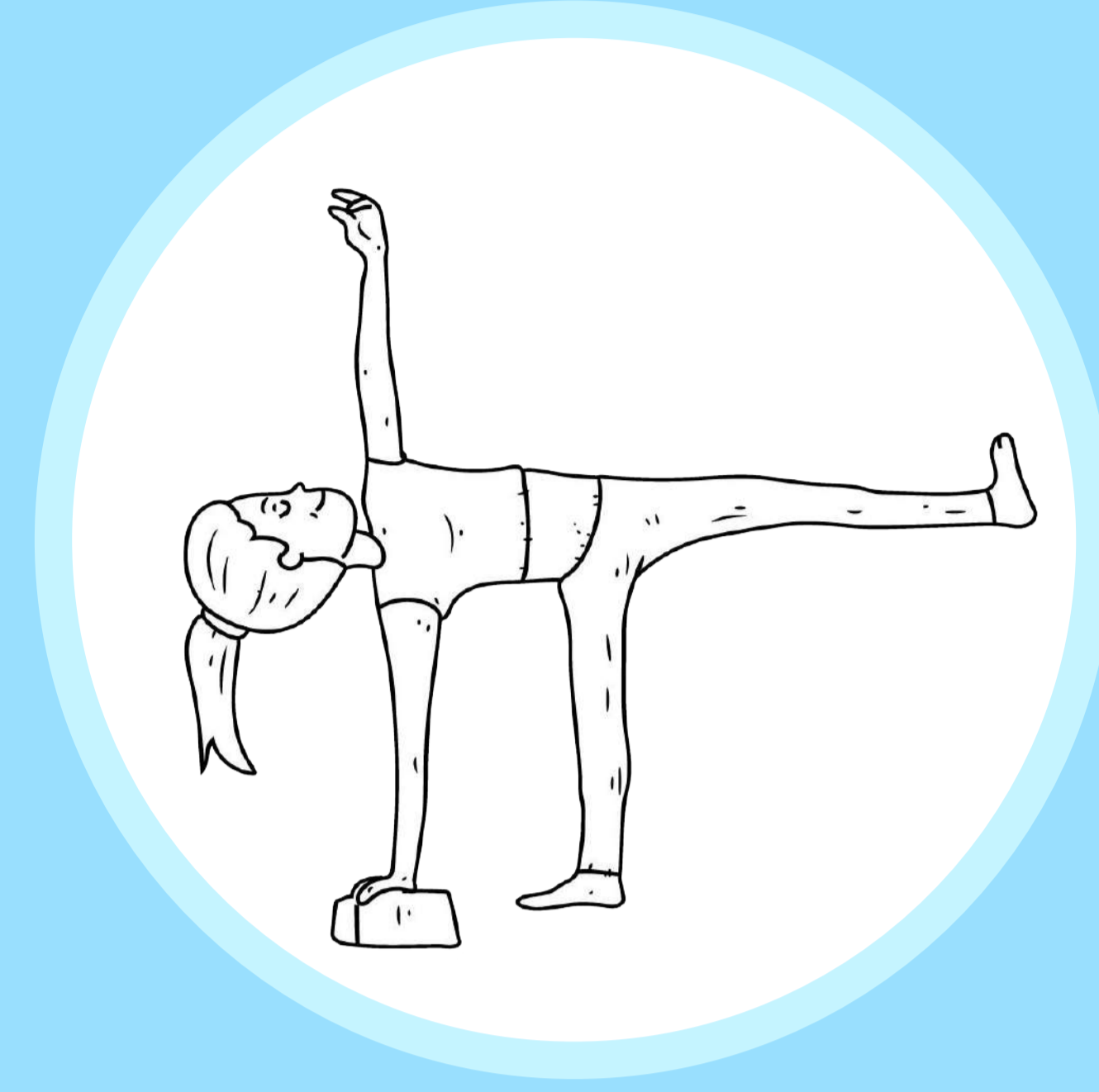
Vīrabhadrāsana II  
(warrior two)



## Acidity and Obesity (p. 2 of 8)



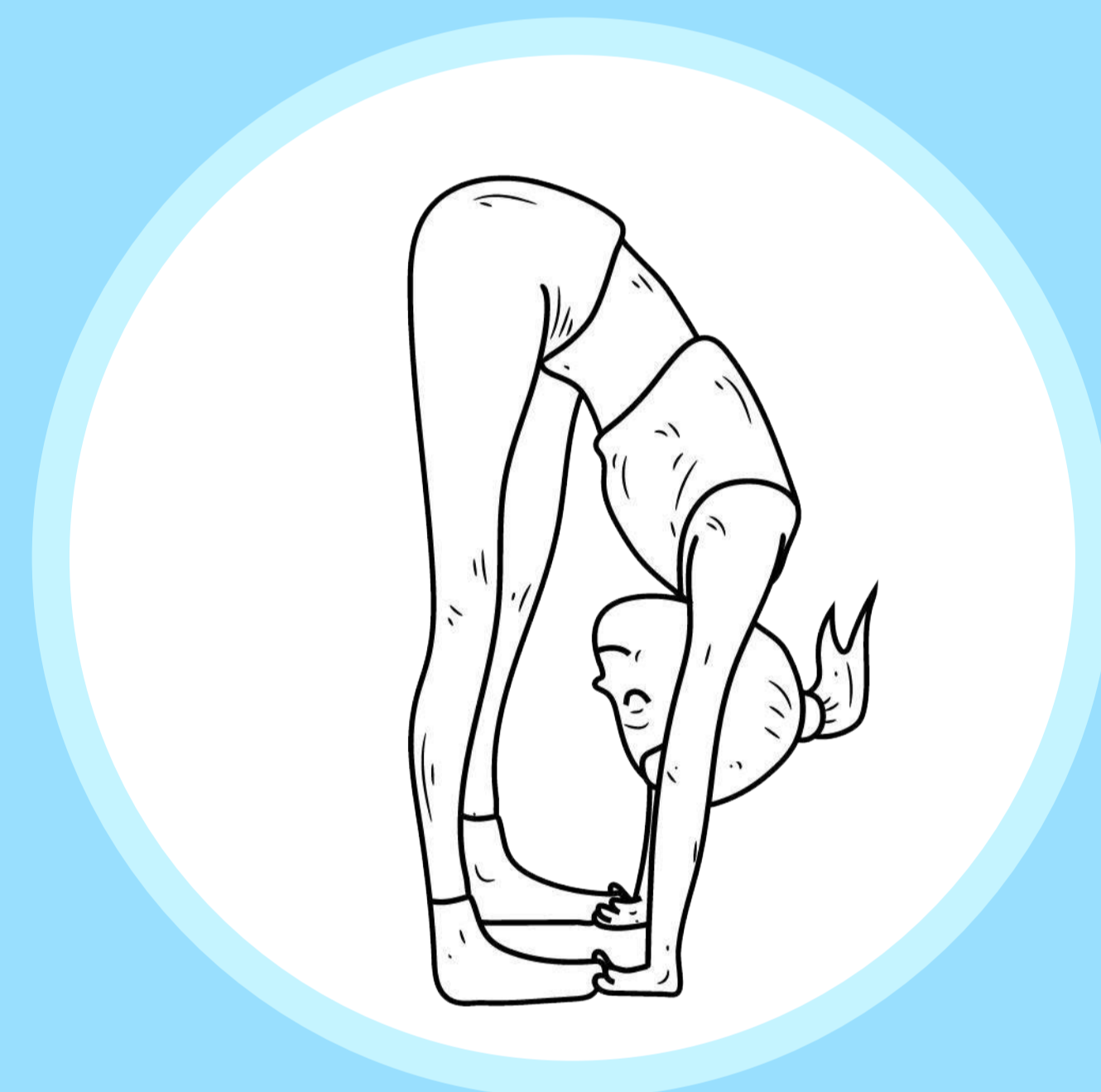
Vīrabhadra III  
(warrior three)



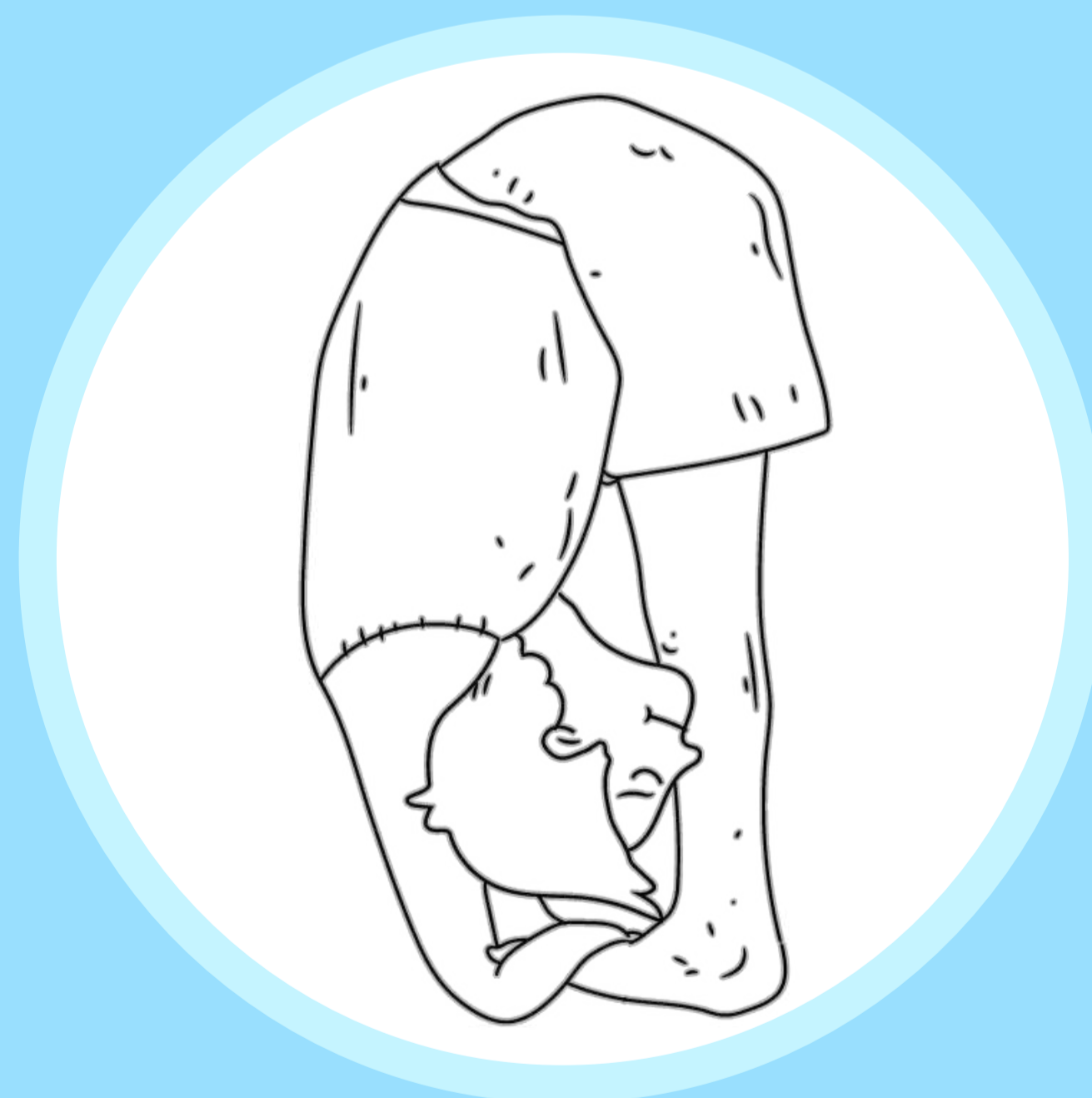
Ardha Chandrasana  
(half moon)



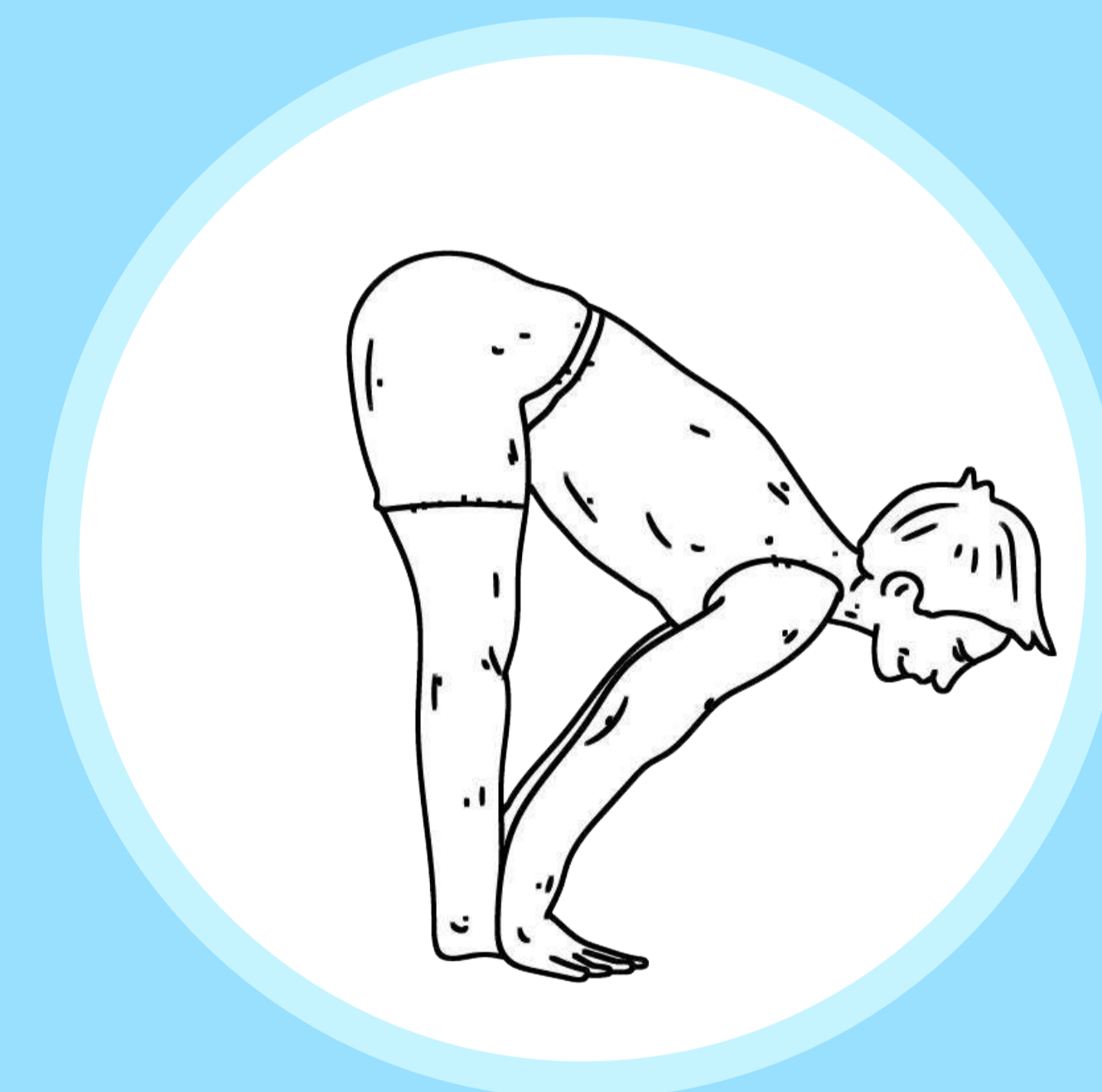
Pārsvottānāsana  
(intense stretch)



Pādānguṣṭhāsana  
(hand to big toe)



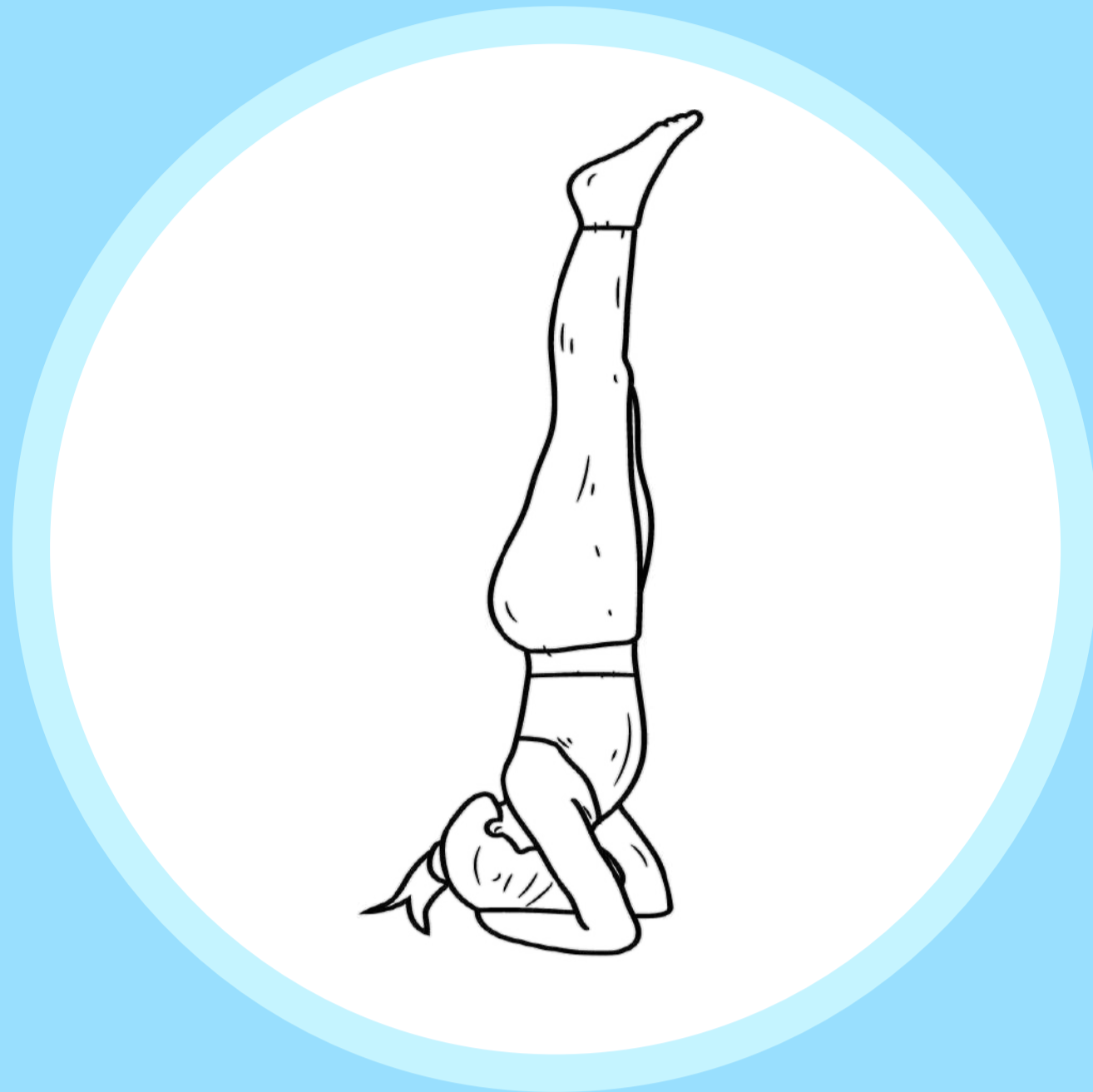
Pāda Hastāsana  
(hand under foot)



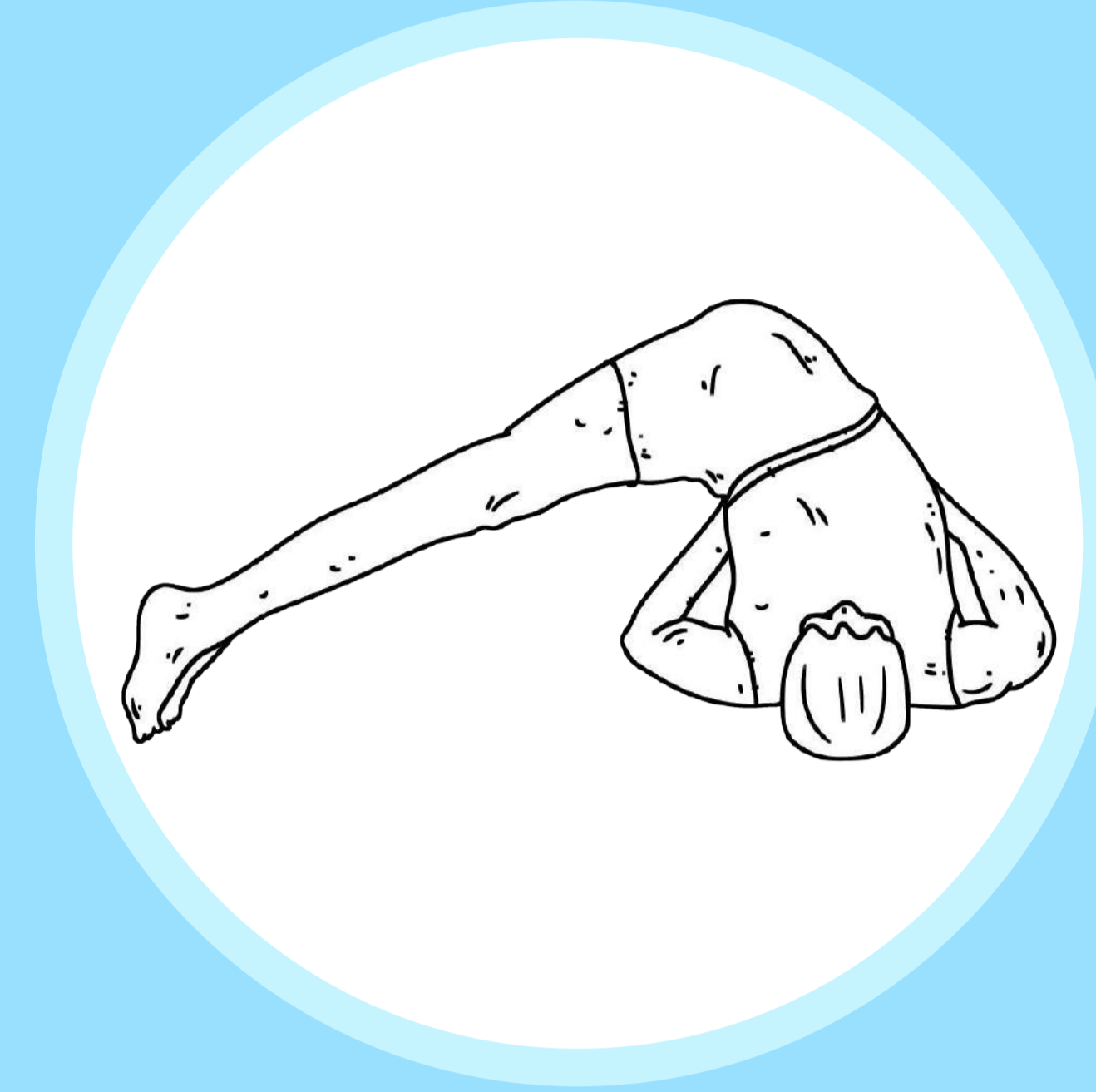
Uttānāsana  
(forward fold, halfway lift)



## Acidity and Obesity (p. 3 of 8)



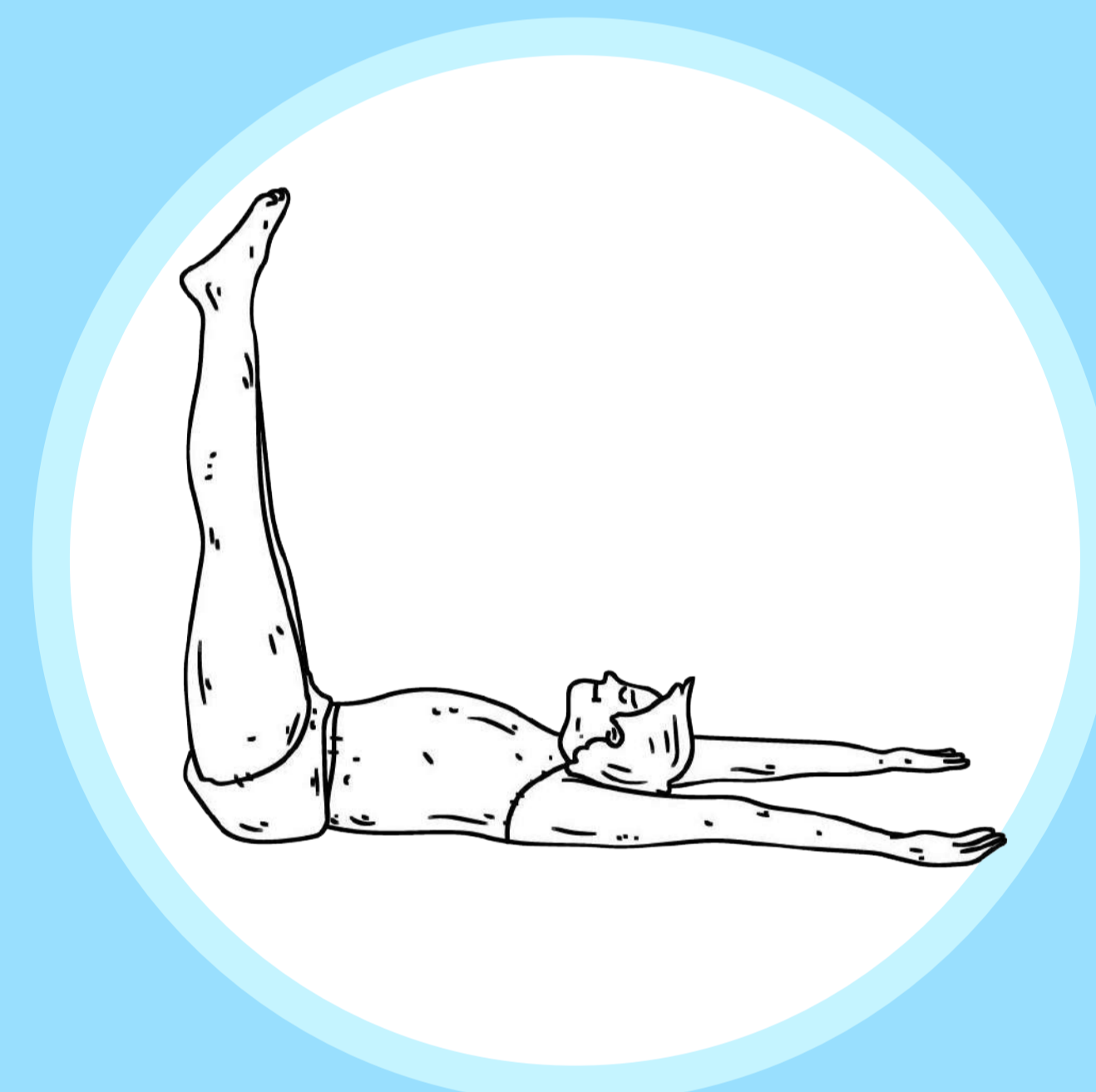
Sālamba Śīrṣāsana  
(supported headstand)



Pārśva Halāsana  
(side plow)



Nāvāsana  
(boat)



Ūrdhva Prasārita Pādāsana  
(upward extended foot)



Jānu-Śīrṣāsana  
(head to knee)



Ardha Marīchyāsana I  
(bound forward fold)



## Acidity and Obesity (p. 4 of 8)



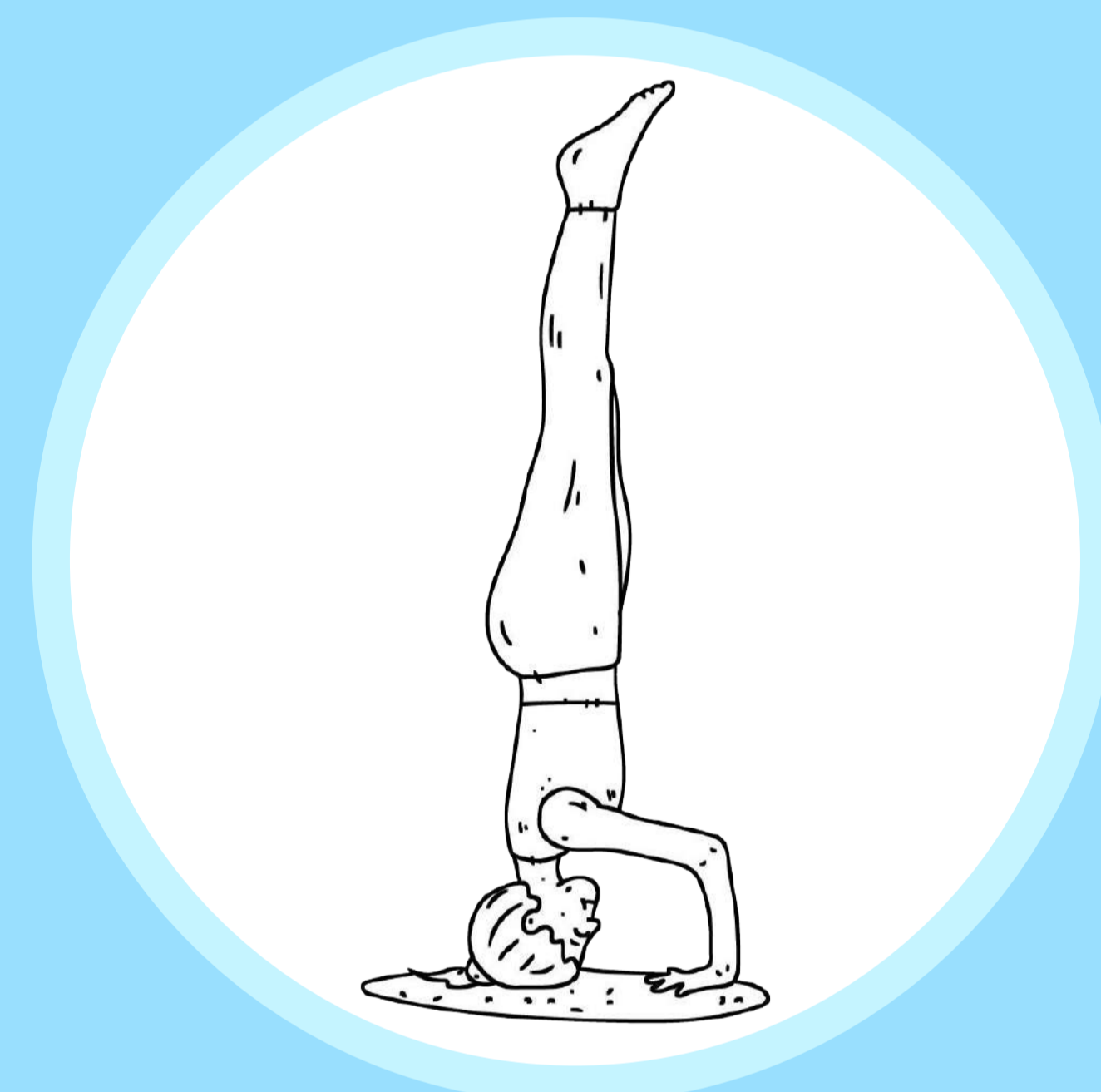
**Ardha Marichyasana II**  
(half lotus bound forward fold)



**Ardha Marichyasana III**  
(bound twist)



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



**Sirsasana**  
(head stand)



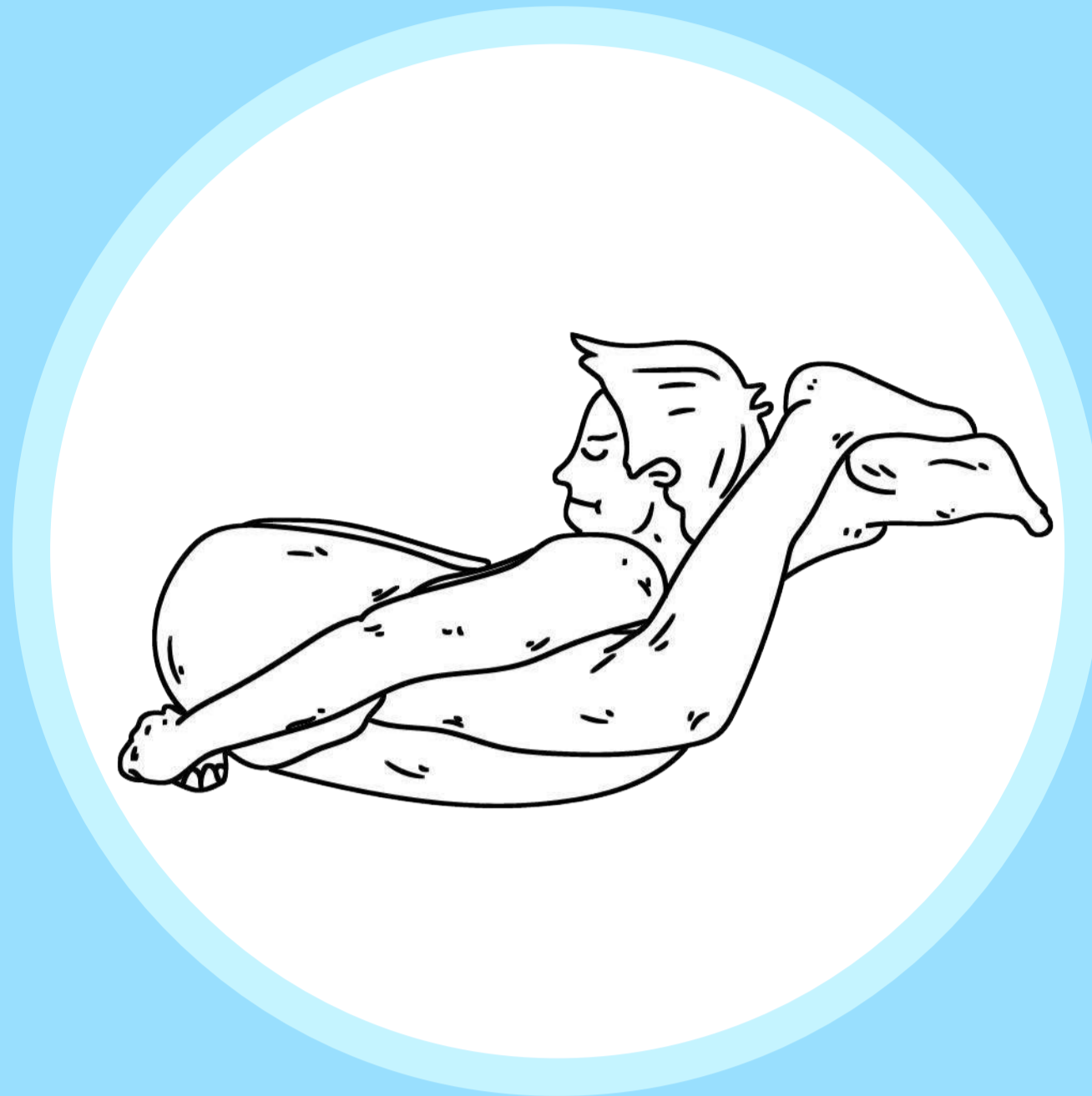
**Paschimottanāsana**  
(staff)



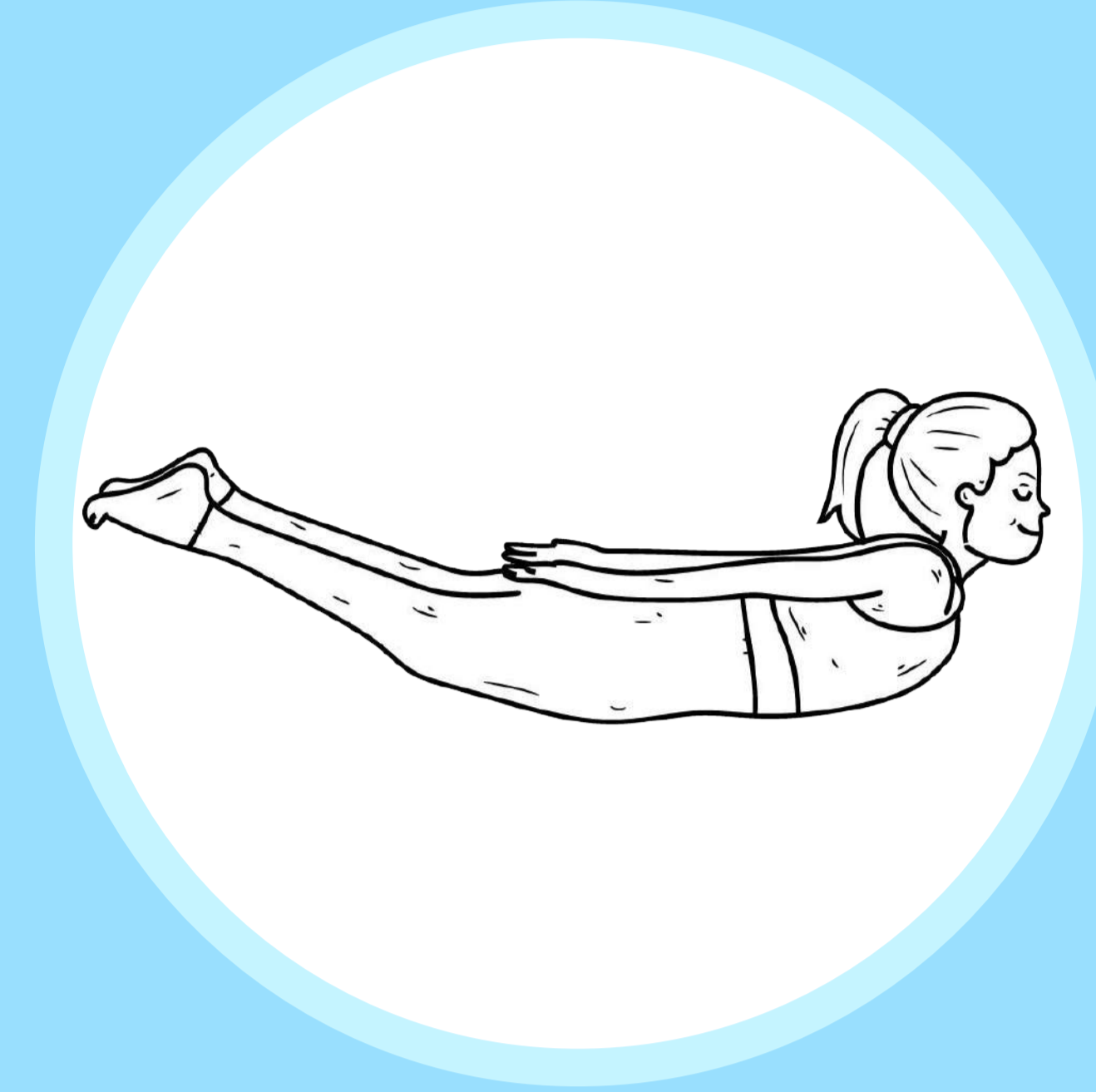
**Pāsāsana**  
(cord)



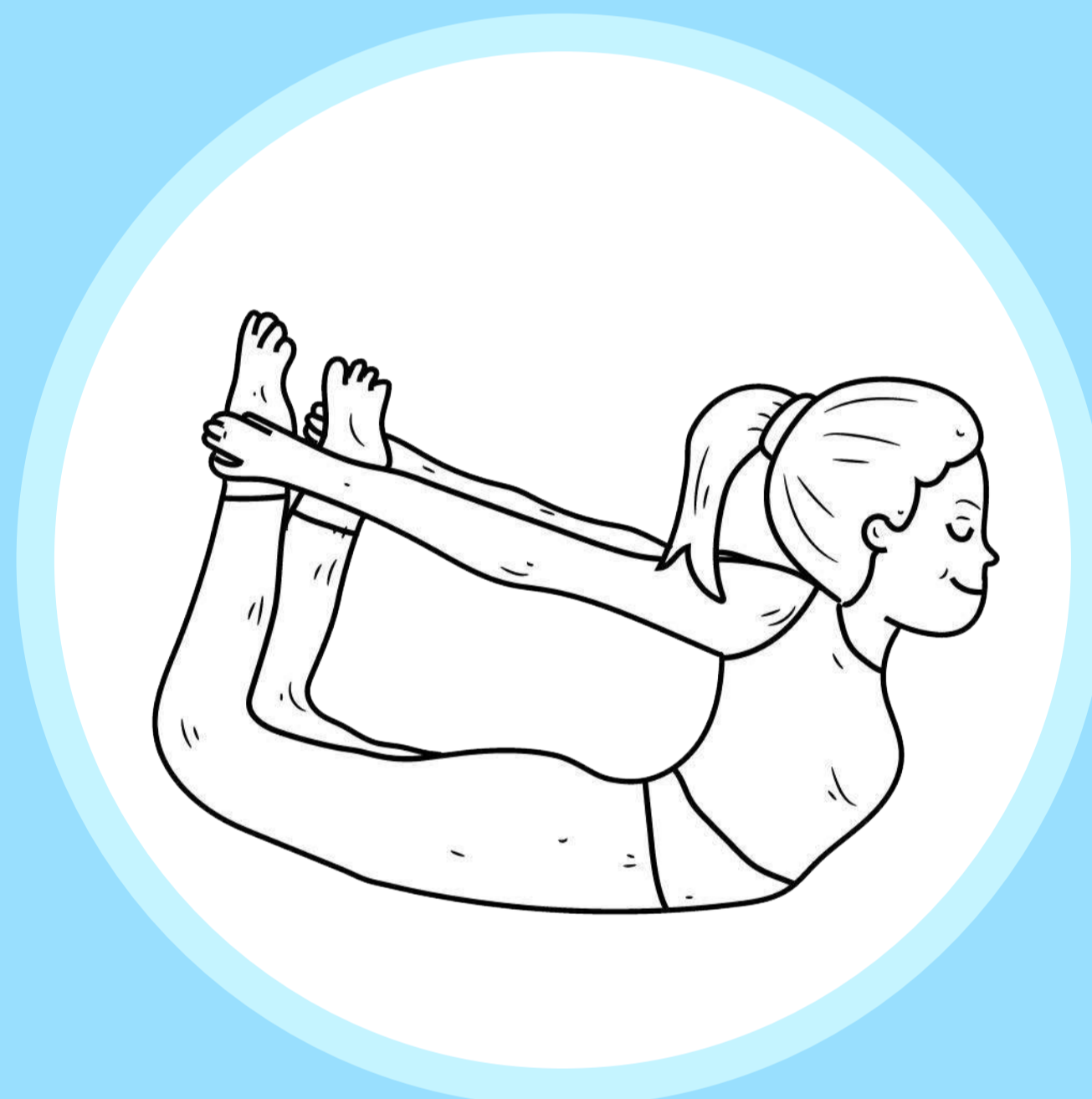
## Acidity and Obesity (p. 5 of 8)



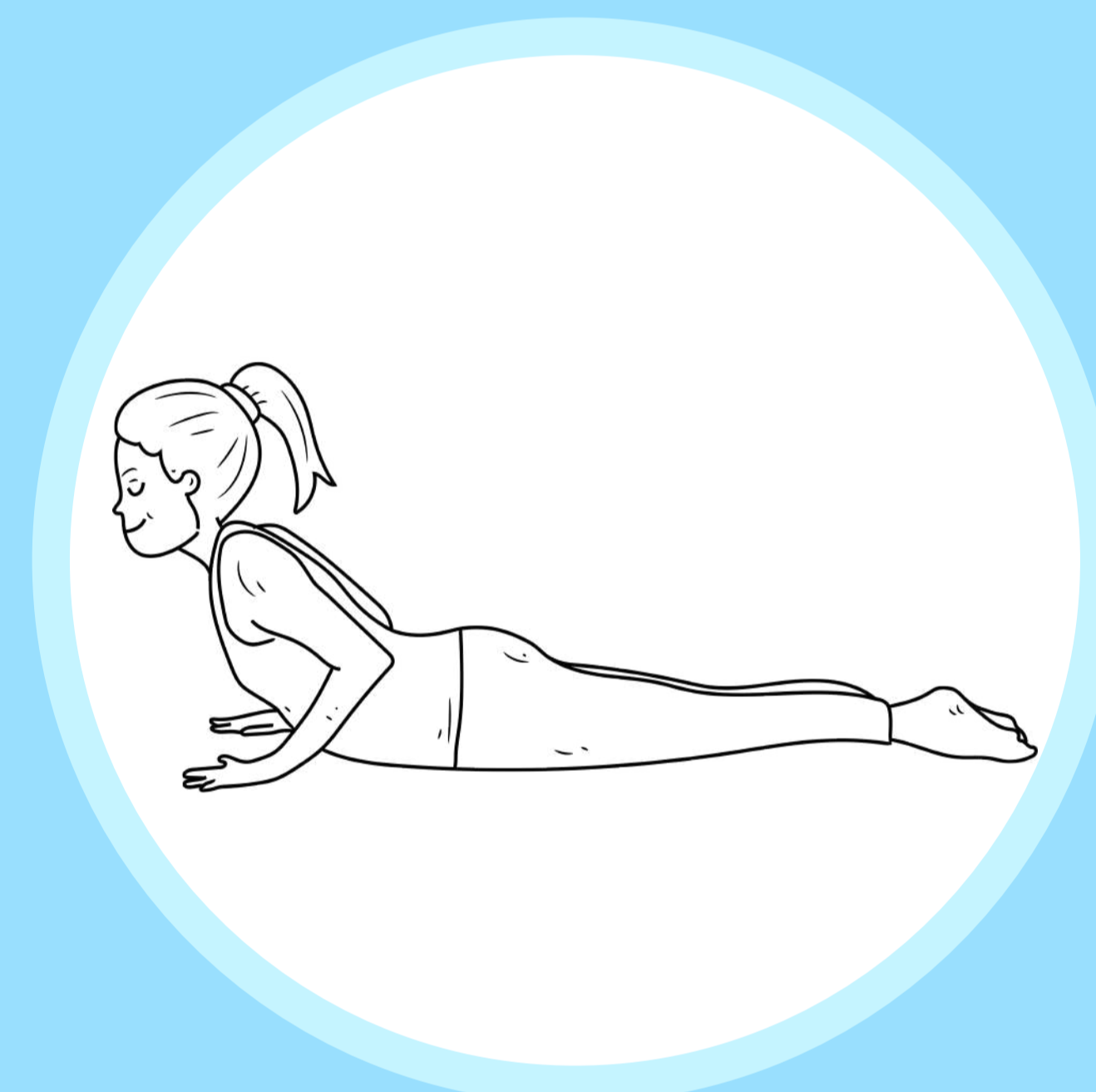
**Yoganidrasna**  
(state between sleep and wakefulness)



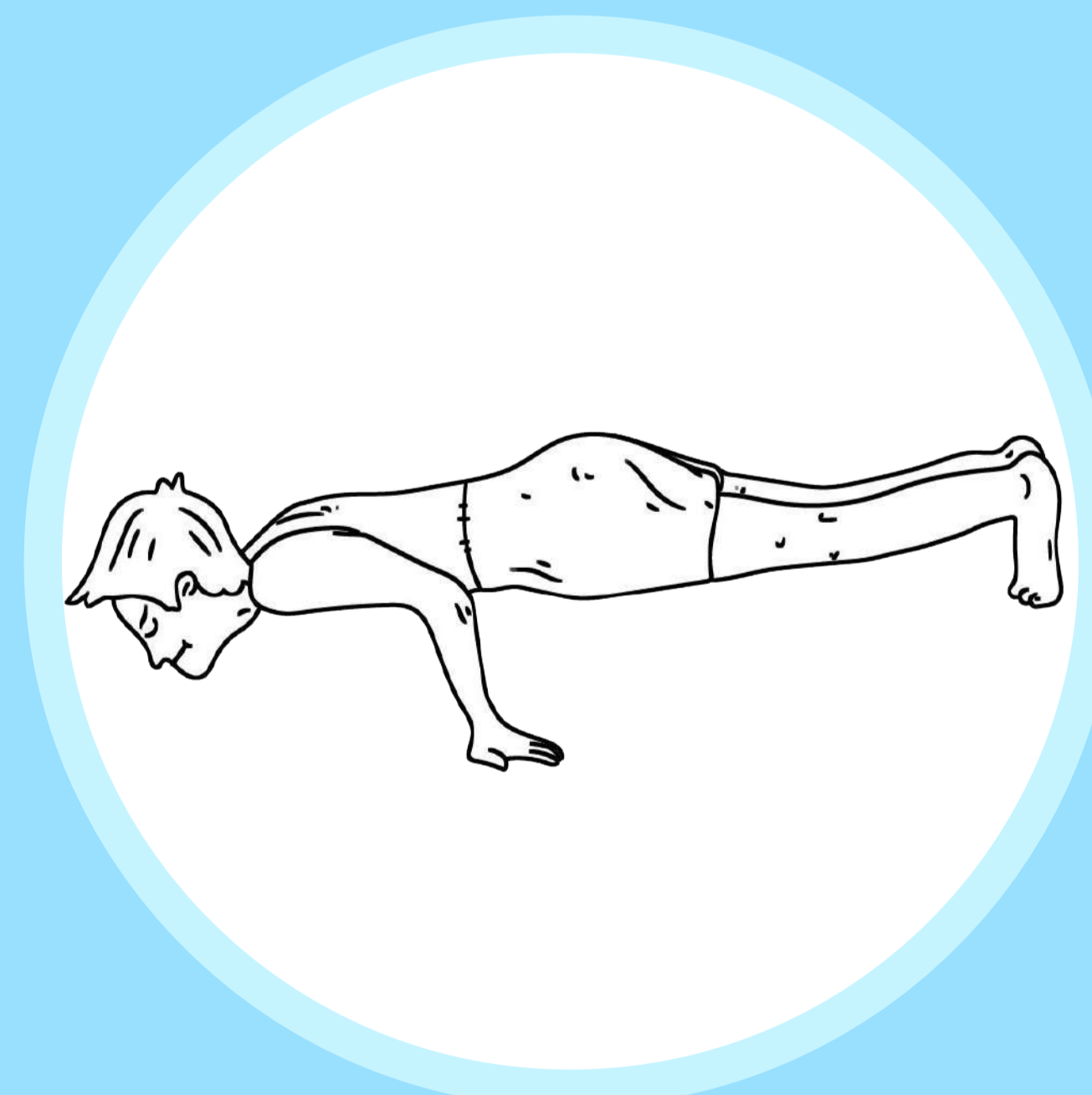
**Śālabhāsana**  
(locust)



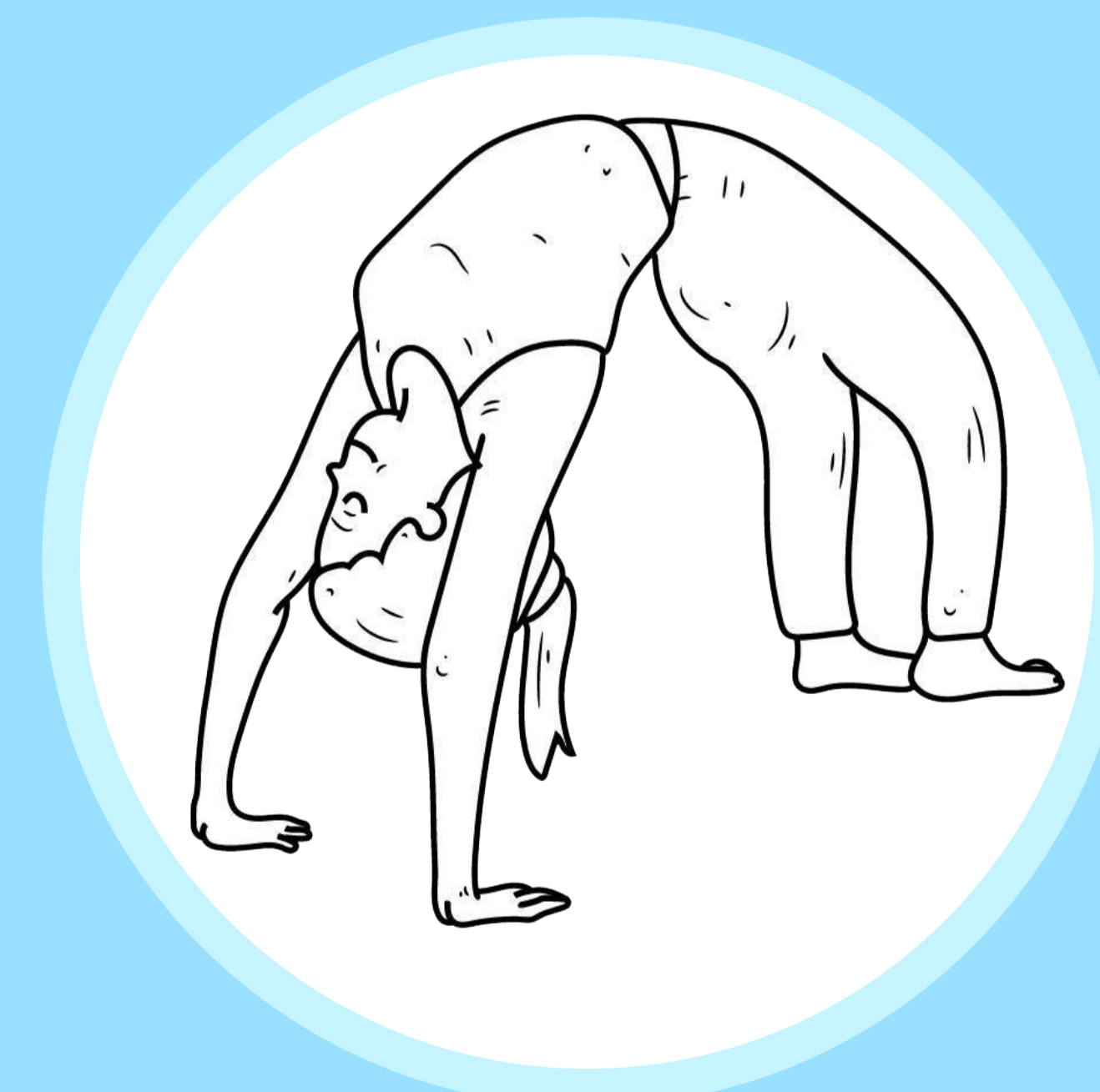
**Dhanurāsana**  
(bow)



**Bhujangāsana I**  
(cobra I)



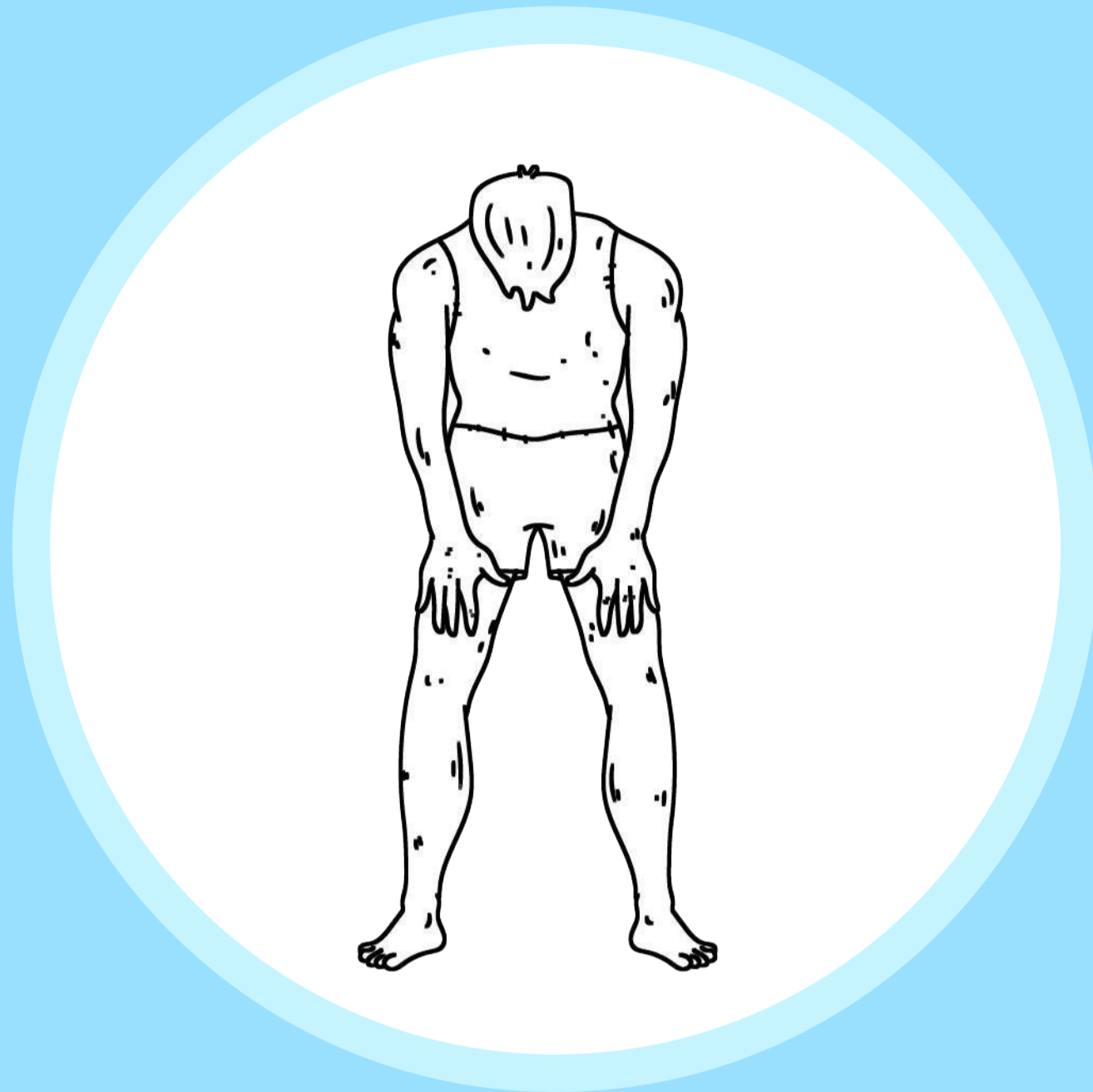
**Mayūrāsana**  
(peacock)



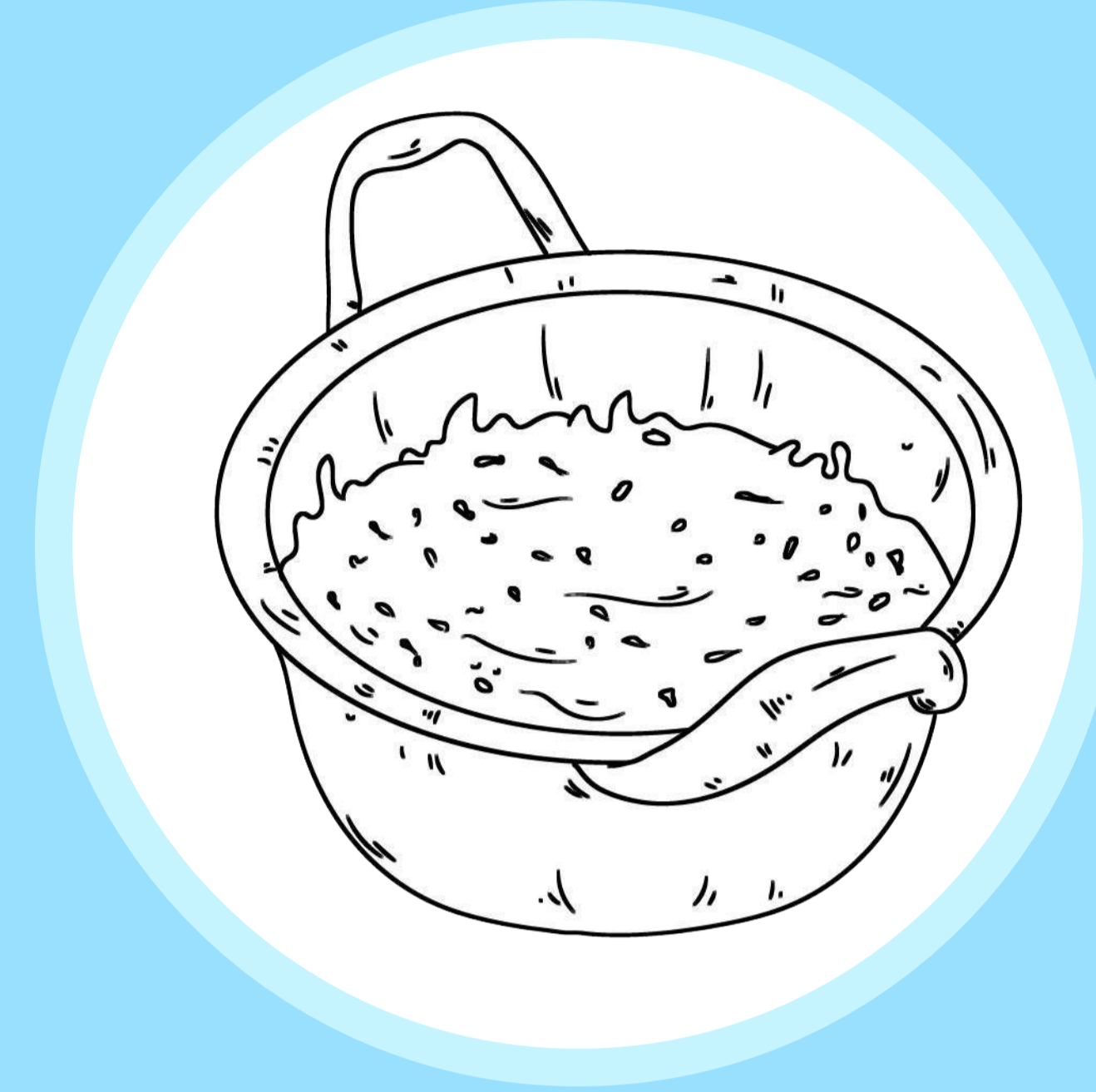
**Chakrāsana**  
(wheel)



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Uddiyana



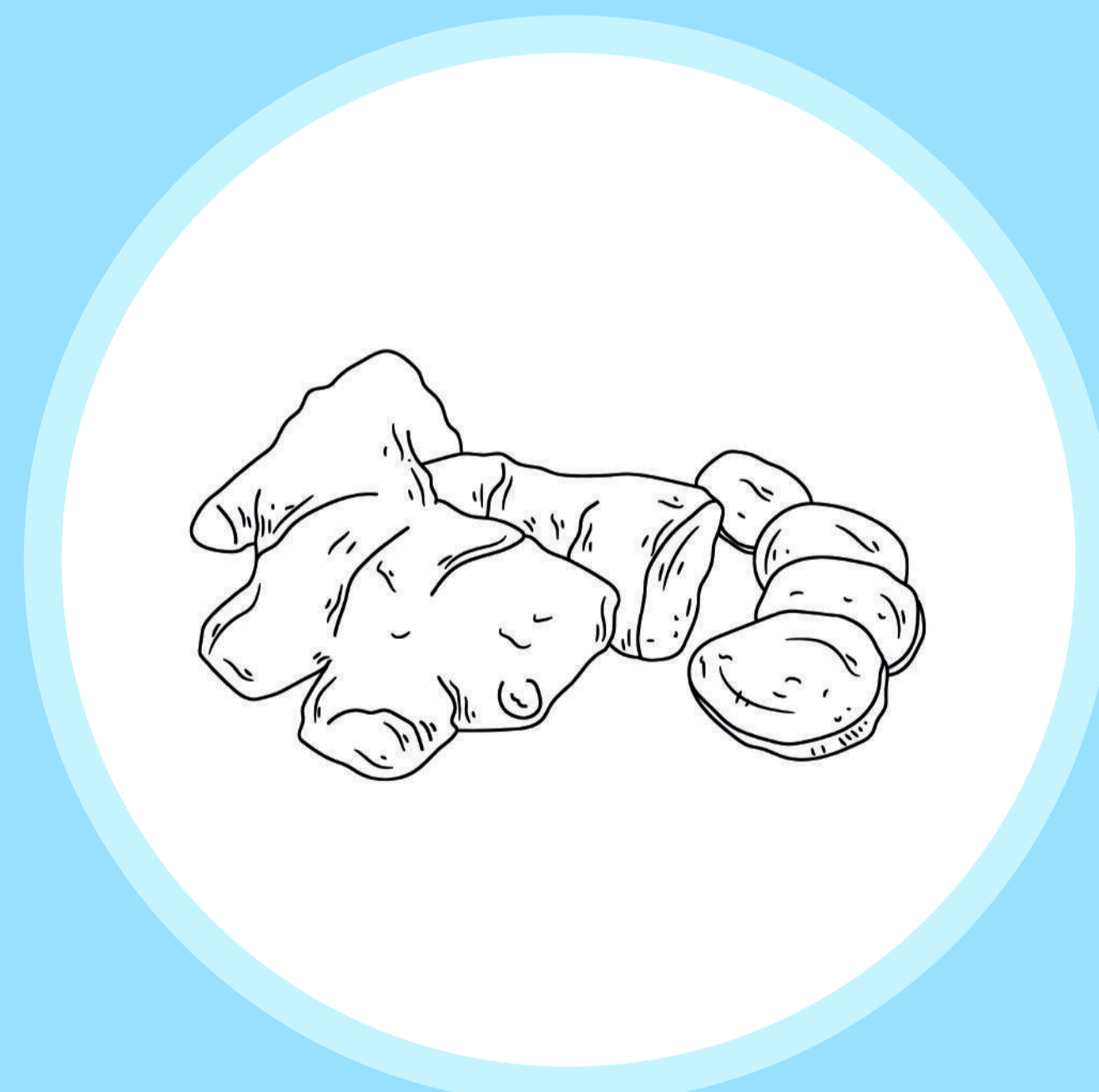
Boil Water with Fenugreek,  
Mint, Cumin, and Fennel



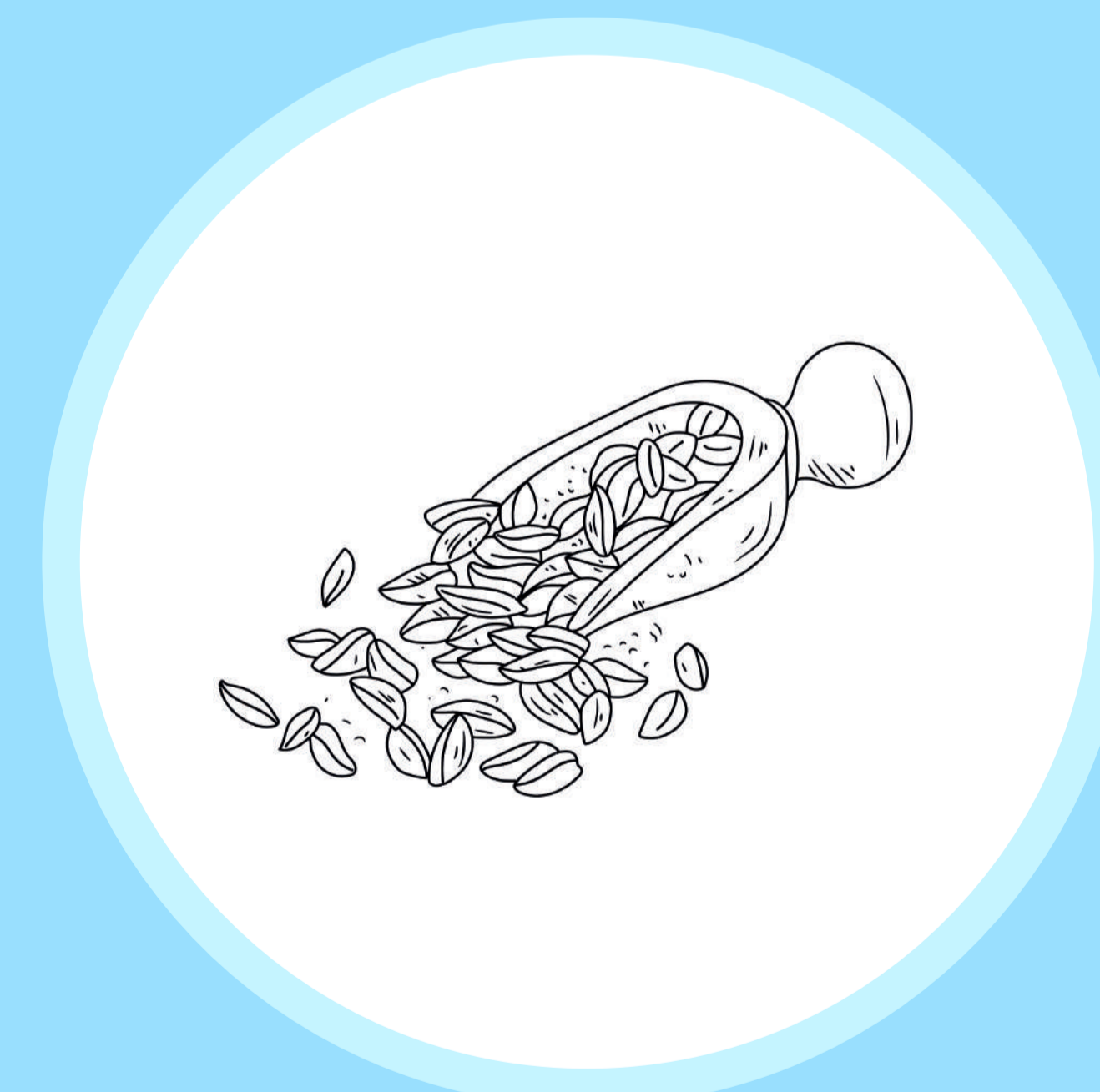
Turmeric



Ghee



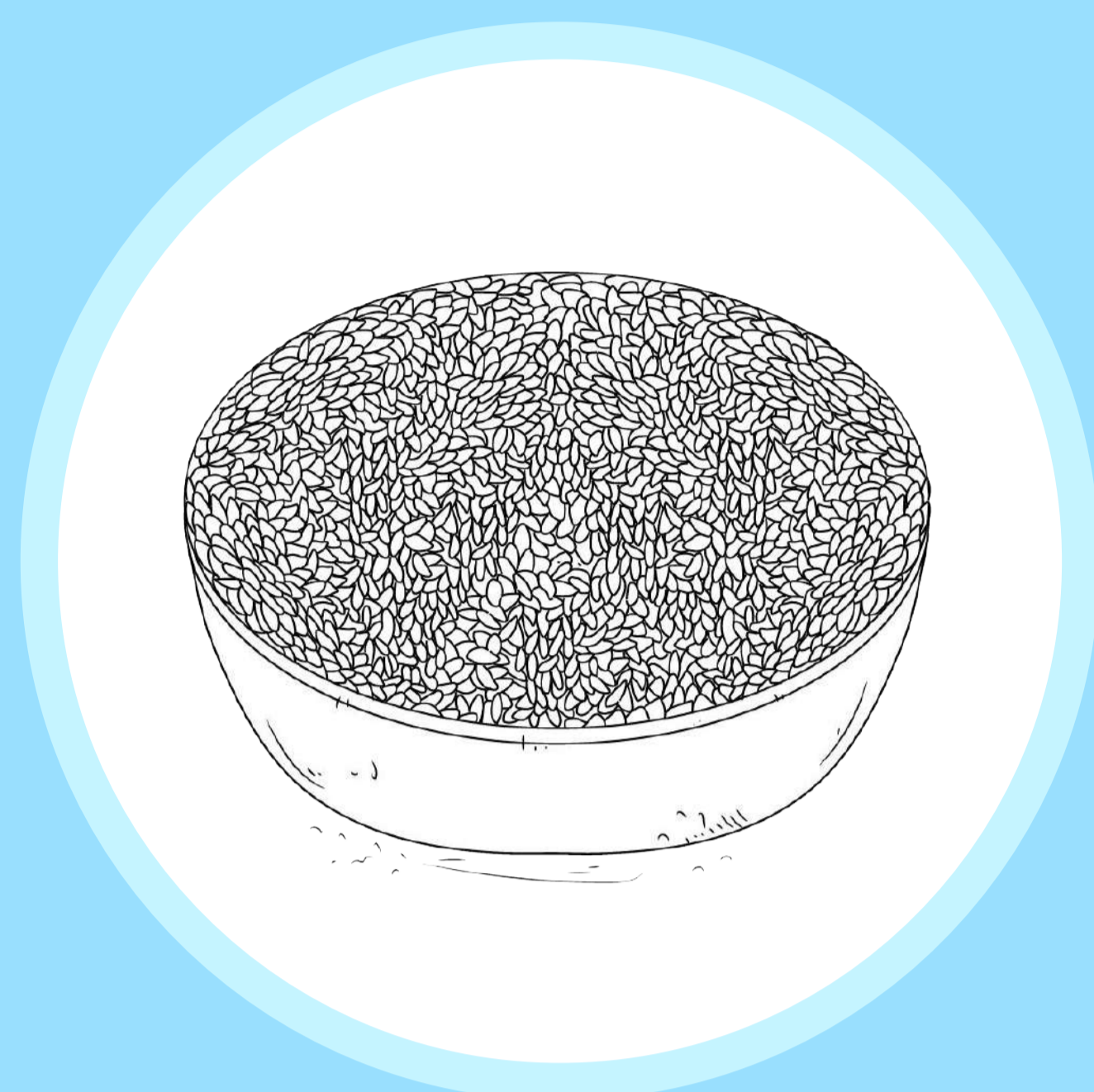
Ginger



Cardamom



## Acidity and Obesity (p. 7 of 8)



Unpolished Rice



Oolong Tea



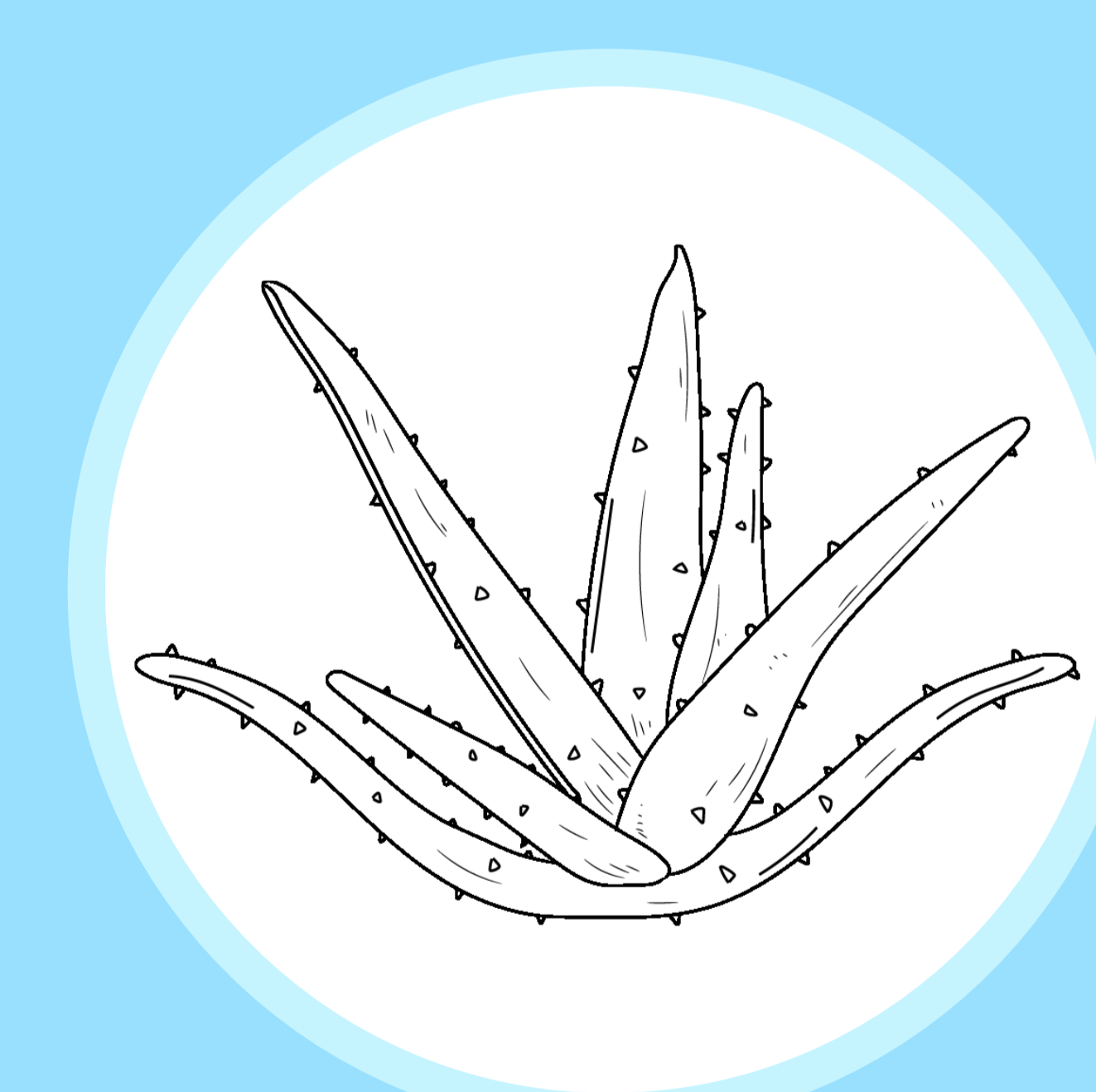
Limit Sugars



Copper Cup



Jathara Parivartanasana  
(revolved abdomen)

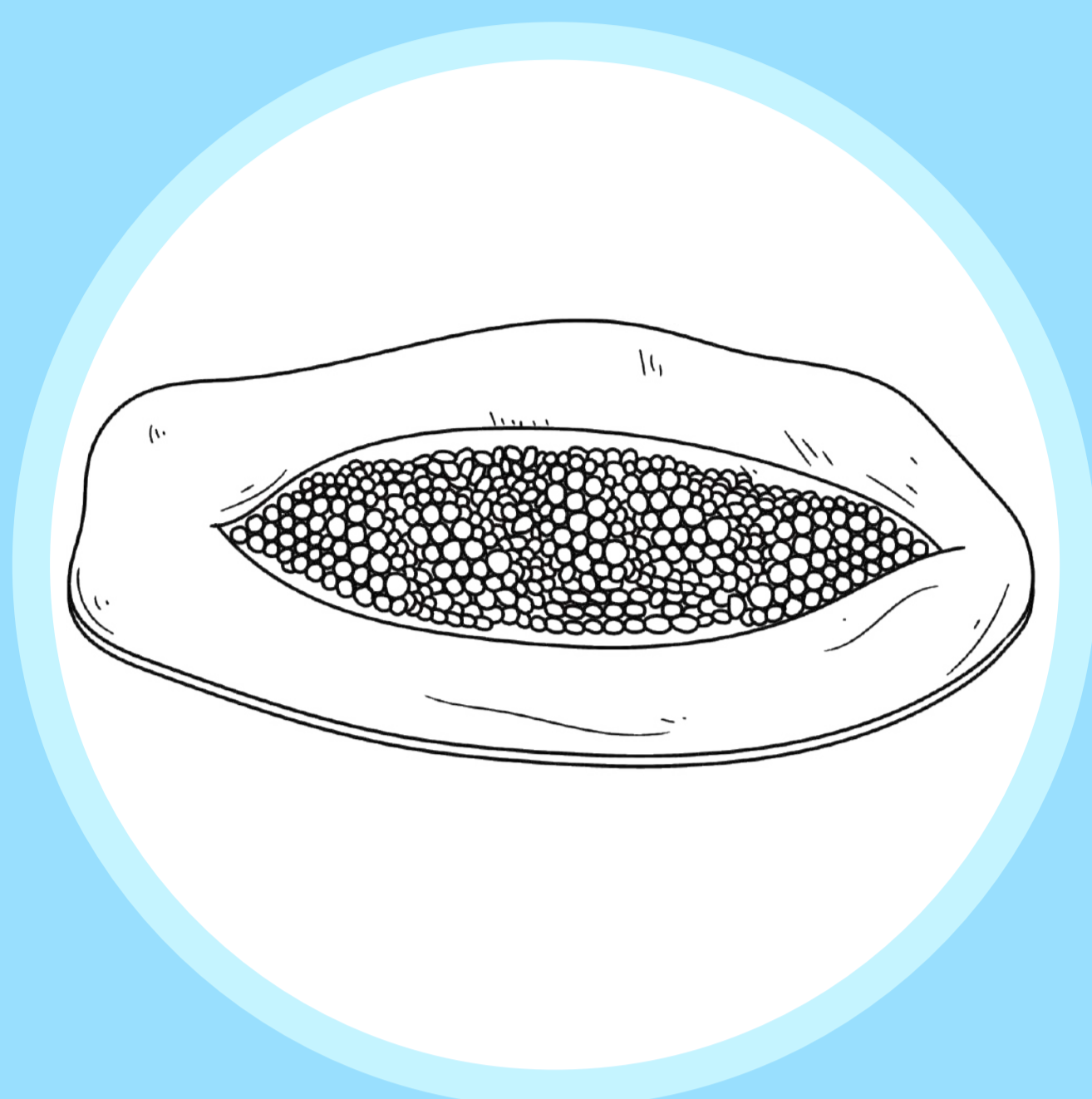


Aloe Vera



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

## Acidity and Obesity (p. 8 of 8)



Papaya Juice



Sitali  
(cooling)

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