

Yoga Therapy- www.georgewatts.org

Postures should never be used as a substitute for medical treatment.

Visit georgewatts.org to see videos of each posture.

Asthma

Abdominal breathing, Bow, Corpse, Fish, Headstand, Lotus, Mountain, Shoulderstand.

Backache

Back-stretching, Bow, Bridge Cat, Cobra, Cowface, Fish, Headstand, Shooting Bow, Shoulderstand, Spinal Twist, Supine Thunderbolt, Wheel.

Bronchitis

Abdominal breathing, Cobra, Fish, Locust, Lotus, Mountain, Shouldstand.

Constipation

Abdominal Uplift, Back stretching, Fish, Forward Bend, Head to Knee, Headstand, Knee Squeeze, Plough, Shooting Bow, Shoulderstand, Spinal Twist.

Diabetes

Back stretching, Cobra, Corpse, Shoulderstand, Spinal Twist

Gall Bladder Disorders

Bow, Cobra, Head to knee, Noose, Peacock, Triangle

Indigestion

Abdominal Uplift, Cobra, Corpse, Mountain, Peacock, Plough, Shoulderstand, Spinal Twist, Supine Thunderbolt

Insomnia

Back stretching, Cobra, Corpse, Locust, Mountain, Plough, Shoulderstand

Kidney Disorders

Bow, Cobra, Head to Knee, Locust, Noose, Shoulderstand, Spinal Twist

Liver Disorders

Boat, Noose

Lumbago

Corpse, Locust, Plough, Spinal Twist

Menopause Disorders

Abdominal Uplift, Cat, Cobra, Corpse, Fish, Plough, Shoulderstand, Sitting poses

Menstrual Disorders

Abdominal Uplift, Back stretching, Cat, Cobra, Corpse, Fish, Forward Bend, Headstand, Plough, Shoulderstand, Sitting Poses

Obesity

Abdominal Uplift, Back stretching, Bow, Cobra, Forward Bend, Headstand, Plough, Spinal Twist

Piles

Fish, Headstand, Plough, Shoulderstand

Poor Posture

Bow, Camel, Cobra, Cowface, Mountain, Palm Tree, Triangle

Prolapse

Abdominal Uplift, Headstand, Shoulderstand

Prostate Disorders

Headstand, Shoulderstand, Sitting & Knee poses, Spinal Twist

Reproductive Organs

Back stretching, Cobra, Headstand, Plough, Shoulderstand, Supine Thunderbolt

Rheumatism

Back stretching, Bow, Cowface, Head to Knee, Spinal Twist, Triangle

Sciatica

Balancing Big Toe, Backward bending postures, Thunderbolt

NO forward bends!

NO sitting cross-legged!

Sexual Debility

Abdominal Breathing, Abdominal Uplift, Bow, Cat, Cobra, Dog Stretch, Headstand, Plough, Shoulderstand, Sitting & Kneeling postures, Spinal Twist

Tension

Abdominal Breathing, Abdominal Uplift, Back stretching, Corpse, Forward Bend, Mountain, Shoulderstand, Slow motion exercises, Triangle

Throat Disorders

Lion

Thyroid Disorders

Bridge, Fish, Shoulderstand

Varicose Veins

Headstand, Shoulderstand, all inveterted postures

Wind Pains

Abdominal Uplift, Knee Squeeze