

# Yoga Poses for Varicose veins

Shivani Thakur



1. Neck Rotation And Massage



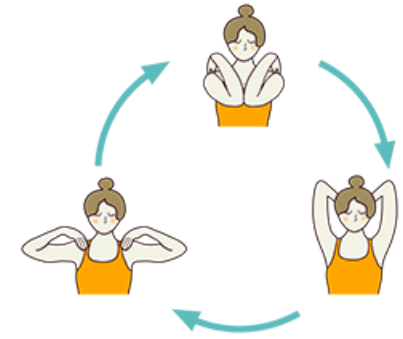
2. Neck Rotation And Massage



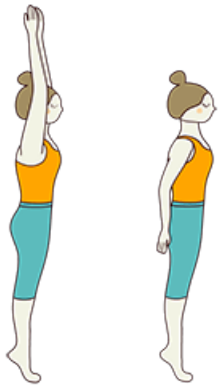
3. Standing Pelvic Circles



4. Standing Pelvic Circles



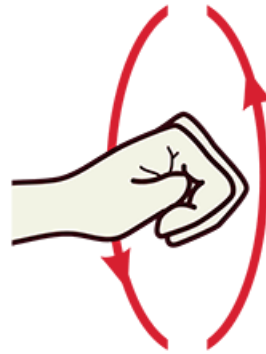
5. Shoulder Socket Rotation



6. Mountain Pose On Tiptoes  
Arms Flow



7. Shoulder Stretch Hands Behind  
Back Interlaced Fingers



8. Wrist Joint Rotation



9. Wrist Joint Rotation



10. Standing Hand To Knee Pose

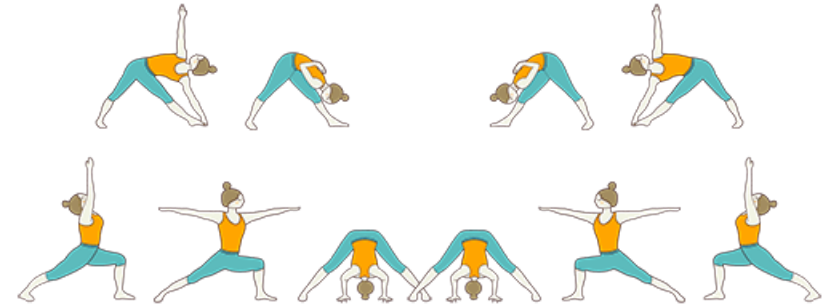


11. Standing Hand To Knee Pose 12. Wrist Extension Stretch  
Fingers Down Close Up

13. Wrist Extension Stretch  
Fingers Down Close Up

14. Sun Salutation

15. Palm Tree Pose



16. Palm Tree Pose Side Bend

17. Palm Tree Pose Side Bend

18. Triangle Pose Prep Arms Up

19. Triangle Pose Wide Legged  
Forward Fold Pose Flow

20. Triangle Pose Wide Legged  
Forward Fold Pose Flow



21. Mountain Pose



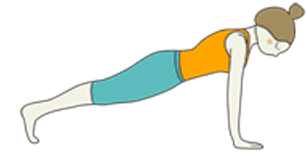
22. Mountain Pose Raised Hand  
Head Straight



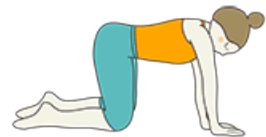
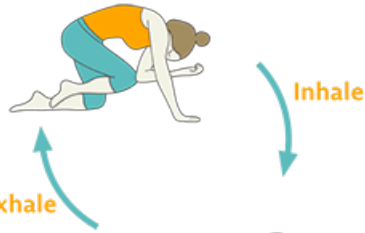
23. Standing Forward Fold Pose



24. Downward Facing Dog Pose



25. Plank Pose



26. Table Top Pose

27. Balancing Table Pose With  
Knee To Nose Flow



28. Child Pose



29. Puppy Dog Pose



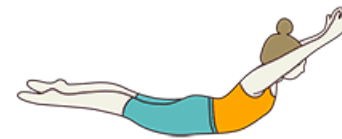
30. Dolphin Pose



31. **Cobra Pose Elbows Bent**



32. **Locust Pose One Leg Floor**  
33. **Locust Pose One Leg Floor**  
One Hand Sacrum



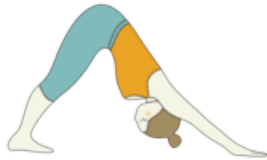
34. **Superman Pose**



35. **Half Pigeon Pose**



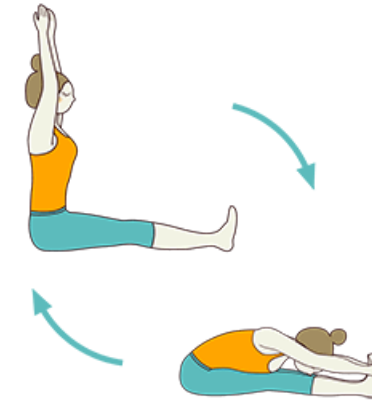
36. **Half Pigeon Pose**



37. **Downward Facing Dog Pose**



38. **Mountain Pose**



39. **Staff Pose Raised Hands**  
Seated Forward Bend Pose Flow



40. **Boat Pose**



41. **Bridge Pose Variation Ankles**



42. **Half Wind Release Pose**



43. **Half Wind Release Pose**



44. **Roller Pose**



45. **Bridge Pose Wheel Pose Flow**

41. Bridge Pose Variation Ankles

42. Han Wind Release Pose

43. Han Wind Release Pose

44. Kona Pose

45. Bridge Pose Wheel Pose Flow



46. One Legged Bridge Pose Legs Flow



47. Happy Baby Pose



48. Supine Spinal Twist Yoga Pose I



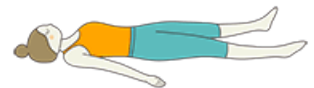
49. Supine Spinal Twist Yoga Pose I



50. Cycling Pose



51. Legs Raised With Strap



52. Corpse Pose