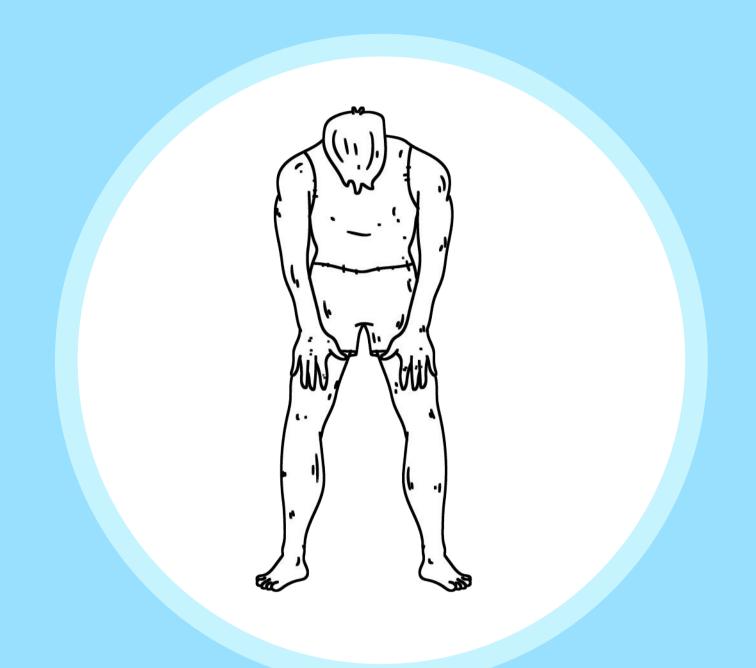
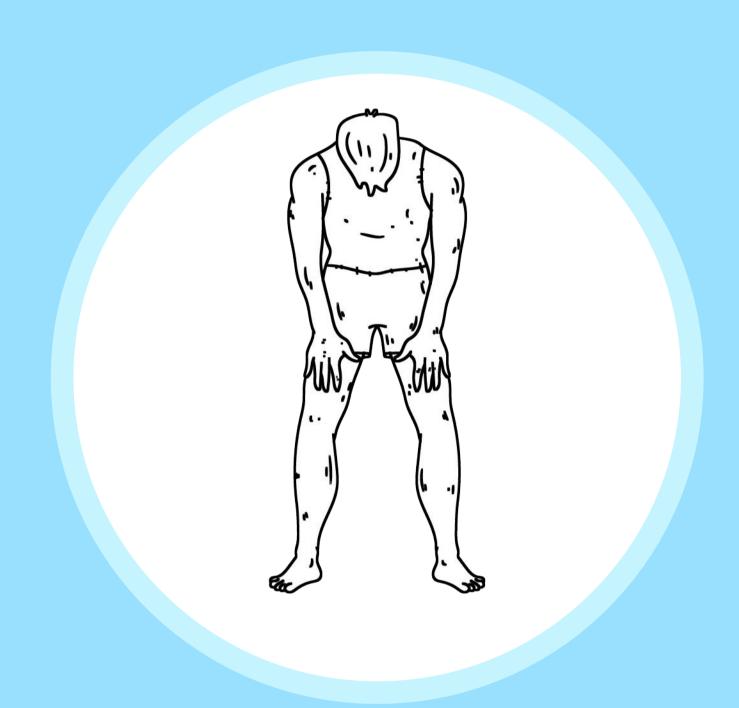
## Spleen (p. 1 of 3)



Ardha Marīchyāsana I (bound forward fold)



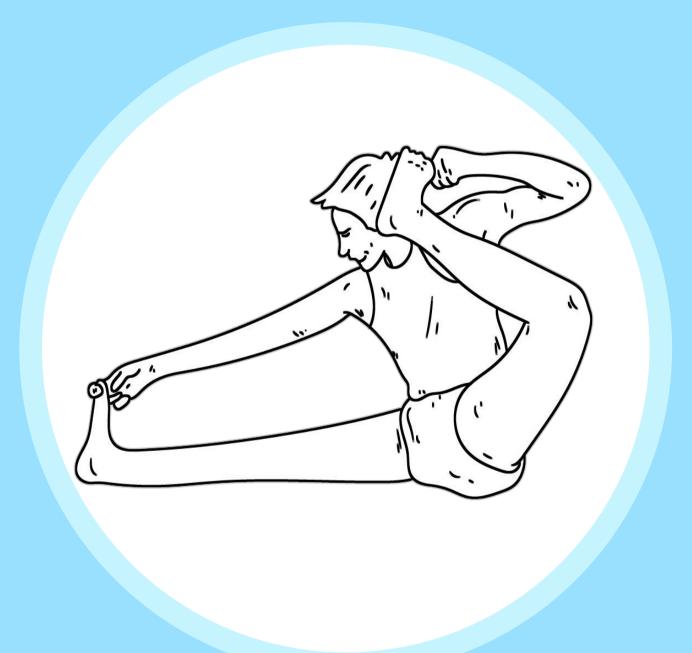
Uddiyana



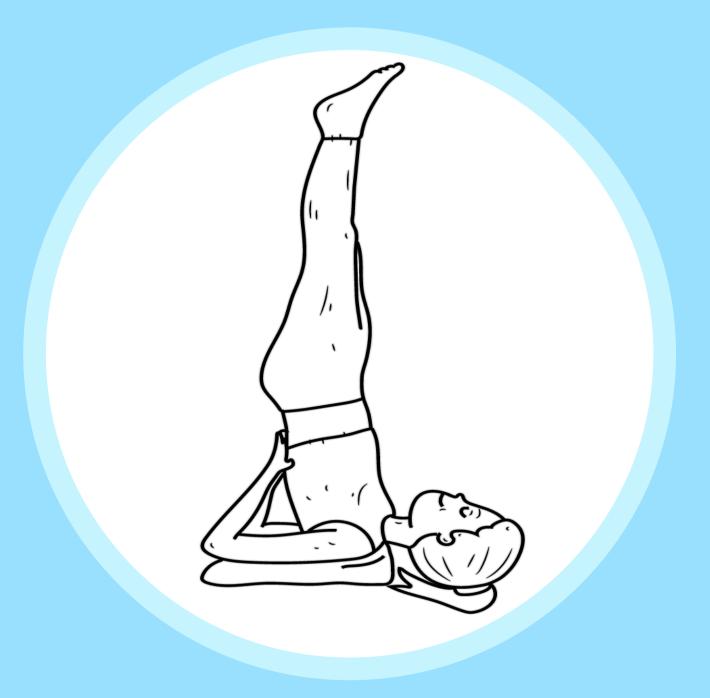
Nauli (stomach churn)



Jānu-Śīrṣāsanaa (head to knee)



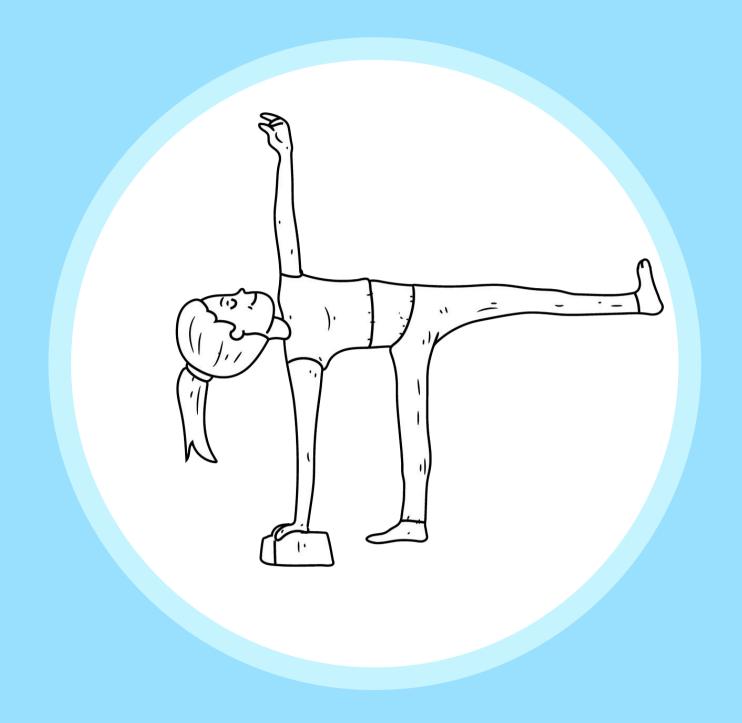
Ākarņa Dhanurāsana (archer's pose)



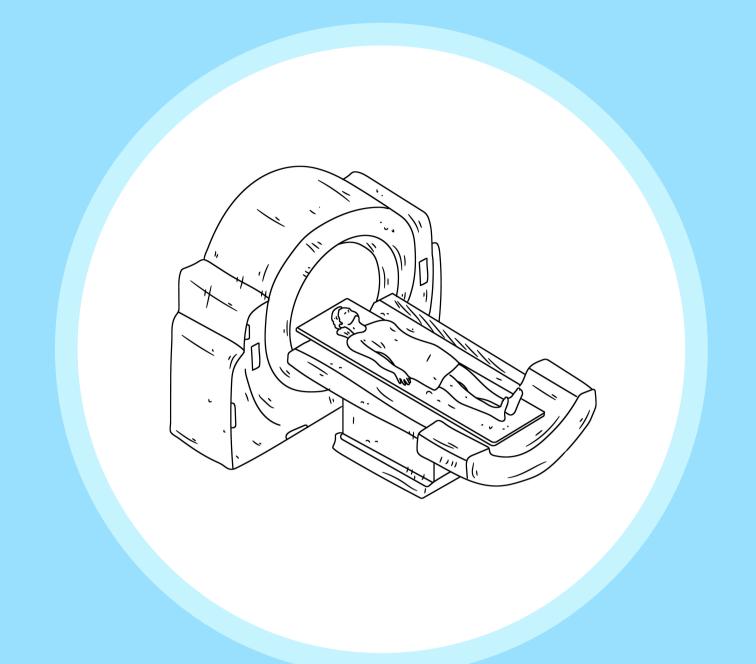
Sarvāngāsana (shoulder stand)

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. Investingrana.com

## Spleen (p. 2 of 3)



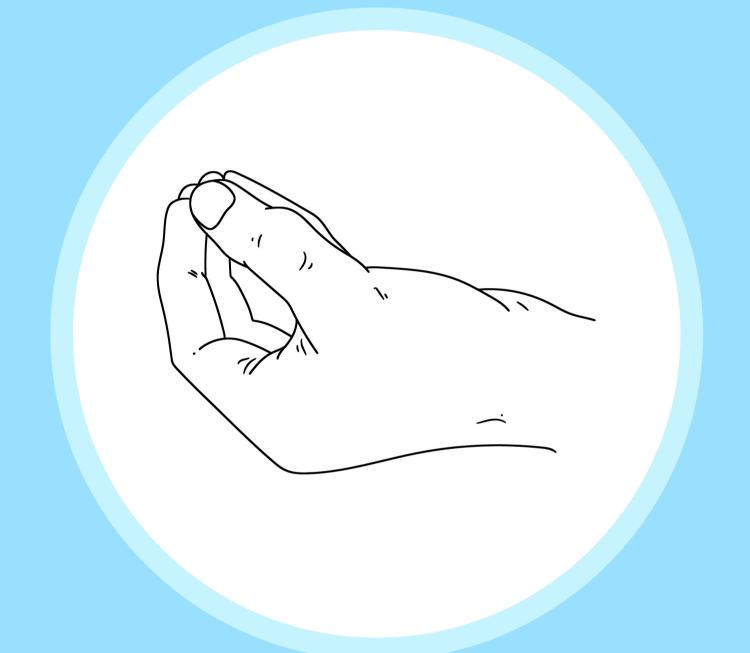
Ardha Chandrāsana (half moon)



Get an MRI



Matangi Mudra (in front of solar plexus)



Mukula Mudra



Pumpkin Seeds



Pluck the Stars on Each Side

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. Investingrana.com

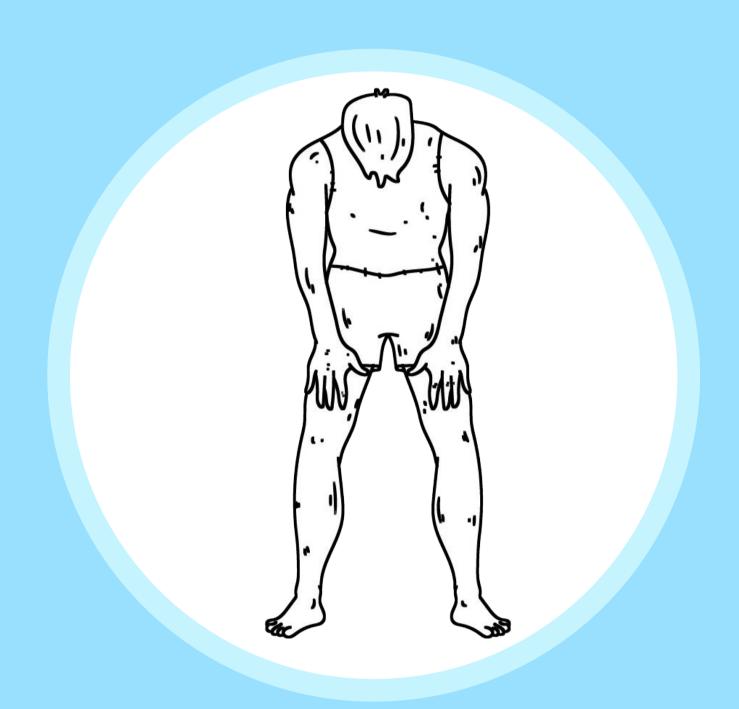
## Spleen (p. 3 of 3)



Padmasana (lotus)



Gargle Salt Water



Nauli (stocach churn)

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