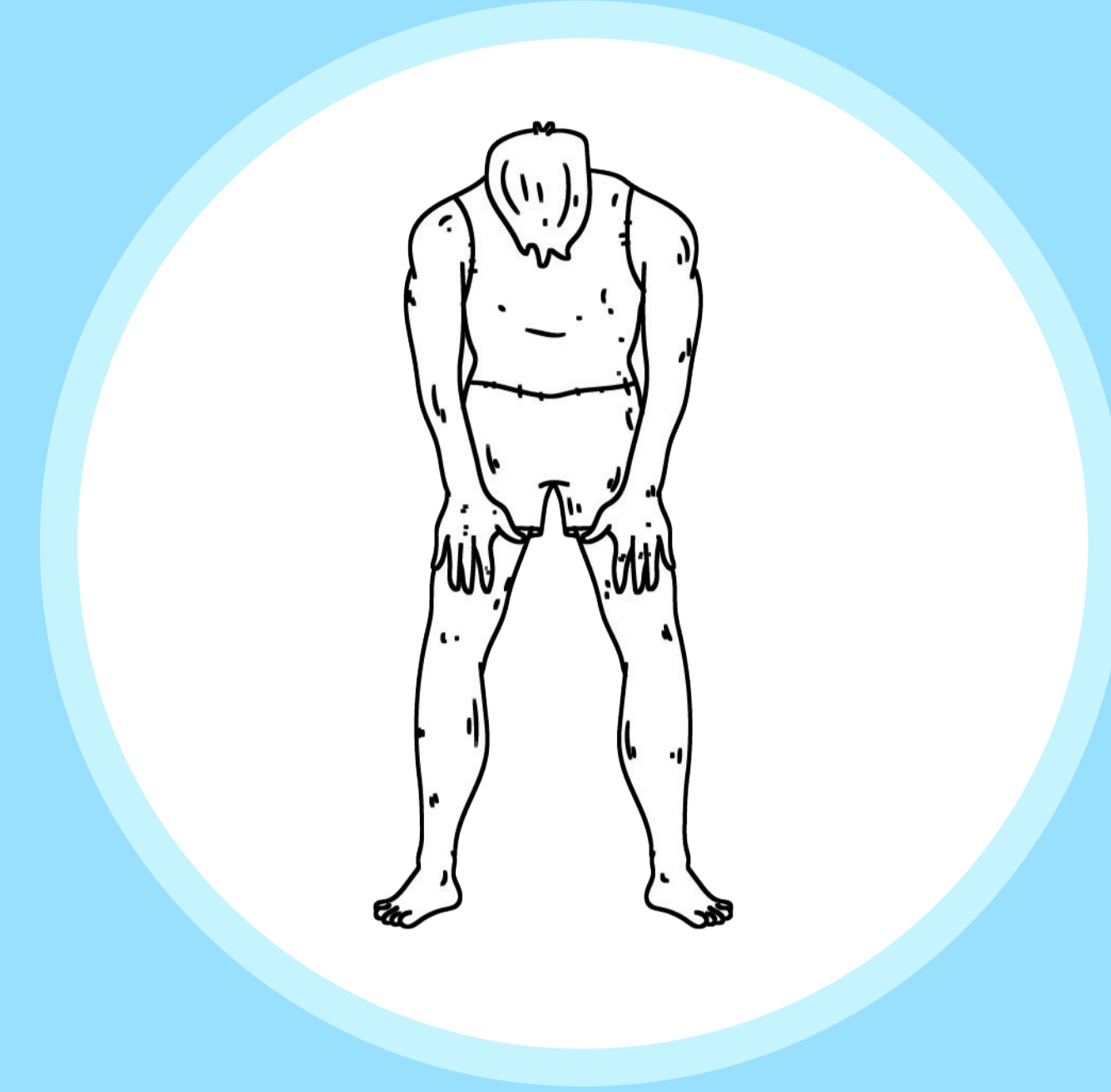


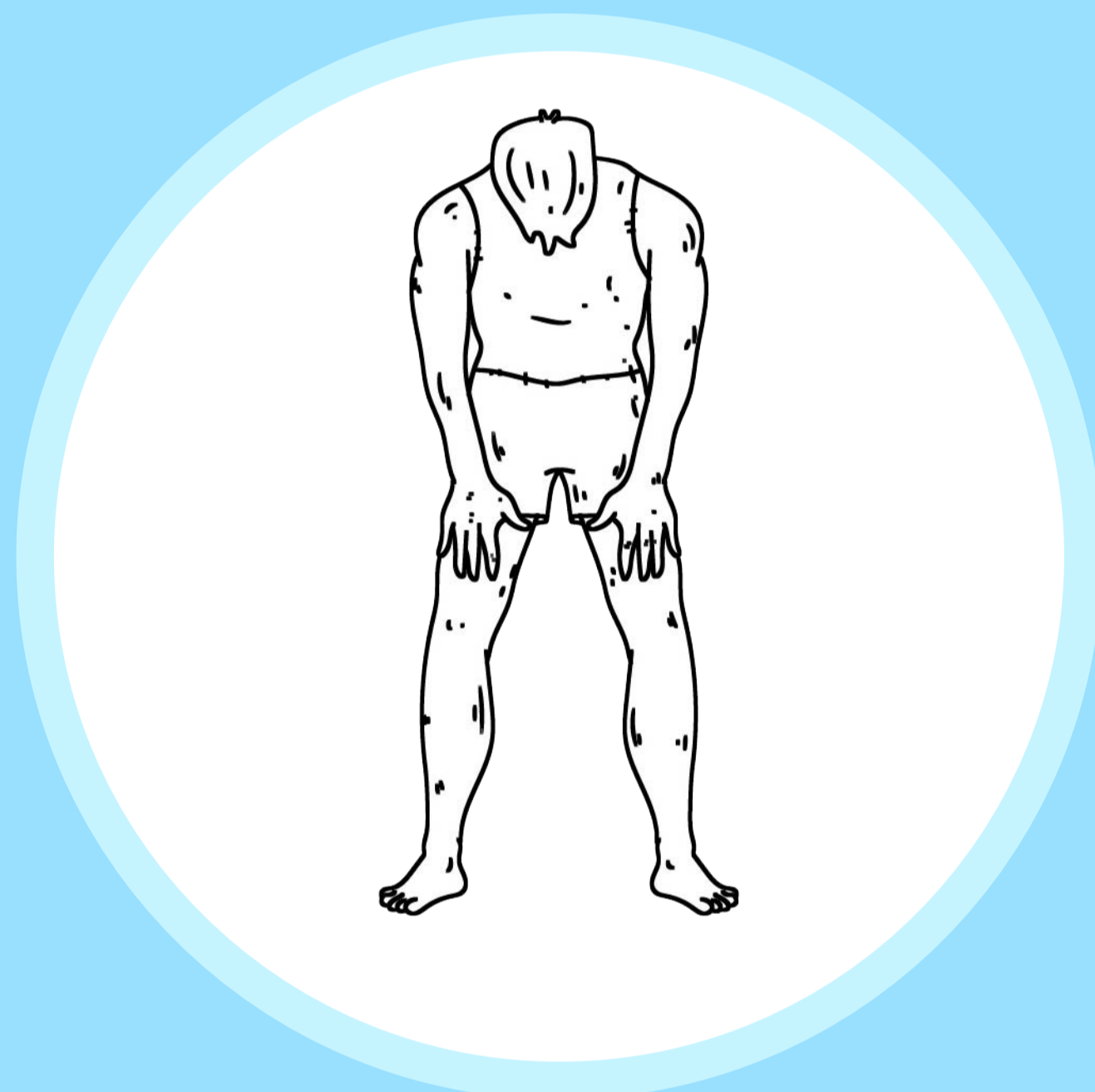
Spleen (p. 1 of 3)



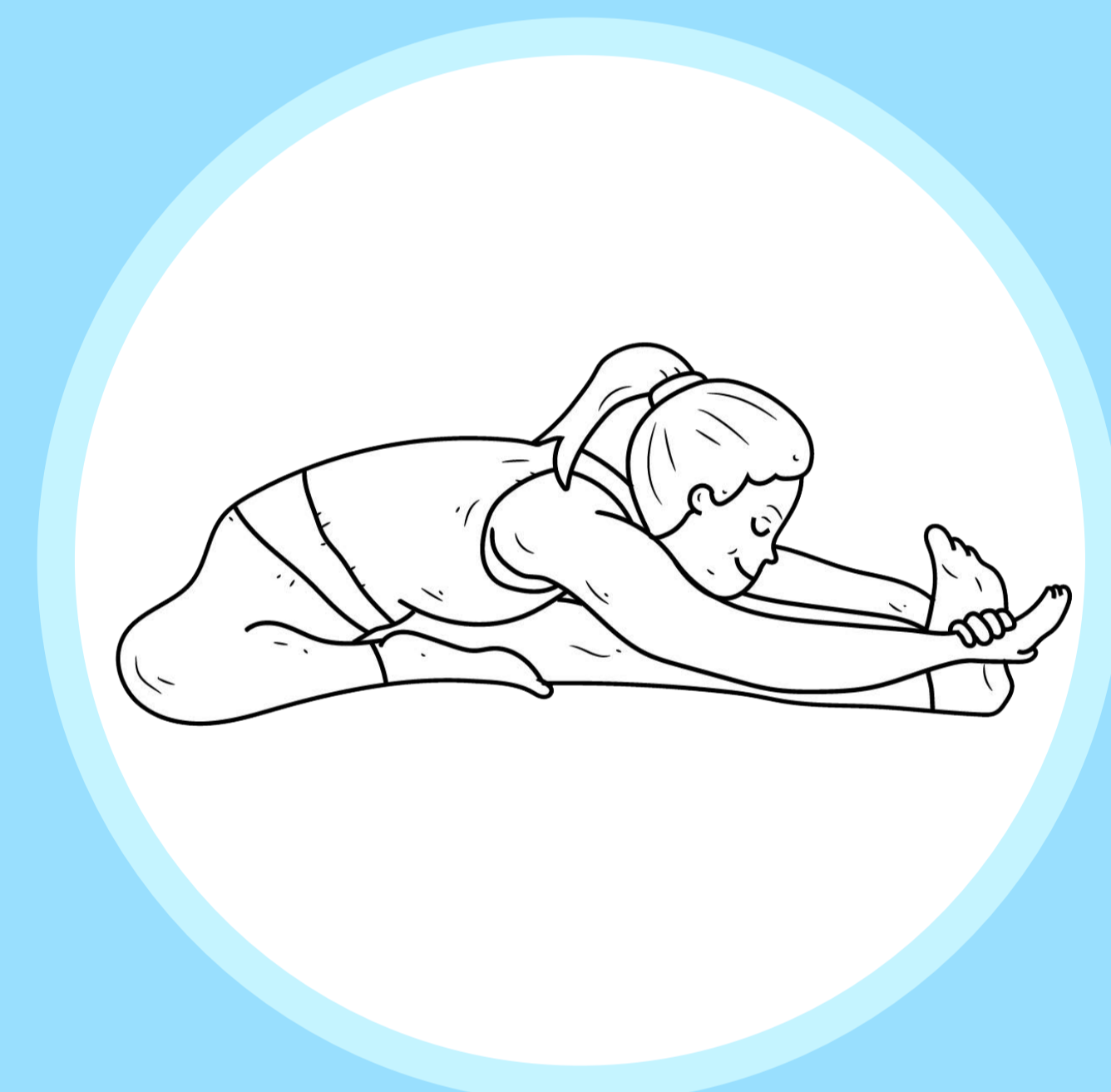
Ardha Marichyasana I
(bound forward fold)



Uddiyana



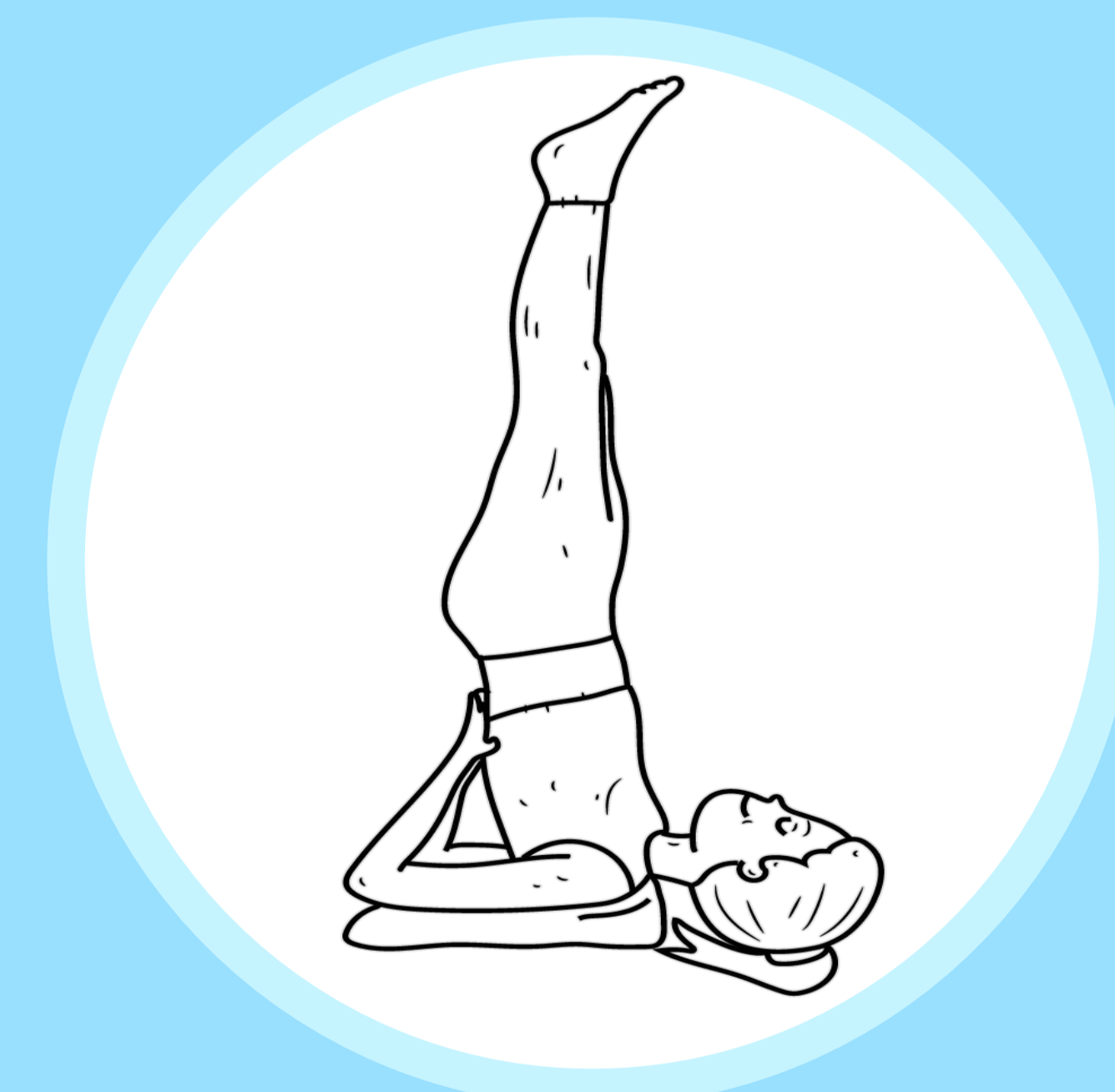
Nauli
(stomach churn)



Jānu-Śīrṣāsanaa
(head to knee)

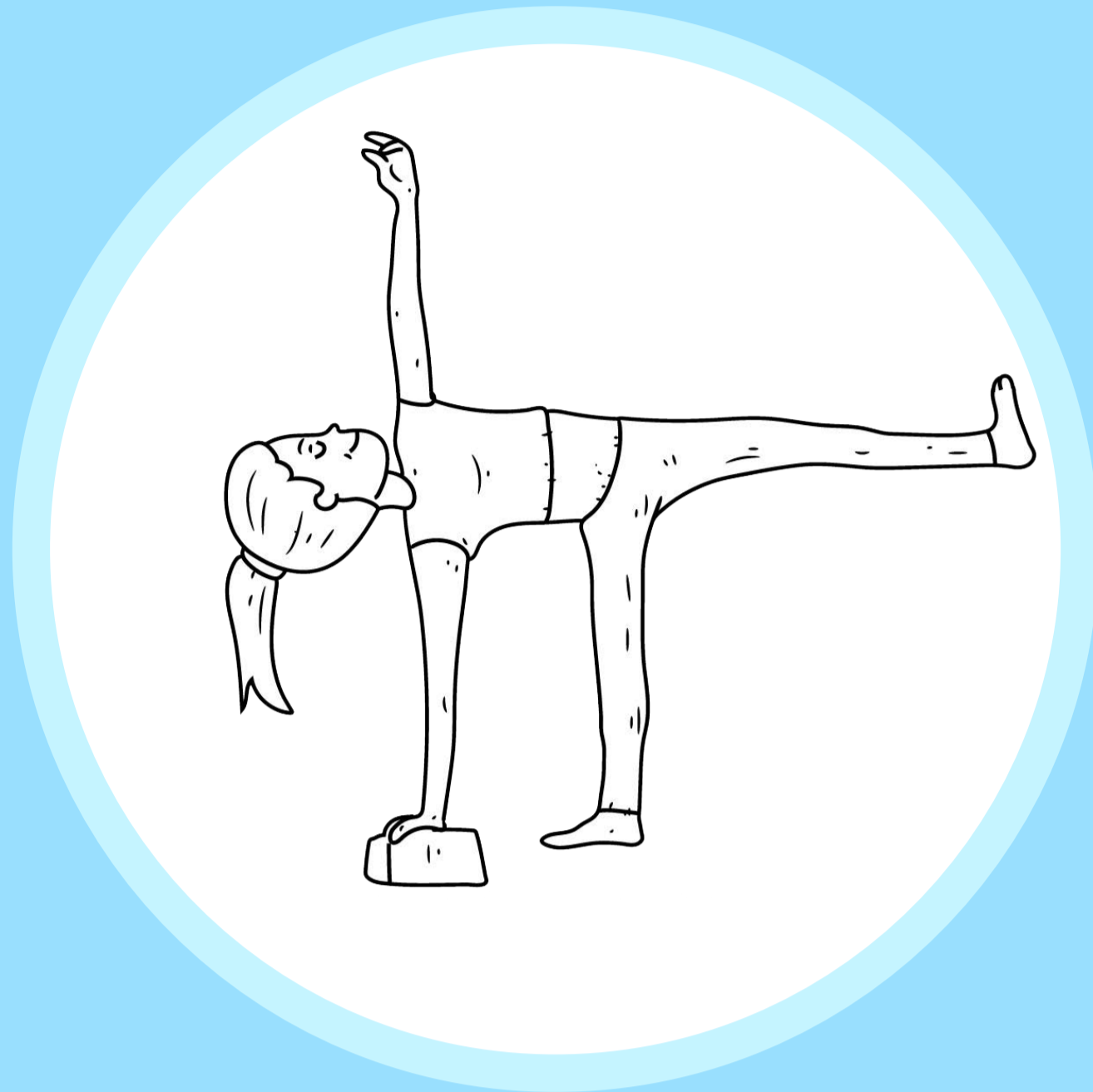


Ākarṇa Dhanurāsana
(archer's pose)

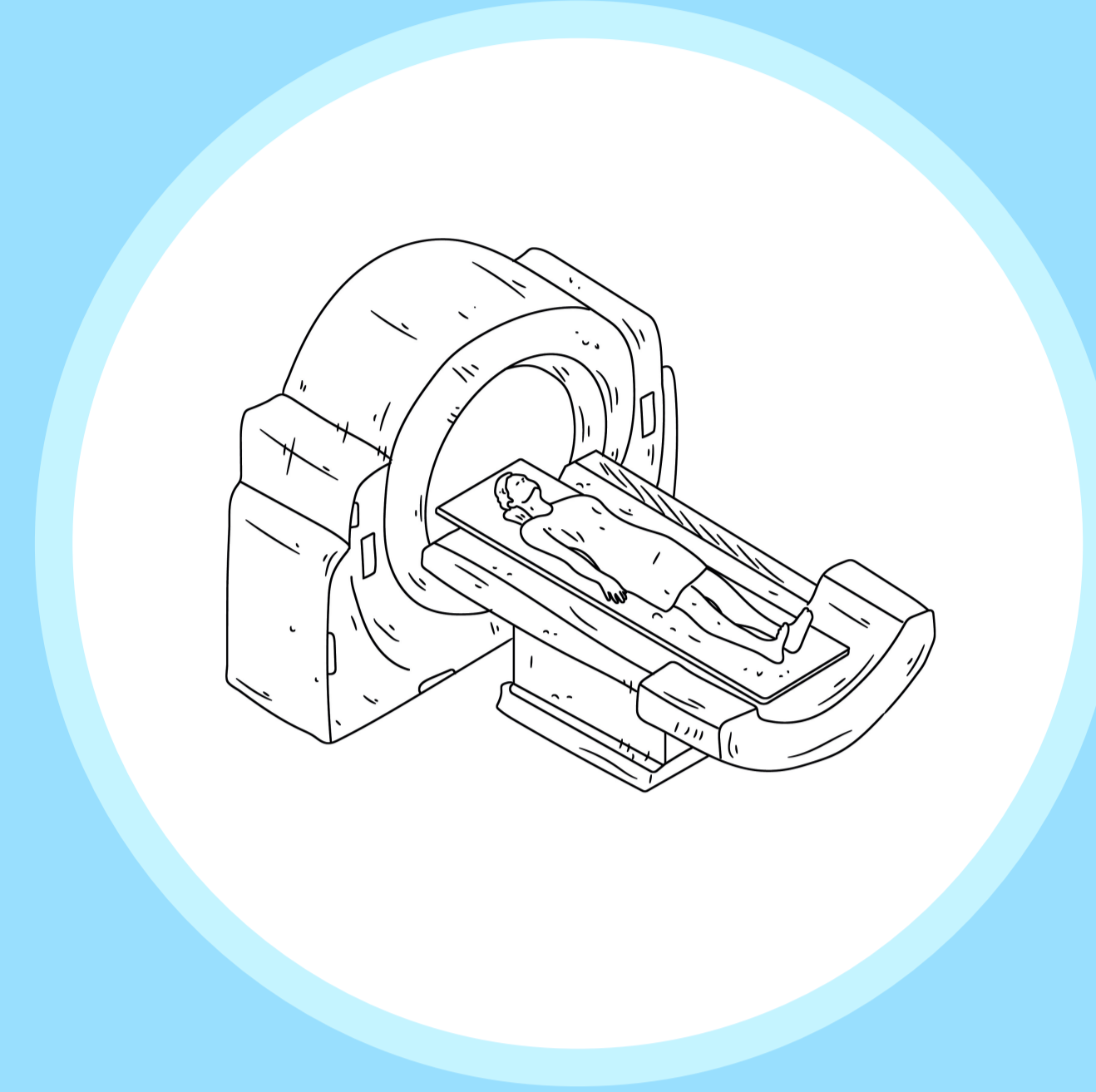


Sarvāṅgāsana
(shoulder stand)

Spleen (p. 2 of 3)



**Ardha Chandrāsana
(half moon)**



Get an MRI



**Matangi Mudra
(in front of solar plexus)**



Mukula Mudra



Pumpkin Seeds

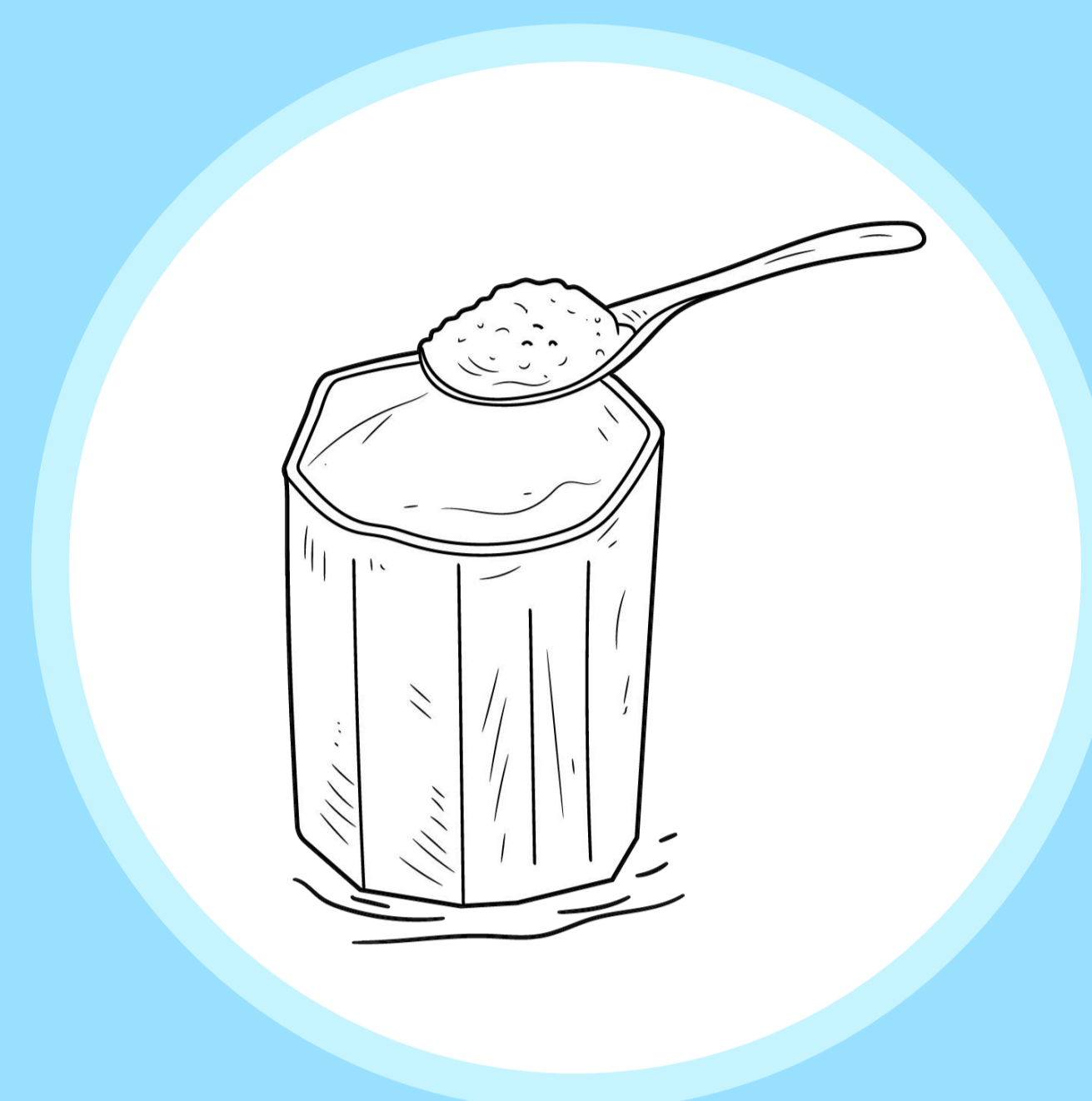


Pluck the Stars on Each Side

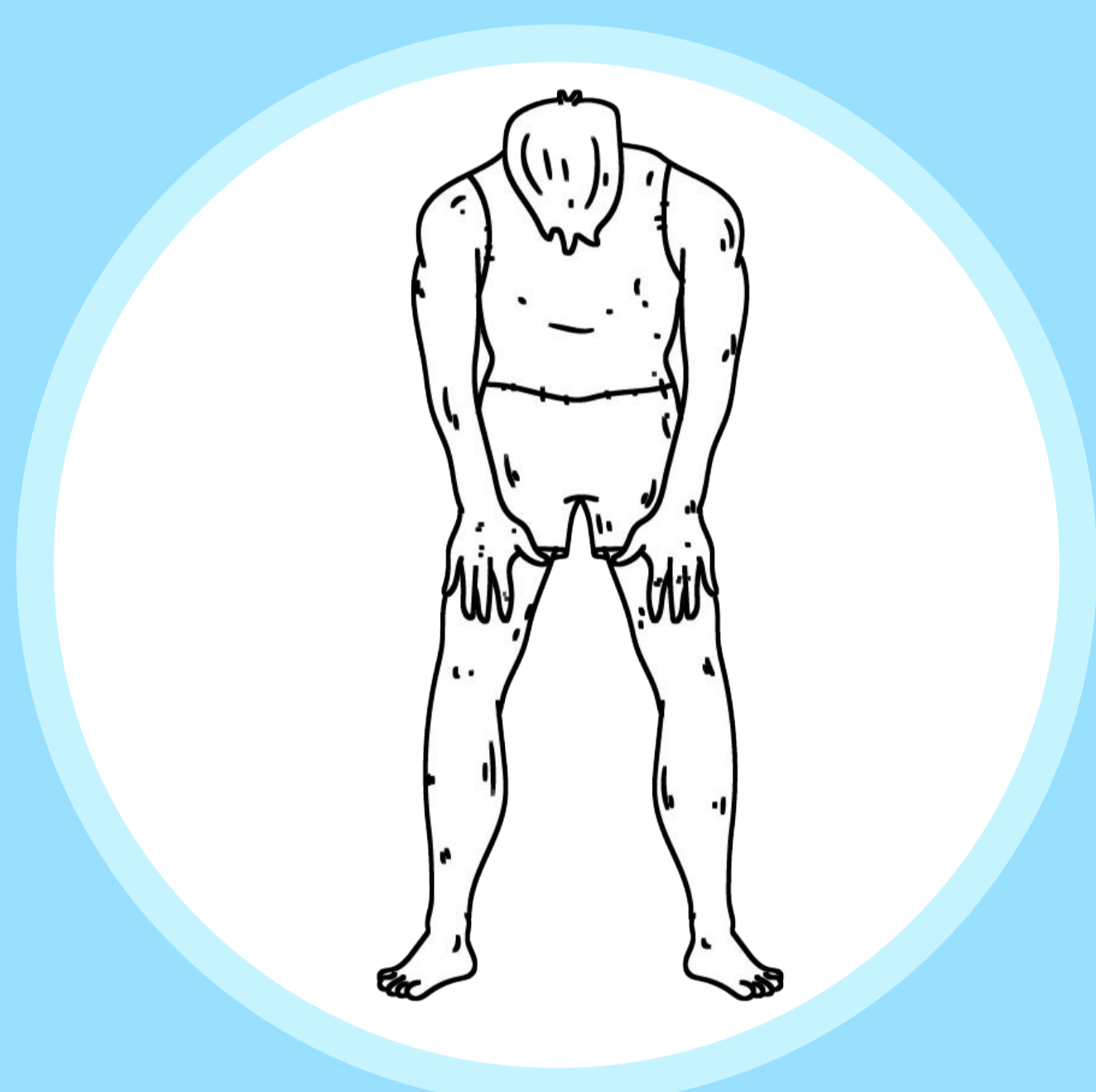
Spleen (p. 3 of 3)



**Padmasana
(lotus)**



Gargle Salt Water



**Nauli
(stomach churn)**