

Gall Bladder and Liver

(p. 1 of 9)



Utthita Trikonāsana
(triangle)



Parivrtta Trikonāsana
(revolved triangle)



Utthita Pārsvakonāsana
(side angle)



Parivrtta Pārsvakonāsana
(revolved side angle)



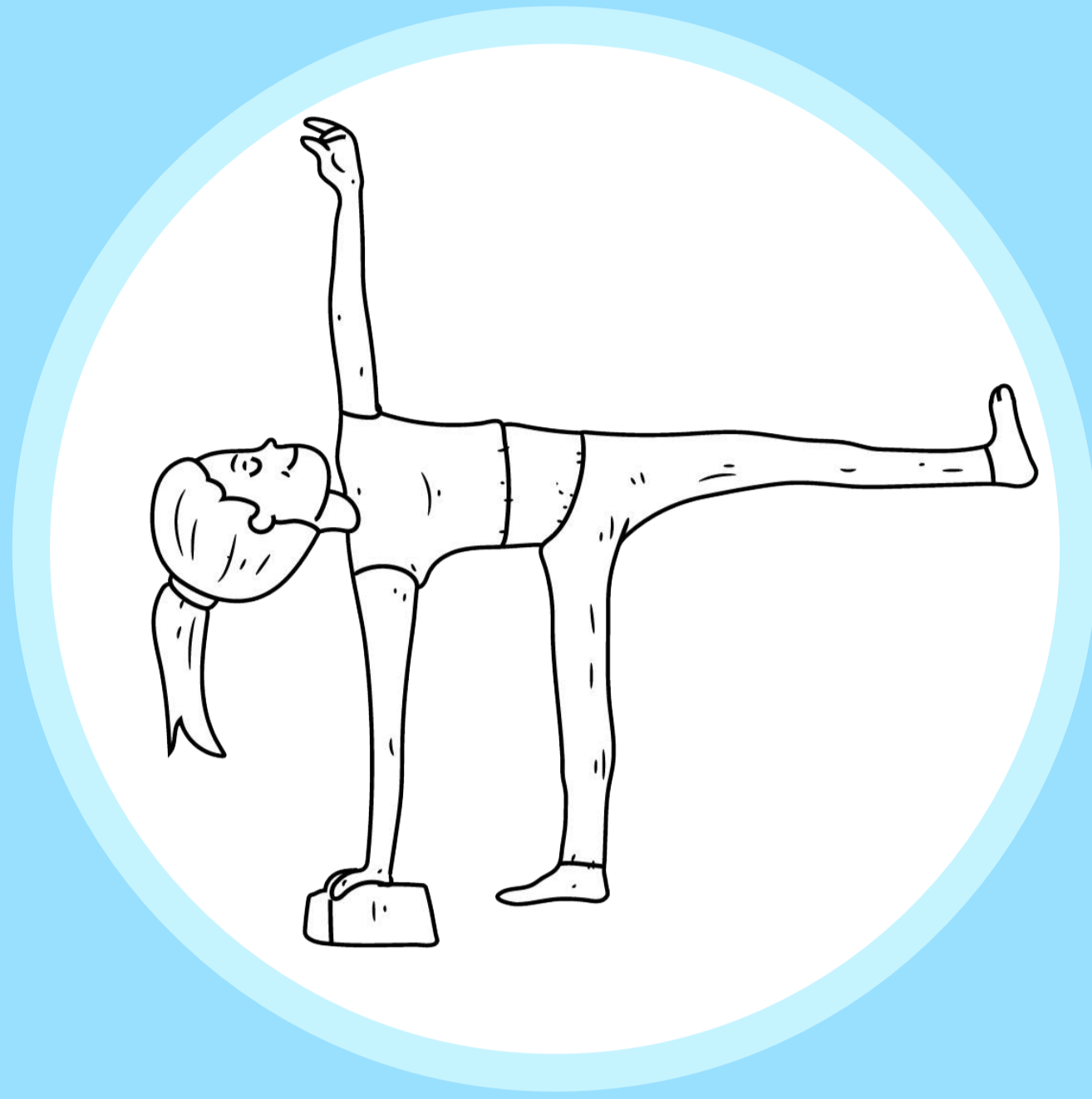
Vīrabhadrāsana I
(warrior one)



Vīrabhadrāsana II
(warrior two)

Gall Bladder and Liver

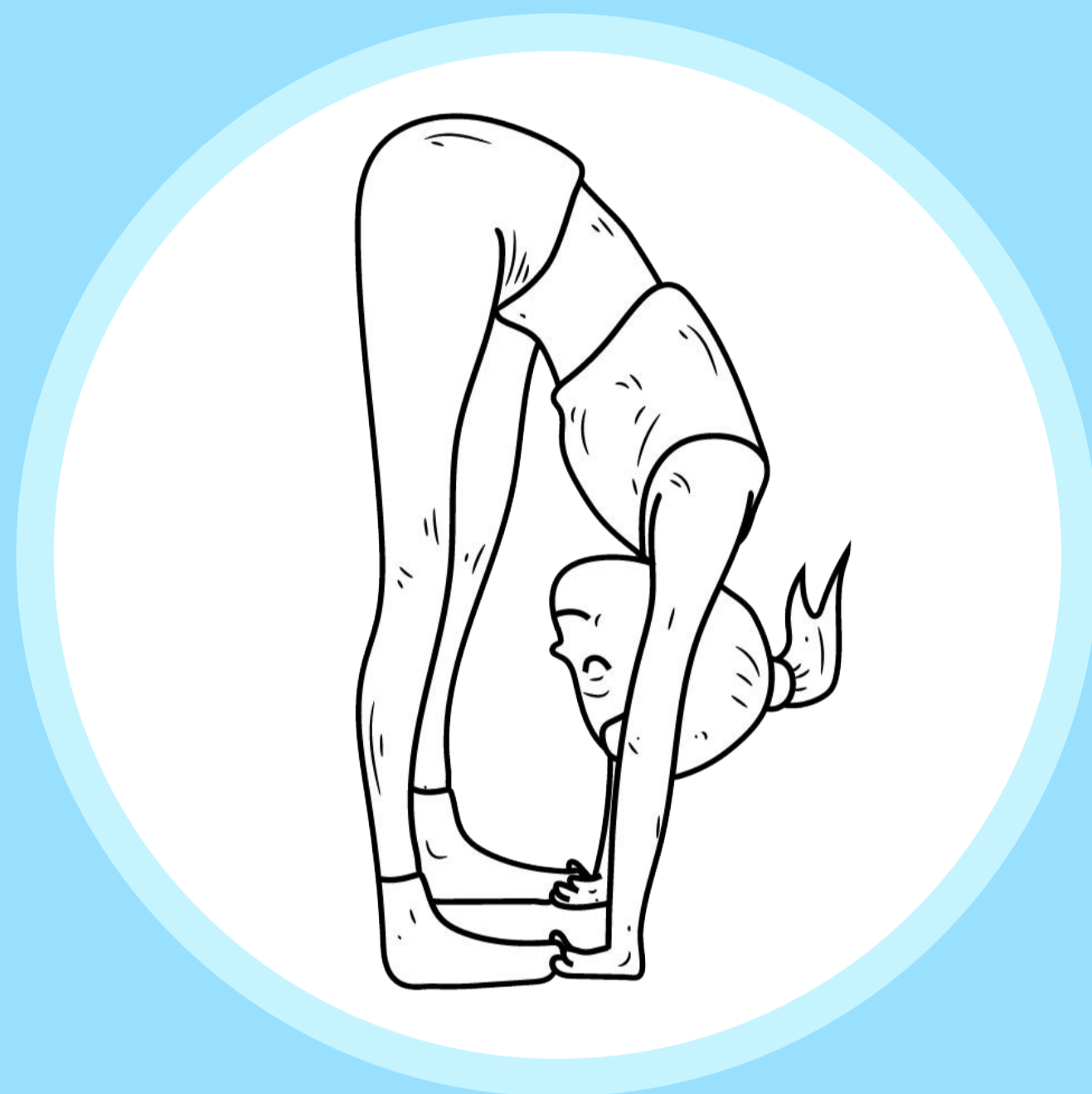
(p. 2 of 9)



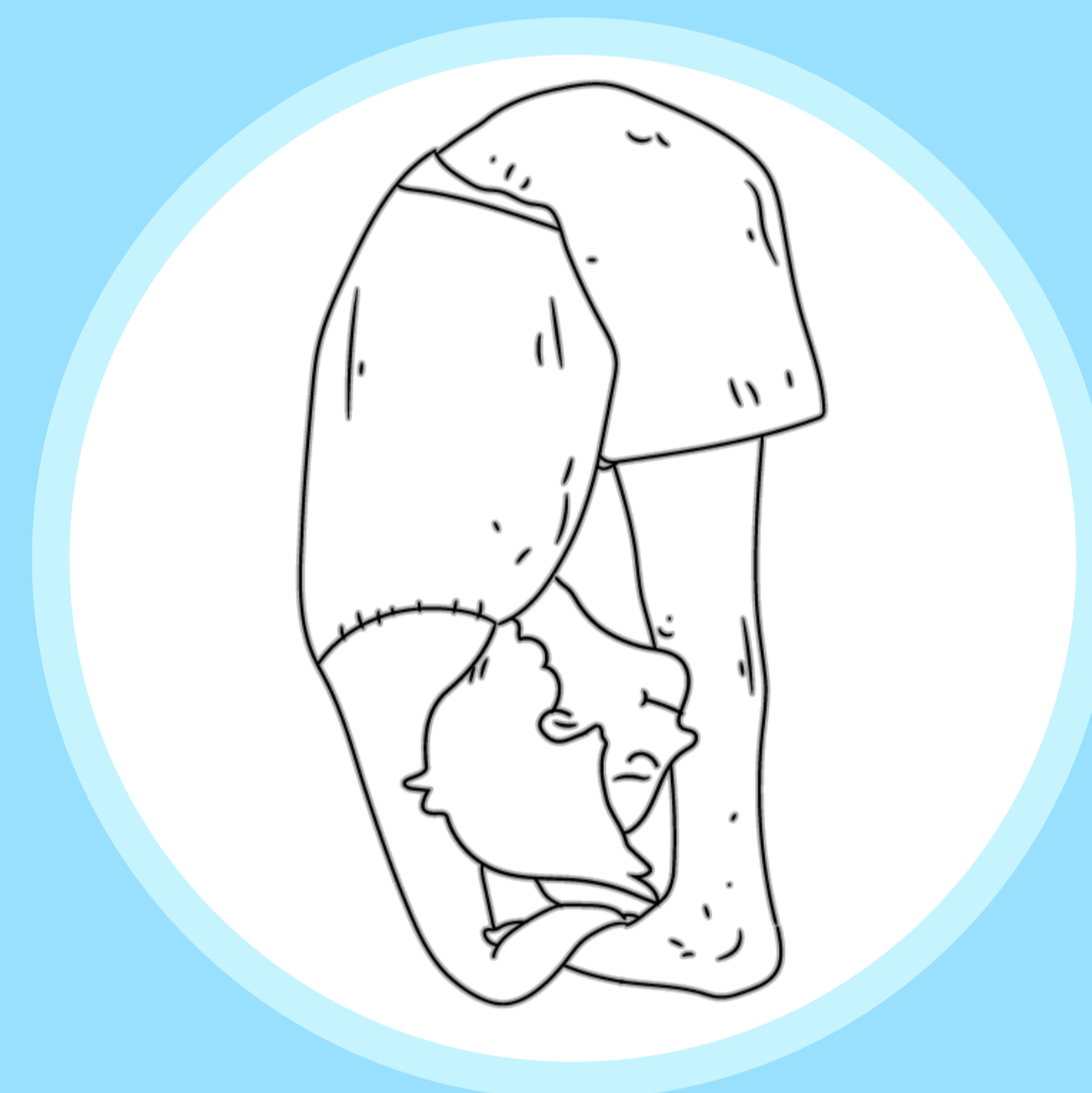
Ardha Chandrāsana
(half moon)



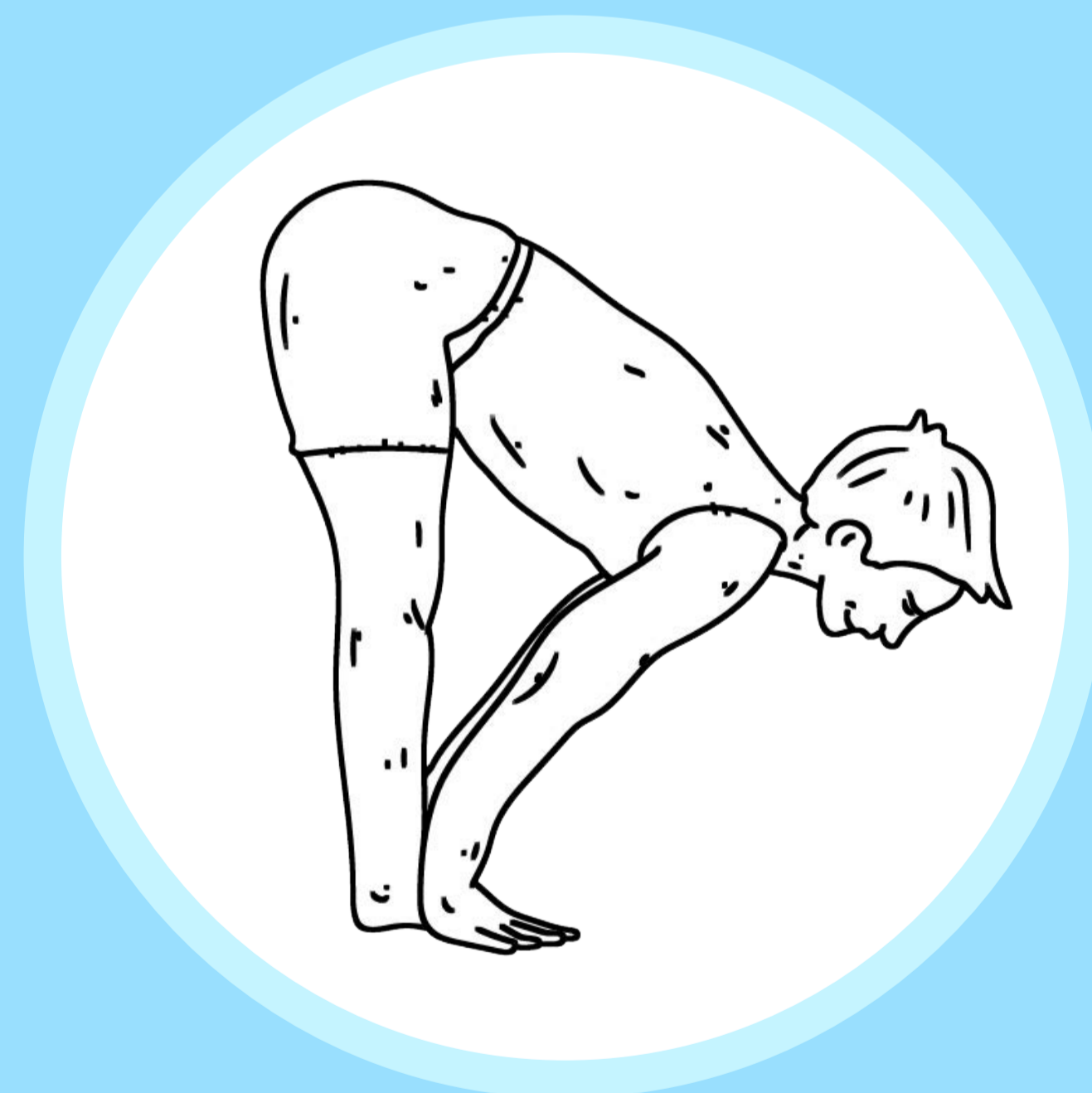
Pārsvottānāsana
(intense stretch)



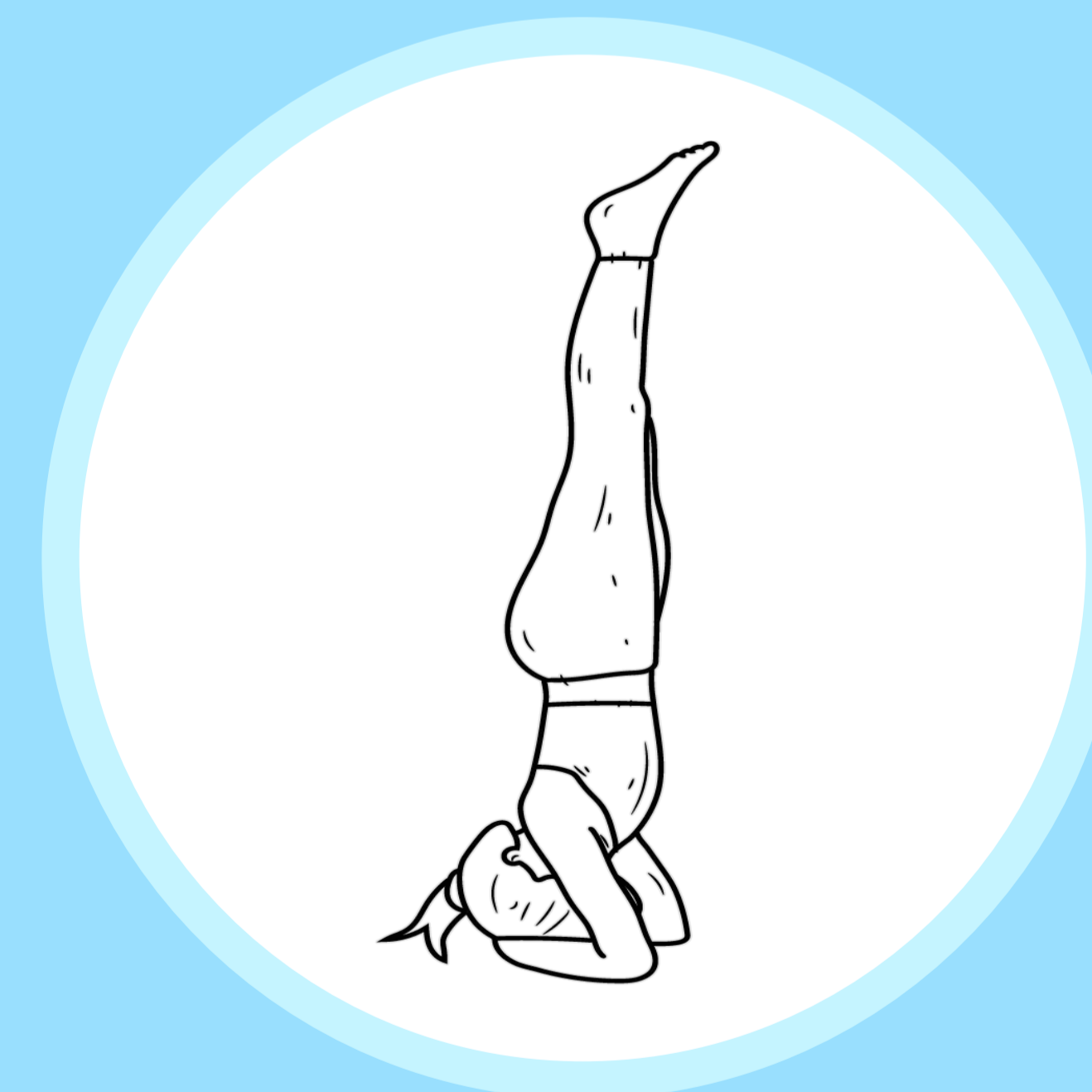
Pādānguṣṭhāsana
(hand to big toe)



Pāda Hastāsana
(hand under foot)

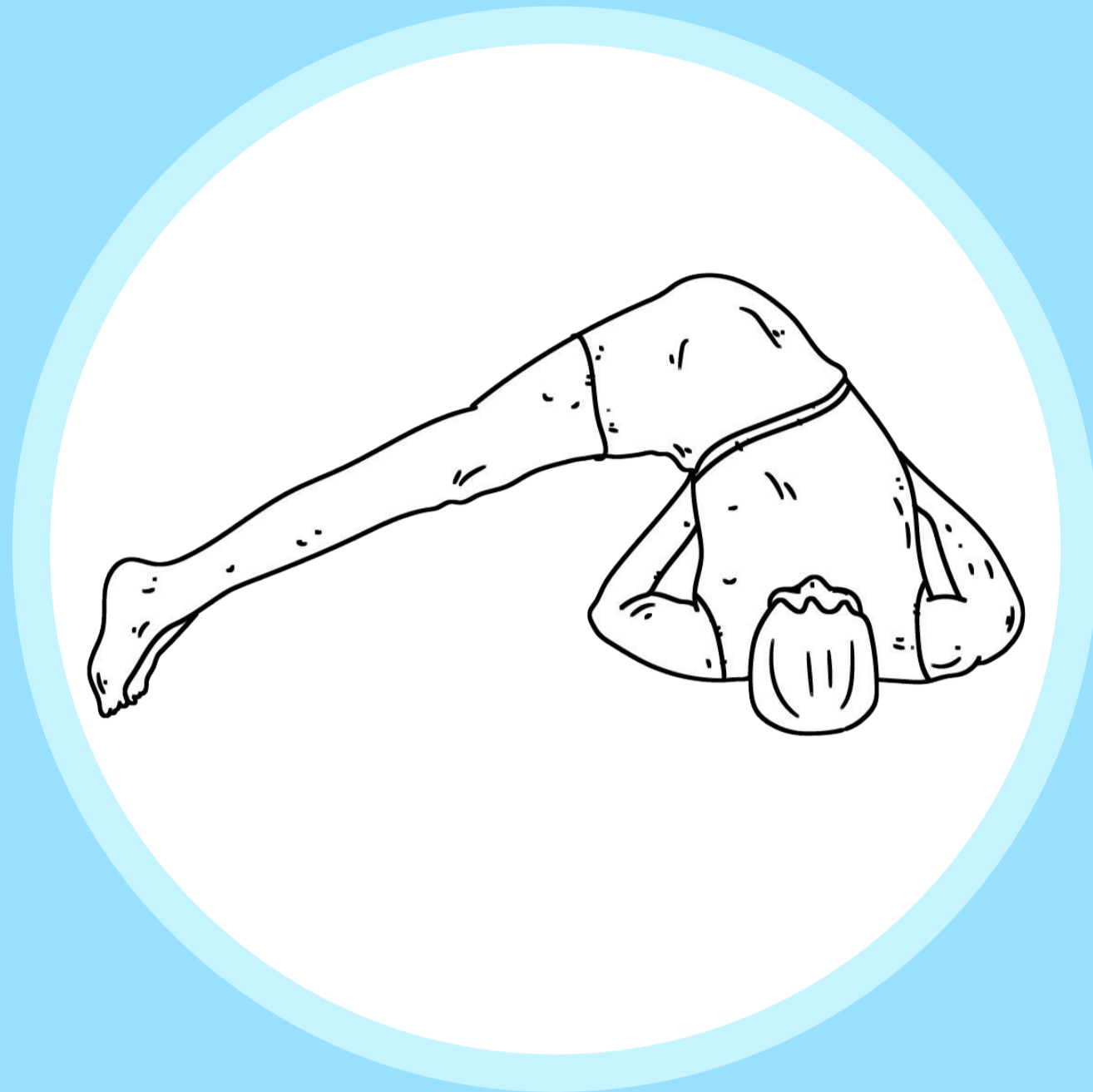


Uttānāsana
(forward fold, halfway lift)



Sālamba Śīrṣāsana
(supported headstand)

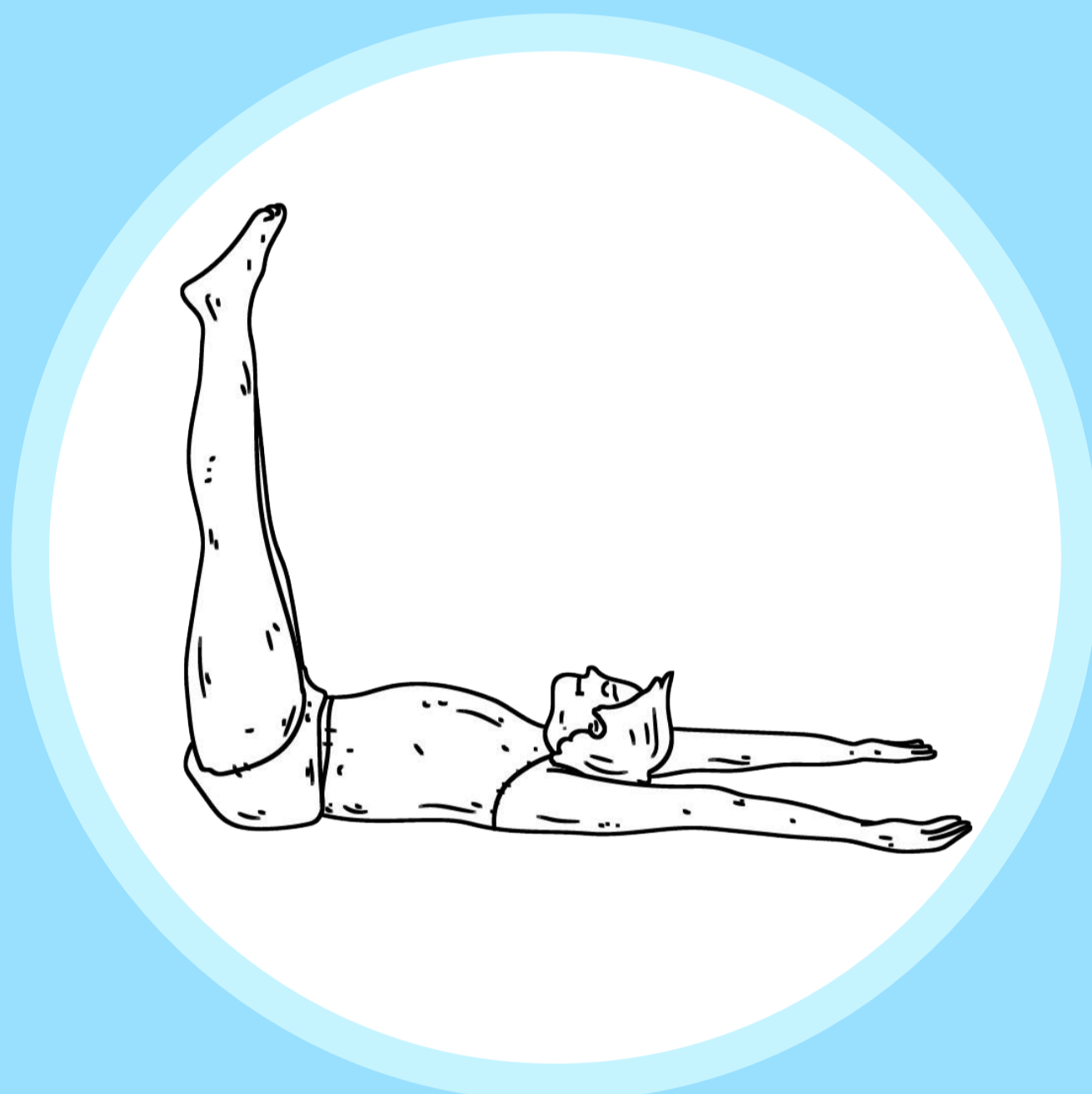
Gall Bladder and Liver (p. 3 of 9)



Pārśva Halāsana
(side plow)



Nāvāsana
(boat)



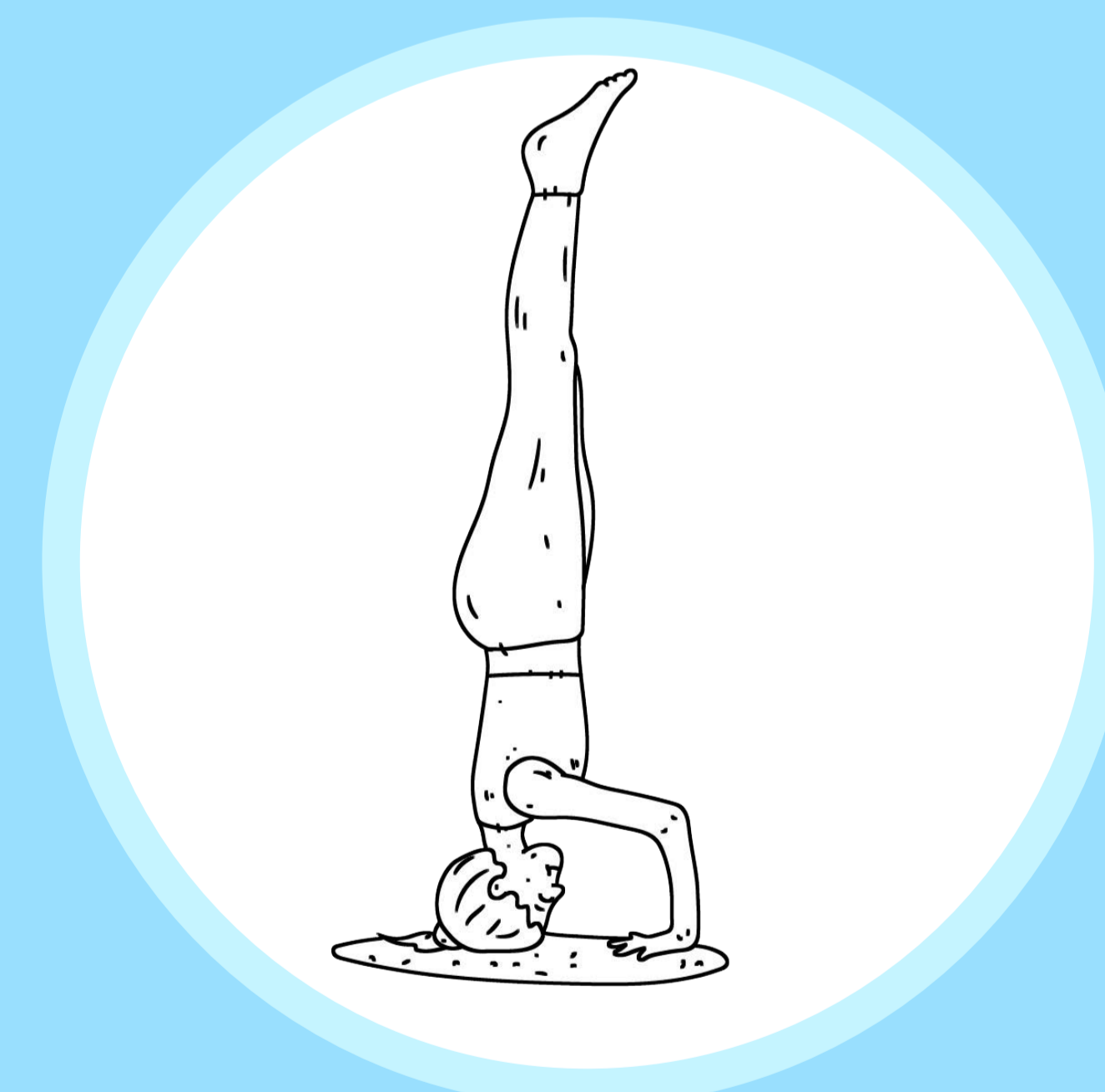
Ūrdhva Prasārita Pādāsana
(upward extended foot)



Jānu-Śīrṣāsanaa
(head to knee)



Paṛivṛtta Jānu-Śīrṣāsanaa
(revolved head to knee)



Sirsasana
(head stand)

Gall Bladder and Liver

(p. 4 of 9)



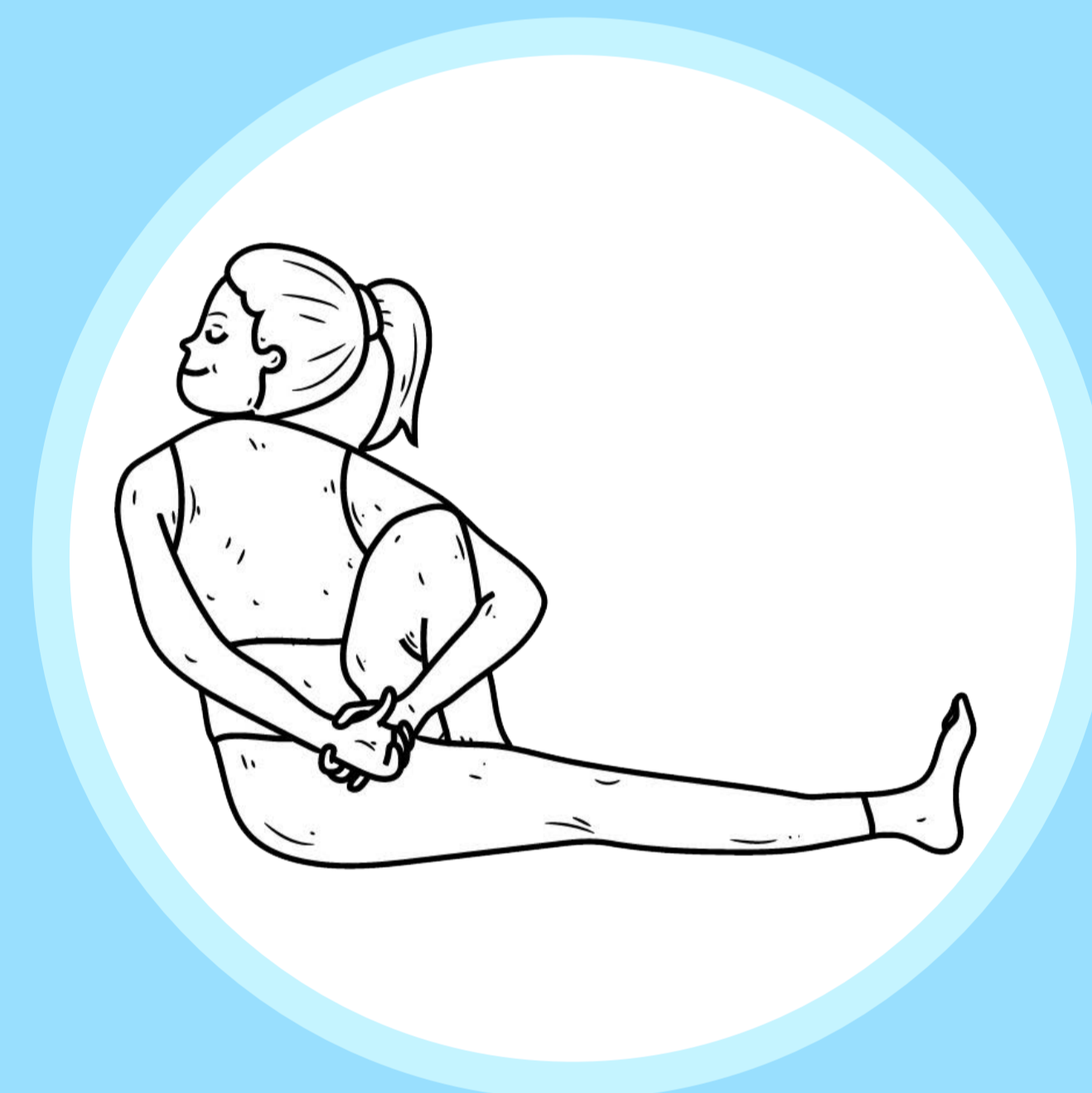
Paschimottānāsana
(staff)



Ardha Marīchyāsana I
(bound forward fold)



Ardha Marīchyāsana II
(half lotus bound forward fold)



Ardha Marīchyāsana III
(bound twist)



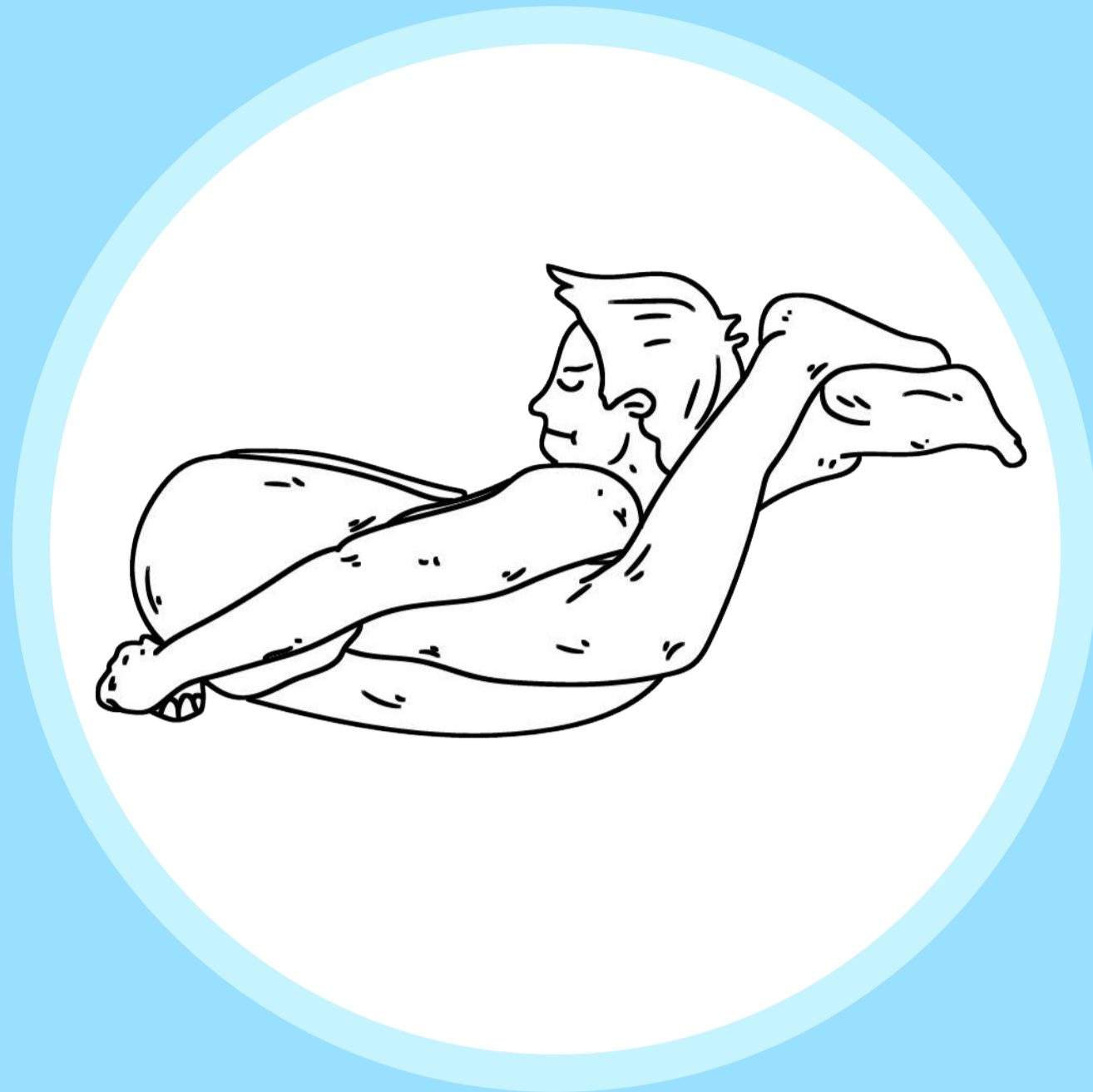
Ardha Marīchyāsana IV
(half lotus bound twist)



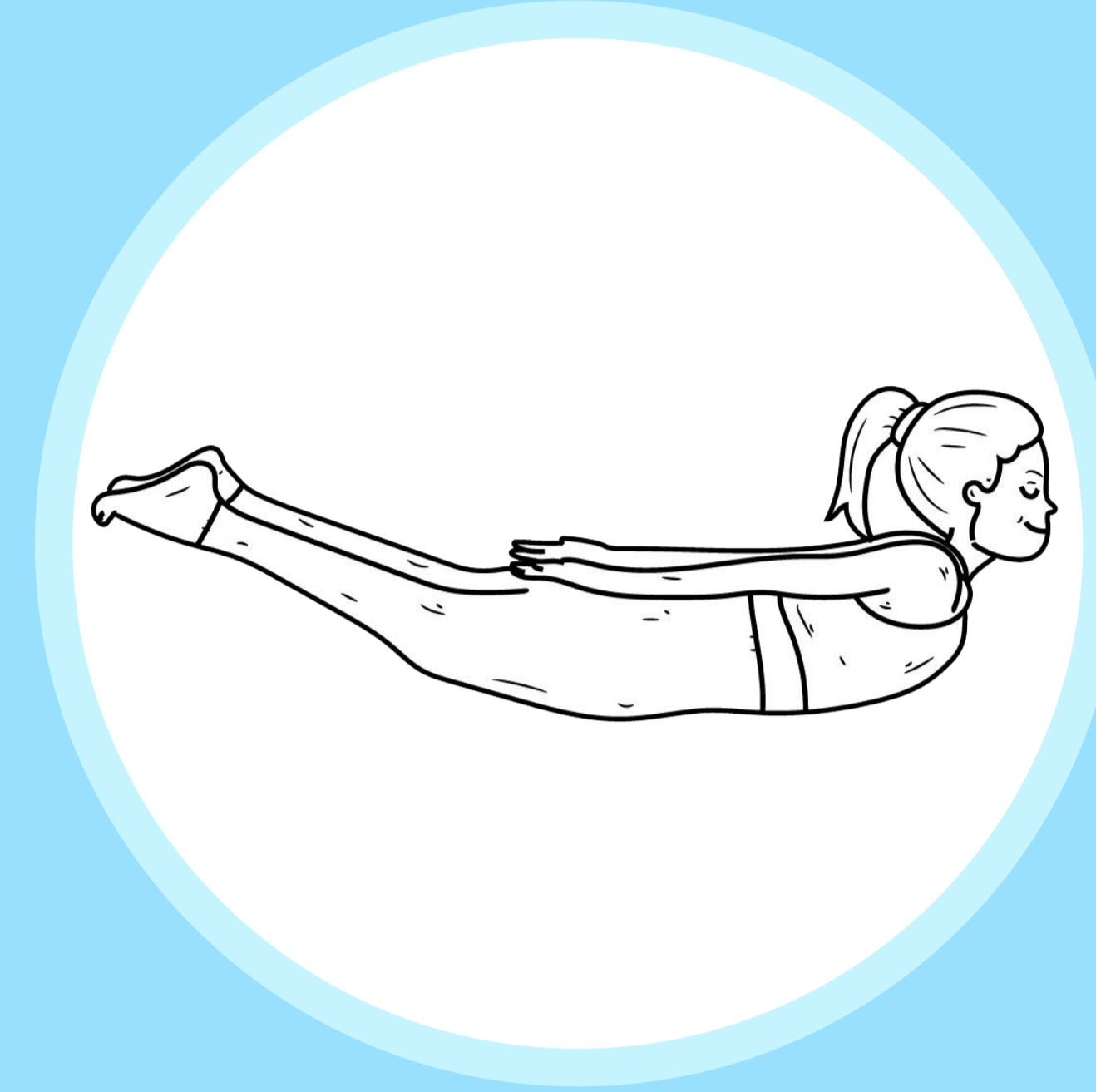
Pāsāsana
(cord)

Gall Bladder and Liver

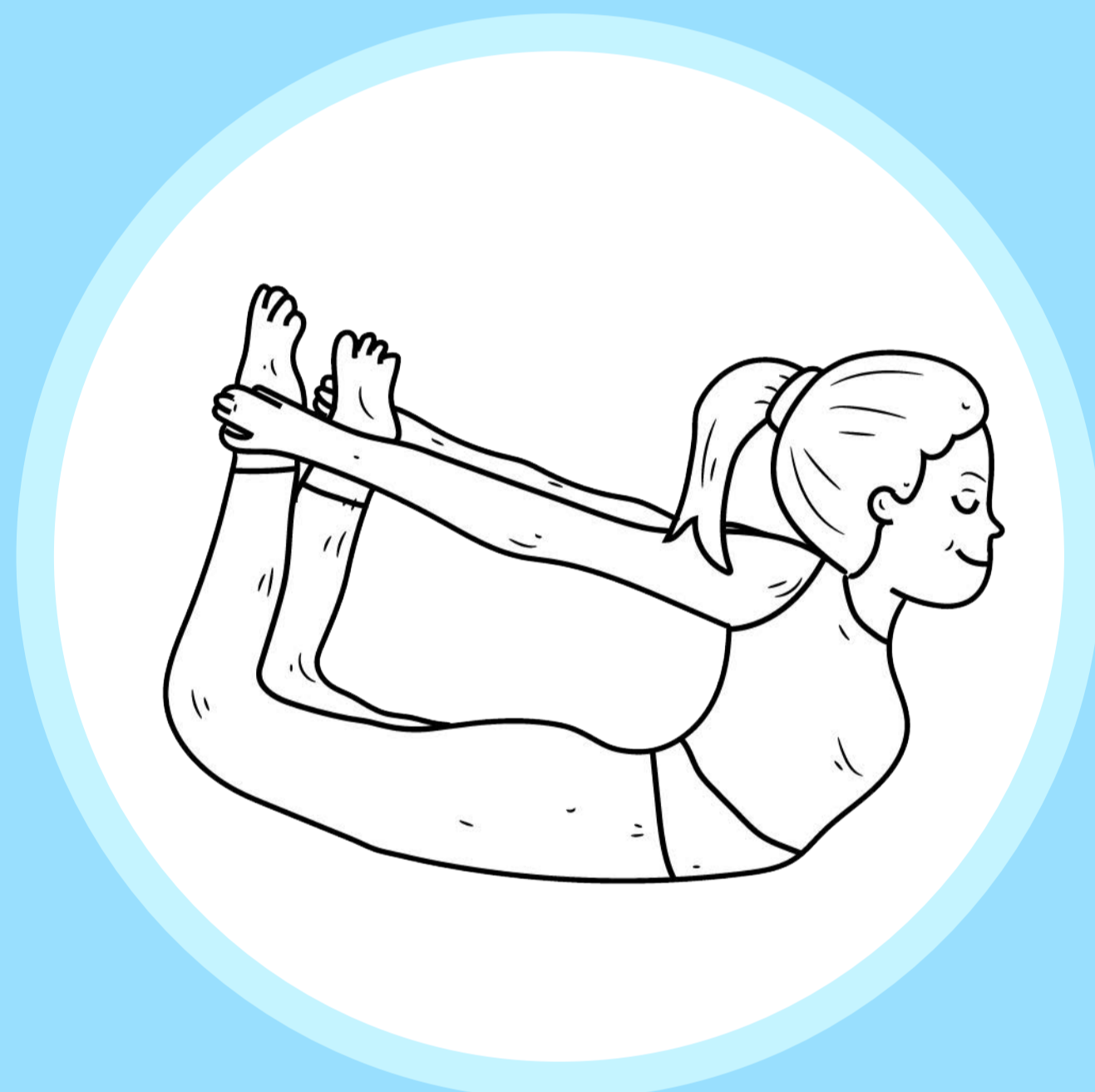
(p. 5 of 9)



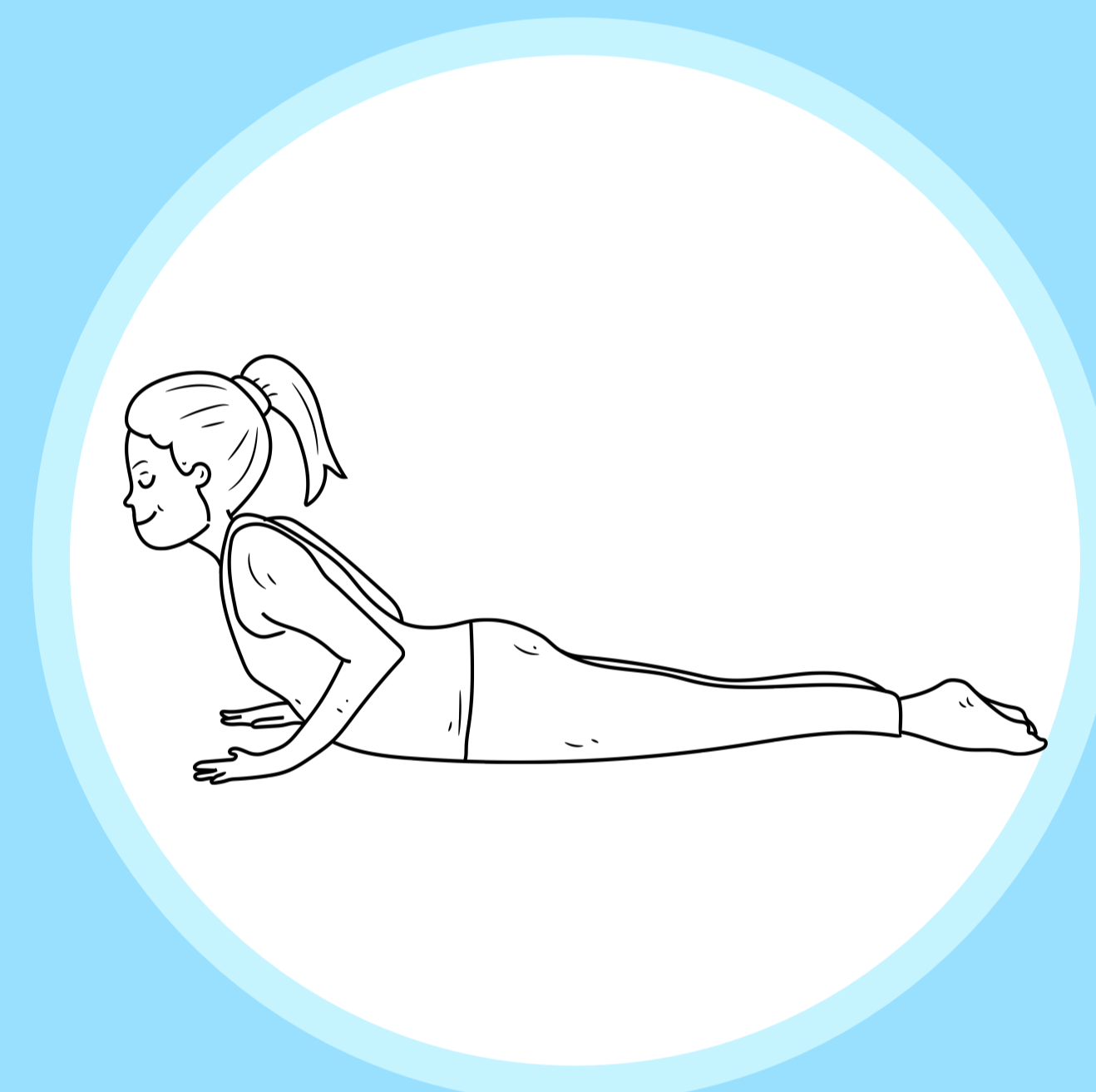
Yoganidrasna
(state between sleep and wakefulness)



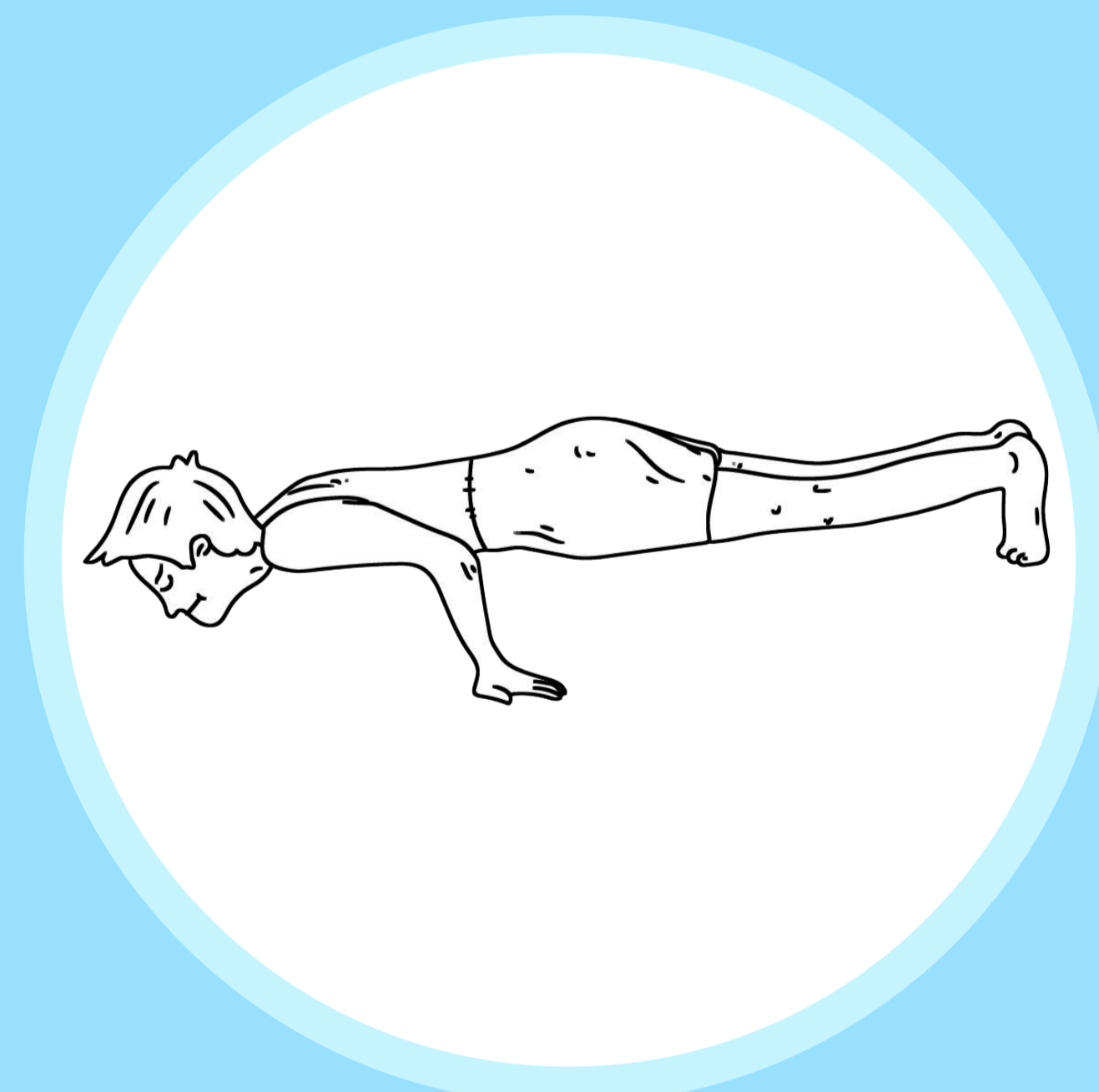
Śālabhāsana
(locust)



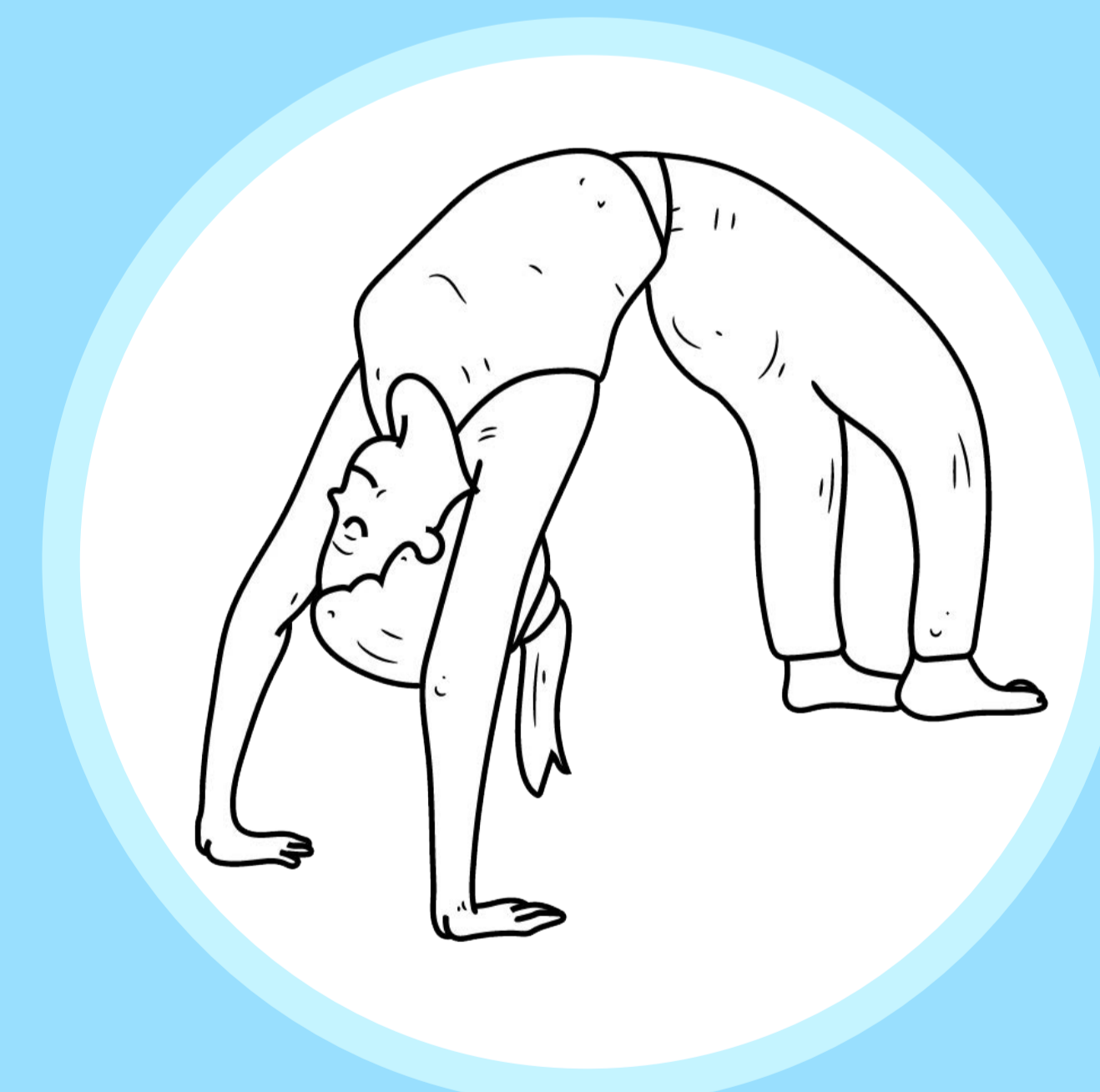
Dhanurāsana
(bow)



Bhujangāsana I
(cobra I)



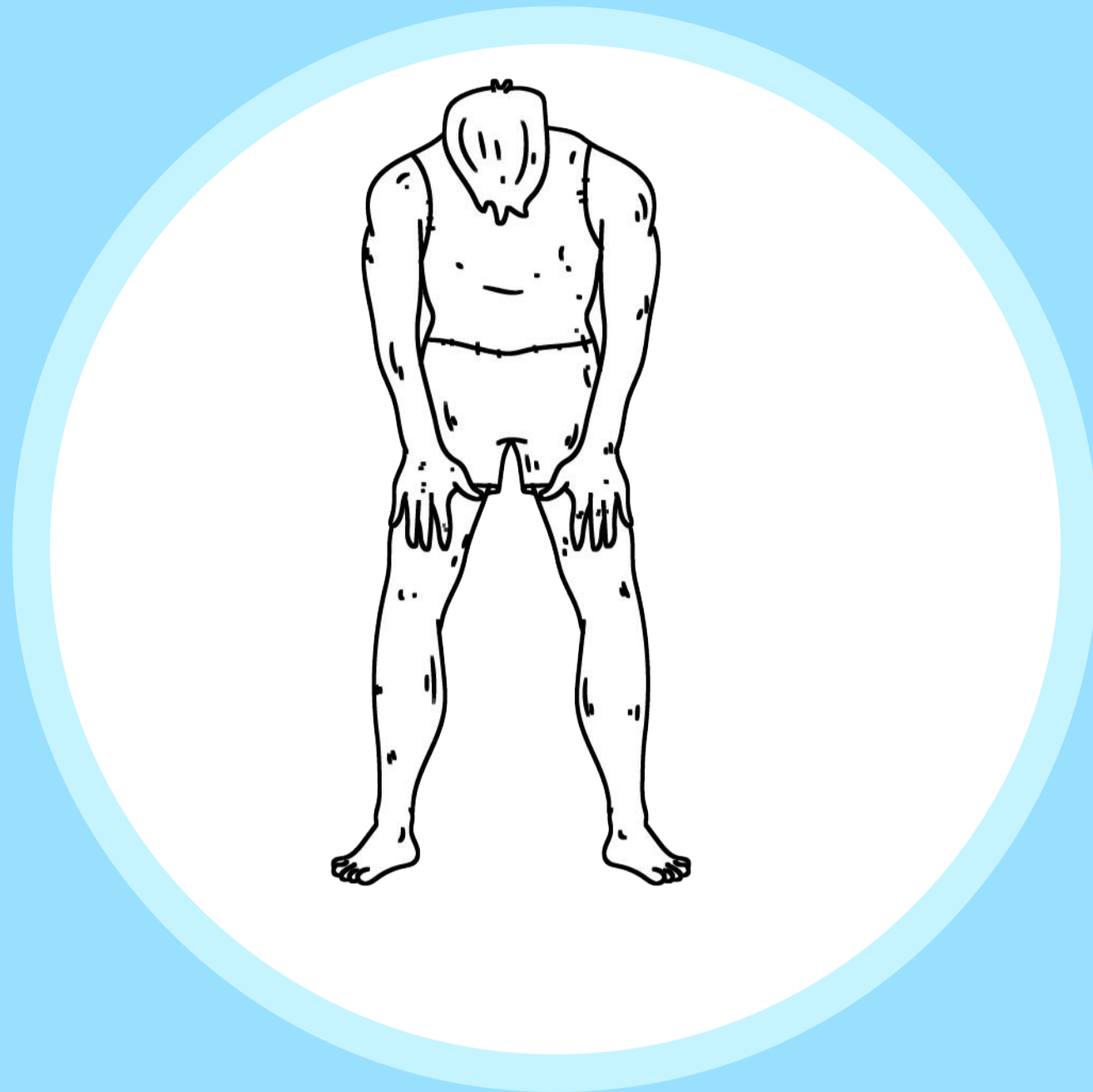
Mayūrāsana
(peacock)



Chakrāsana
(wheel)

Gall Bladder and Liver

(p. 6 of 9)



Uddiyana



Follow the Asana under Acidity



Apana Mudra



Bearberry



Dandelion



Drinking Pear

Gall Bladder and Liver (p. 7 of 9)



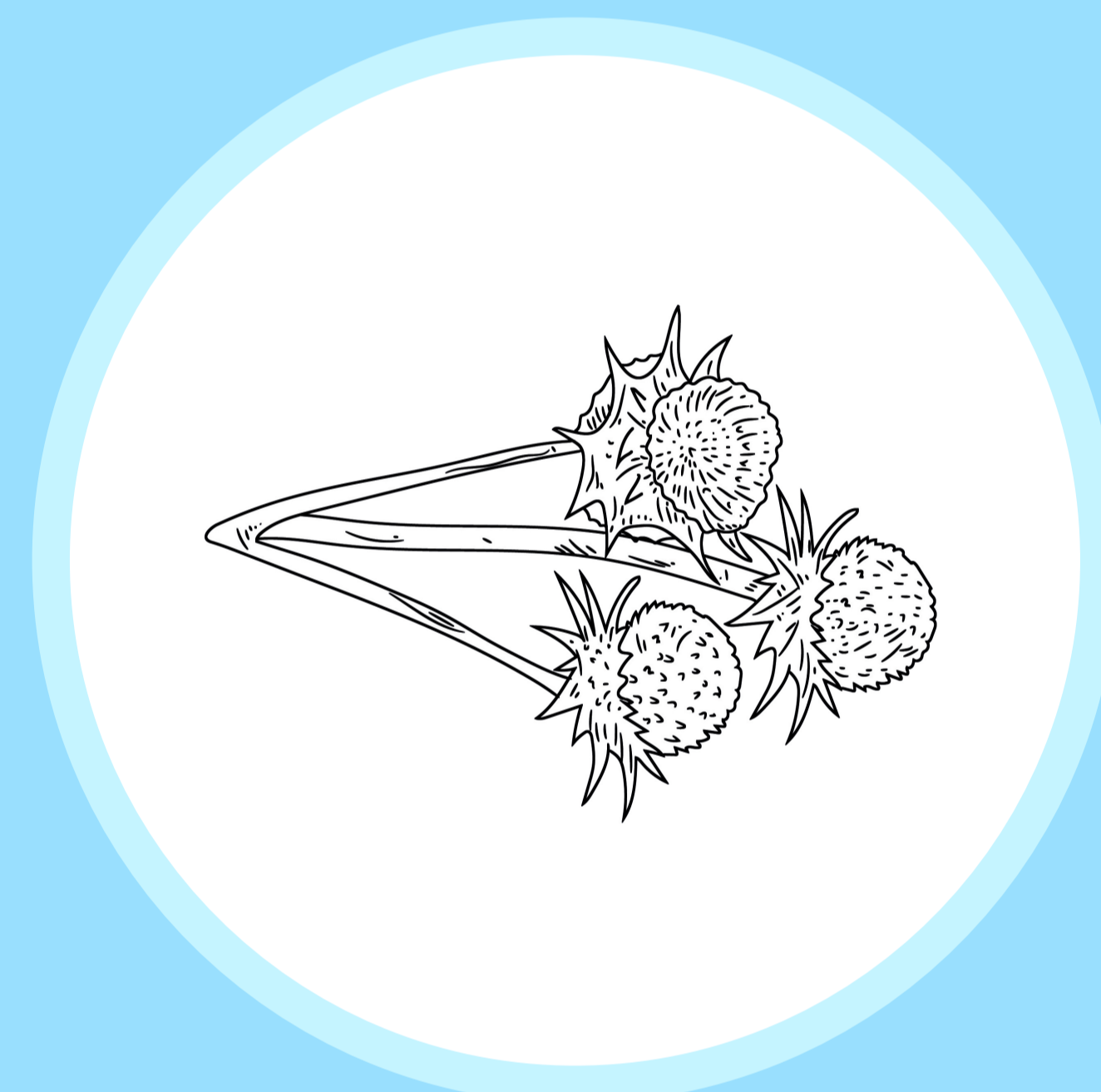
Ksepana Mudra



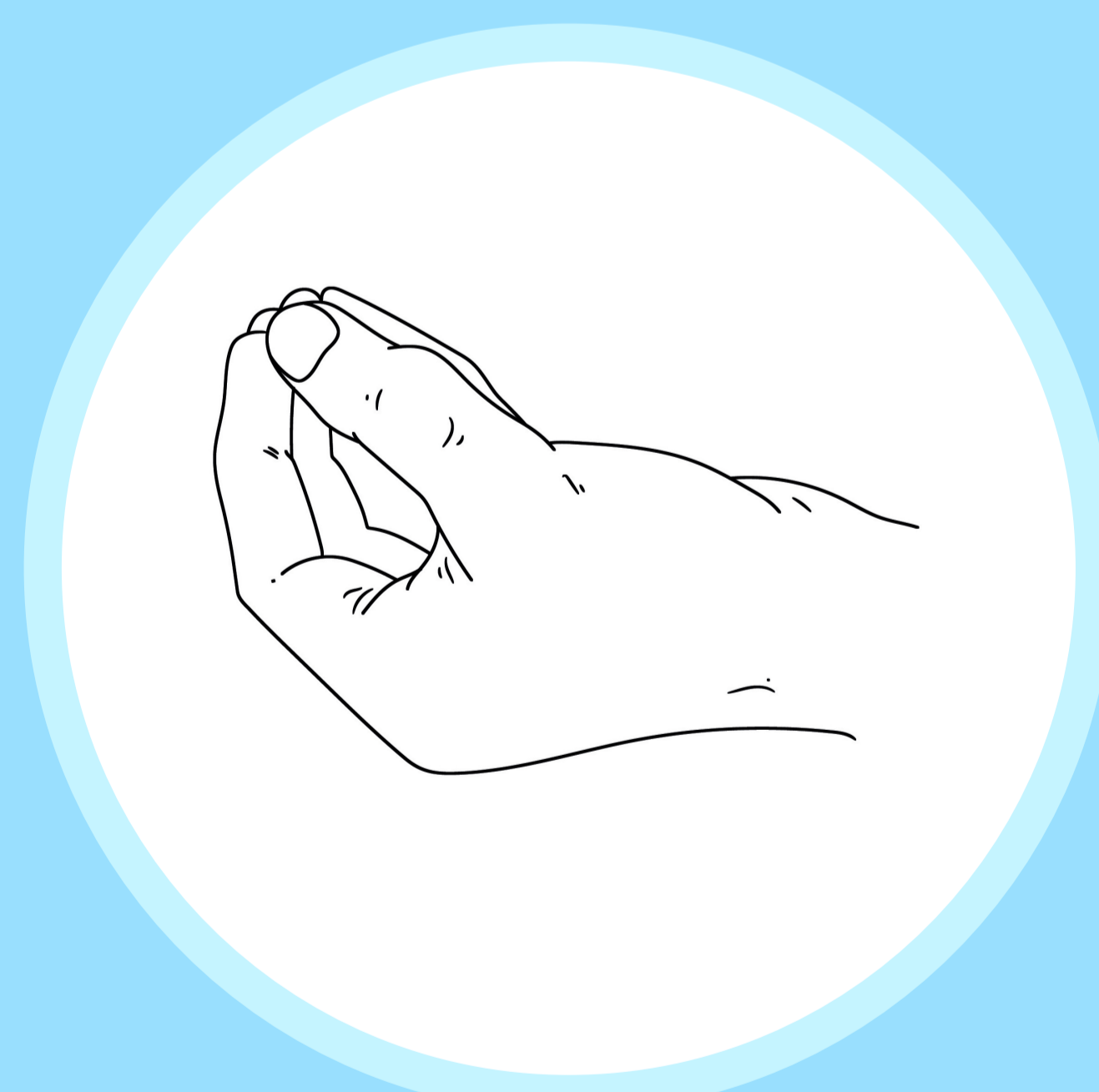
Large Bottle of Water



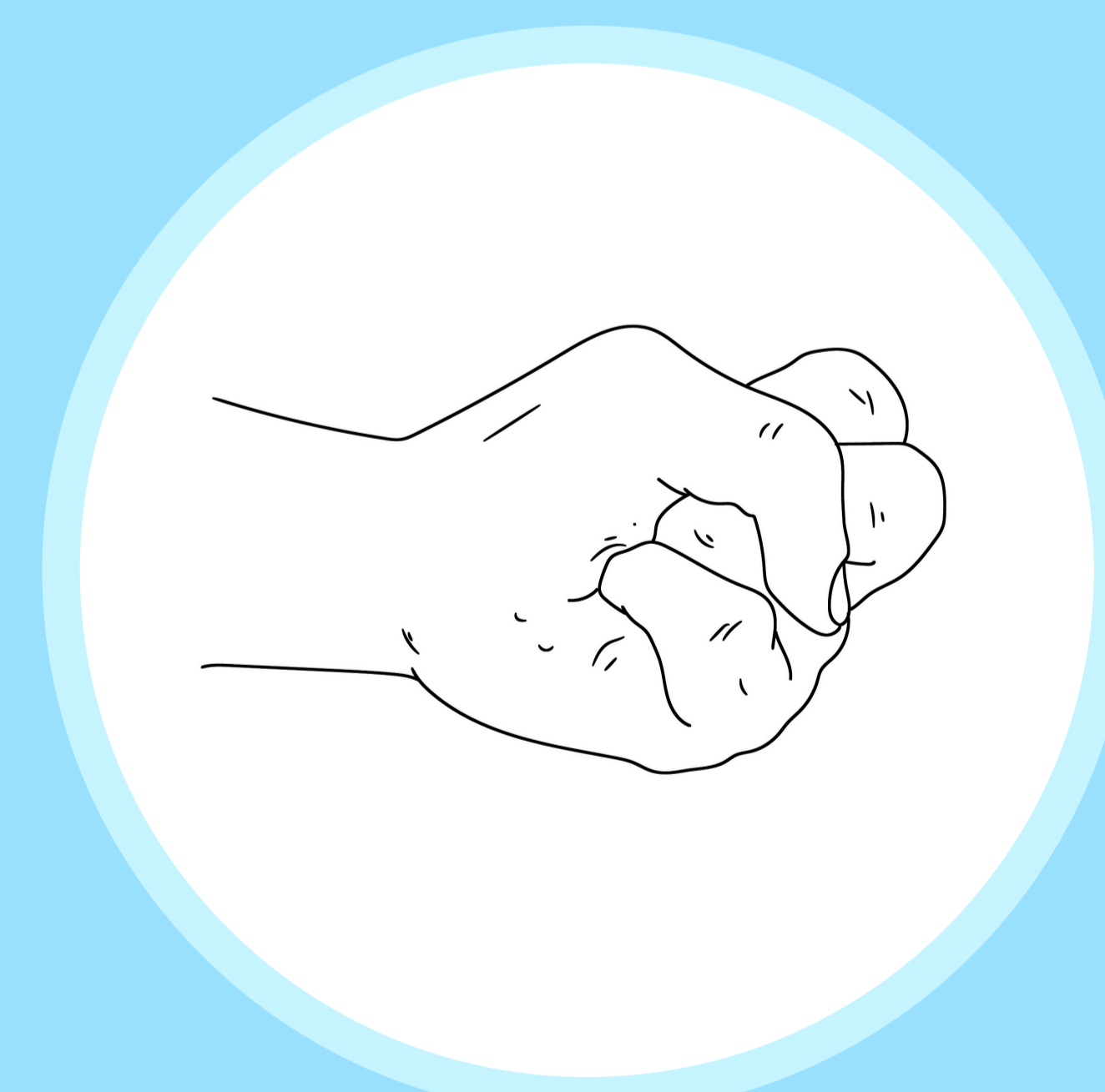
Matangi Mudra
(in front of solar plexus)



Milkthistle



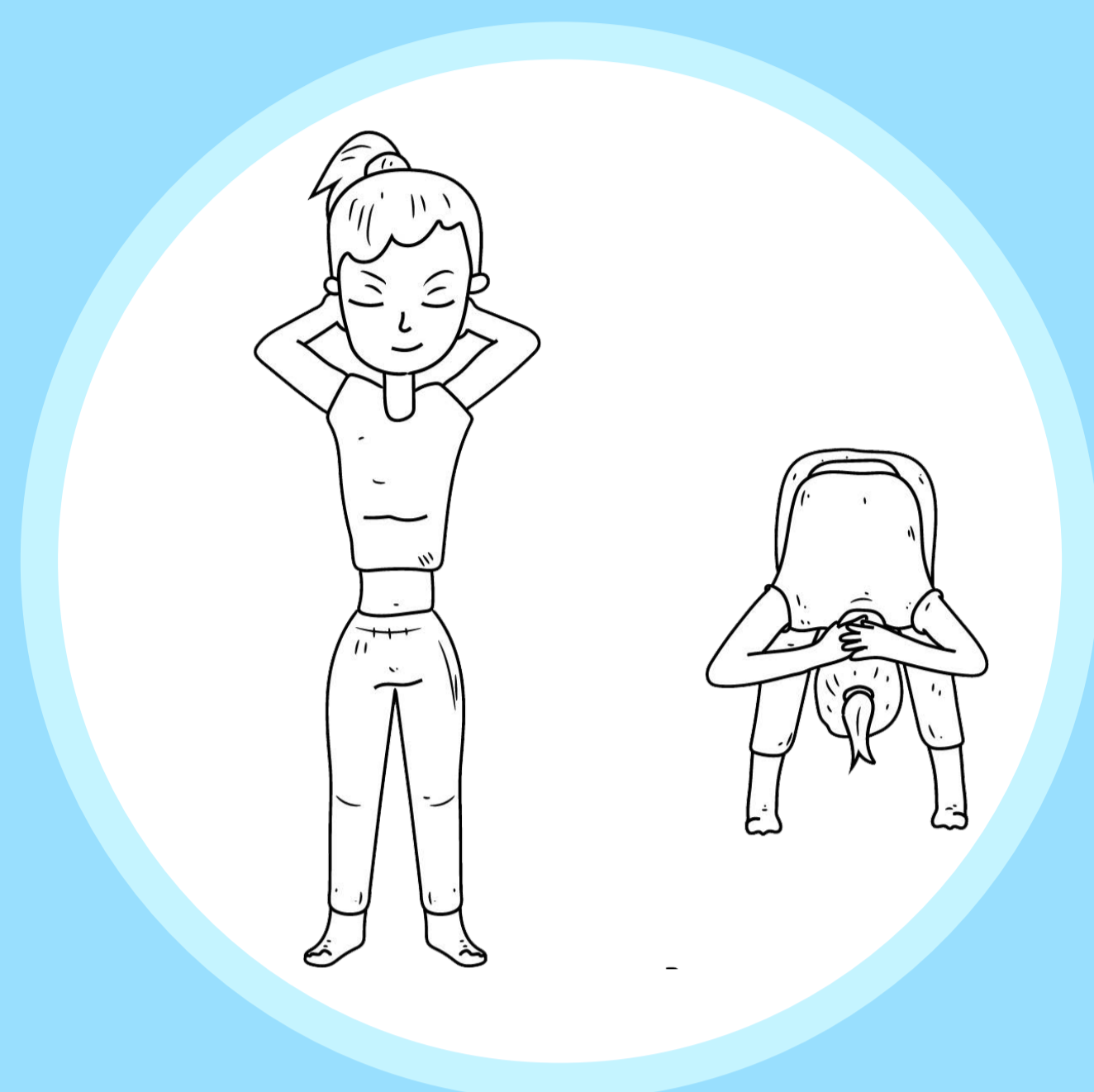
Mukula Mudra



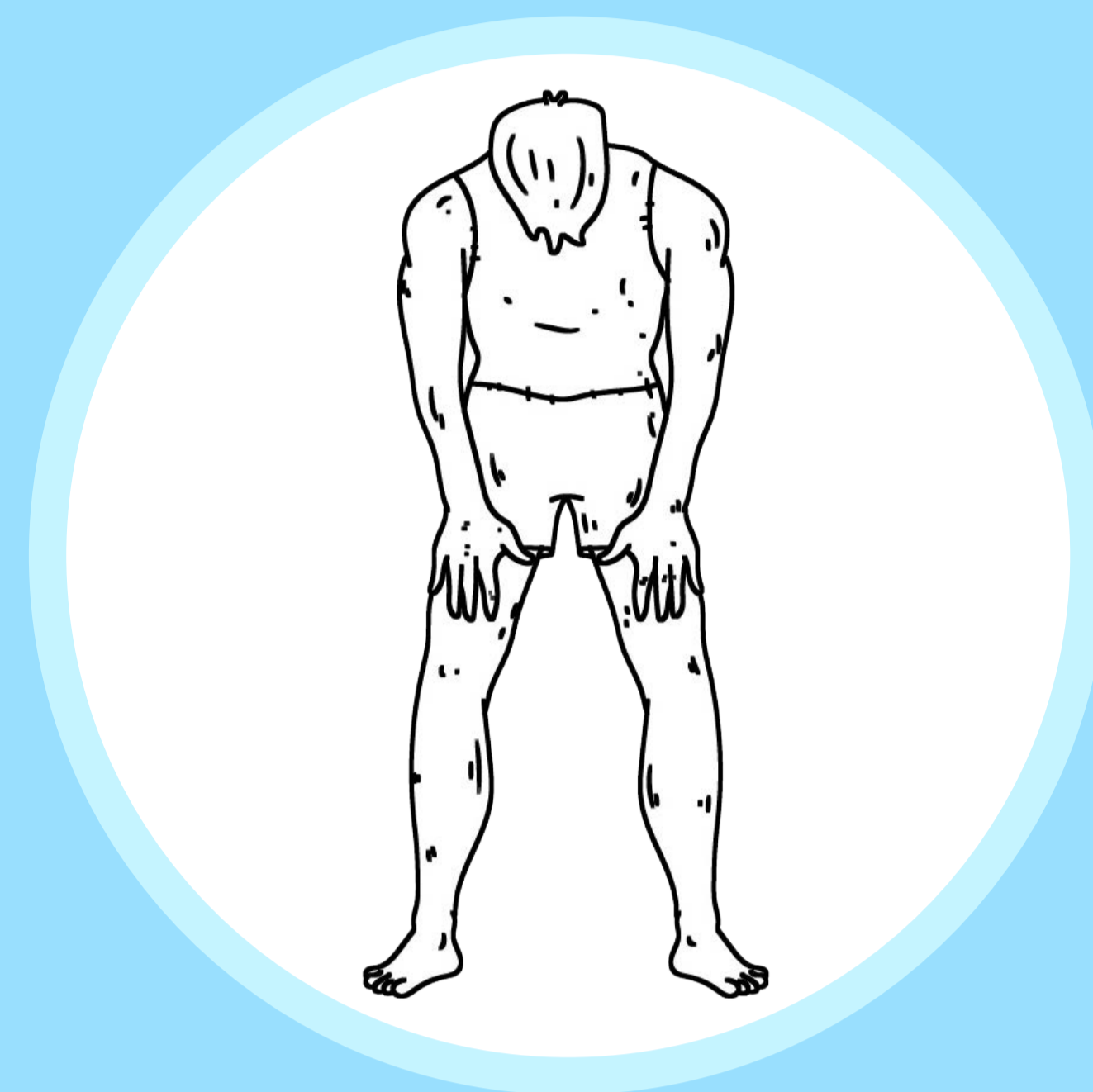
Mushti Mudra

Gall Bladder and Liver

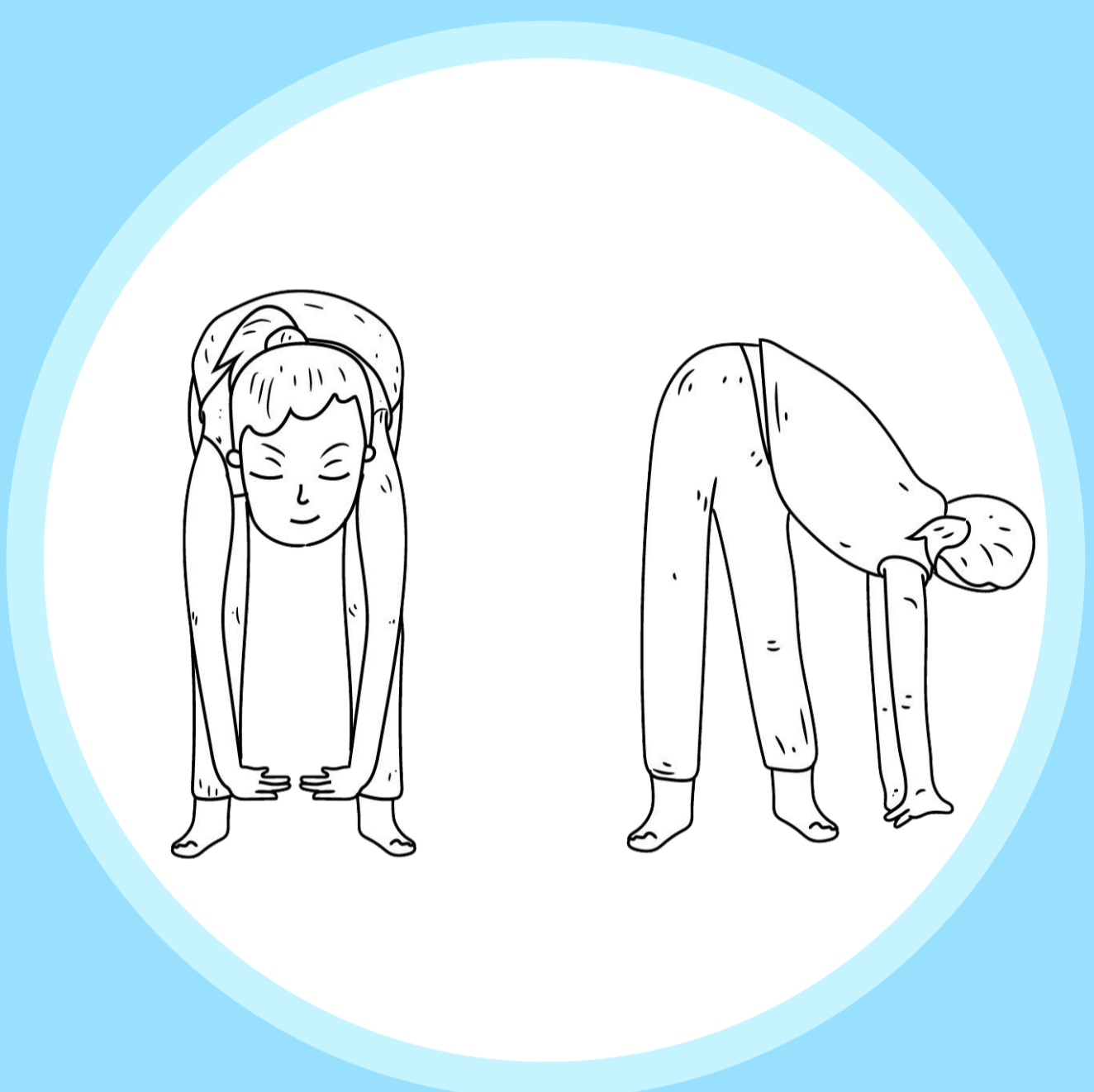
(p. 8 of 9)



Bow



Nauli
(stomach churn)



Wag Tail



Nine Ghosts Unsheathe
Their Sabers



Limit Sugars



Padmasana
(lotus)

Gall Bladder and Liver (p. 9 of 9)



Pumpkin Seeds