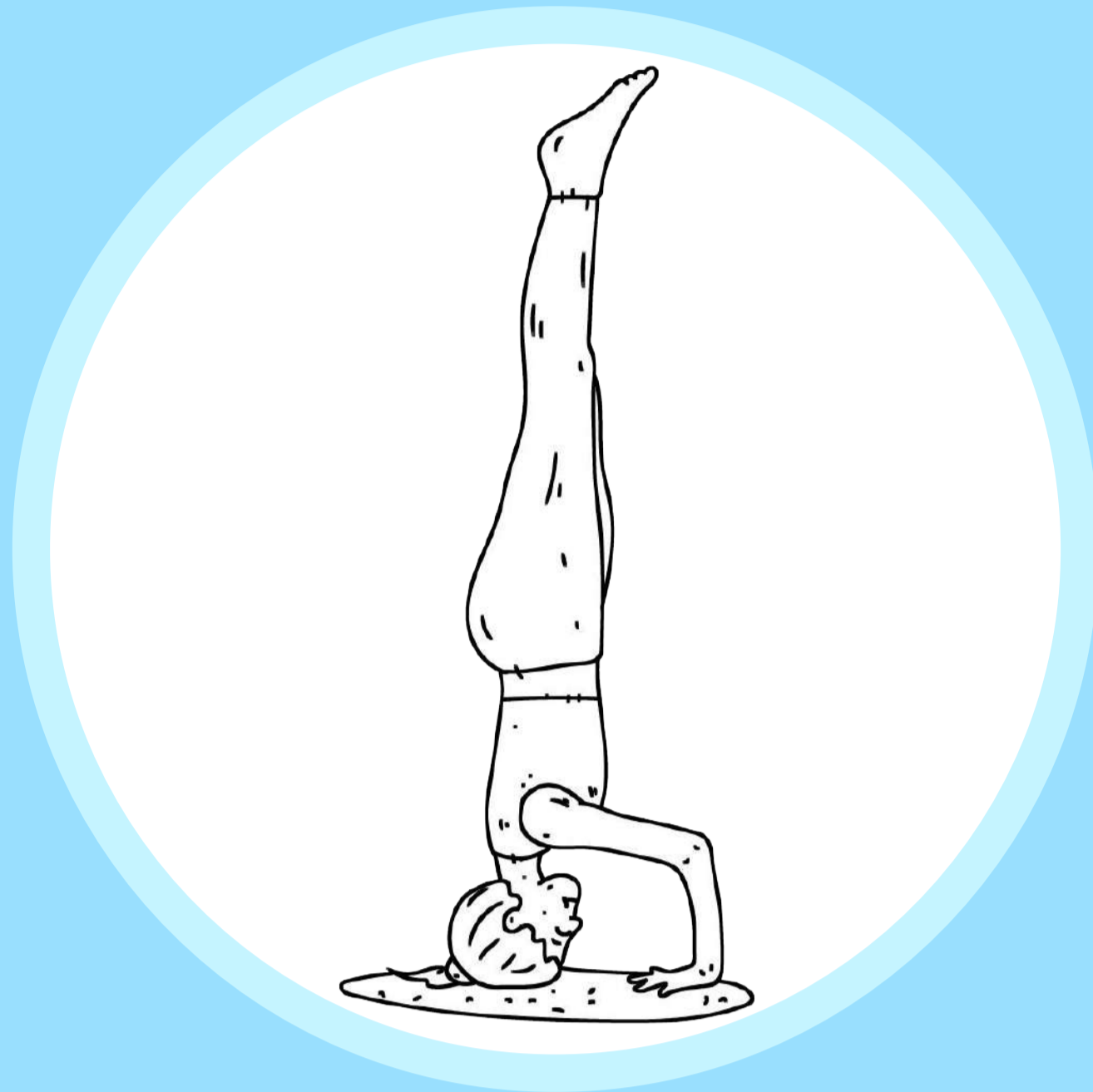
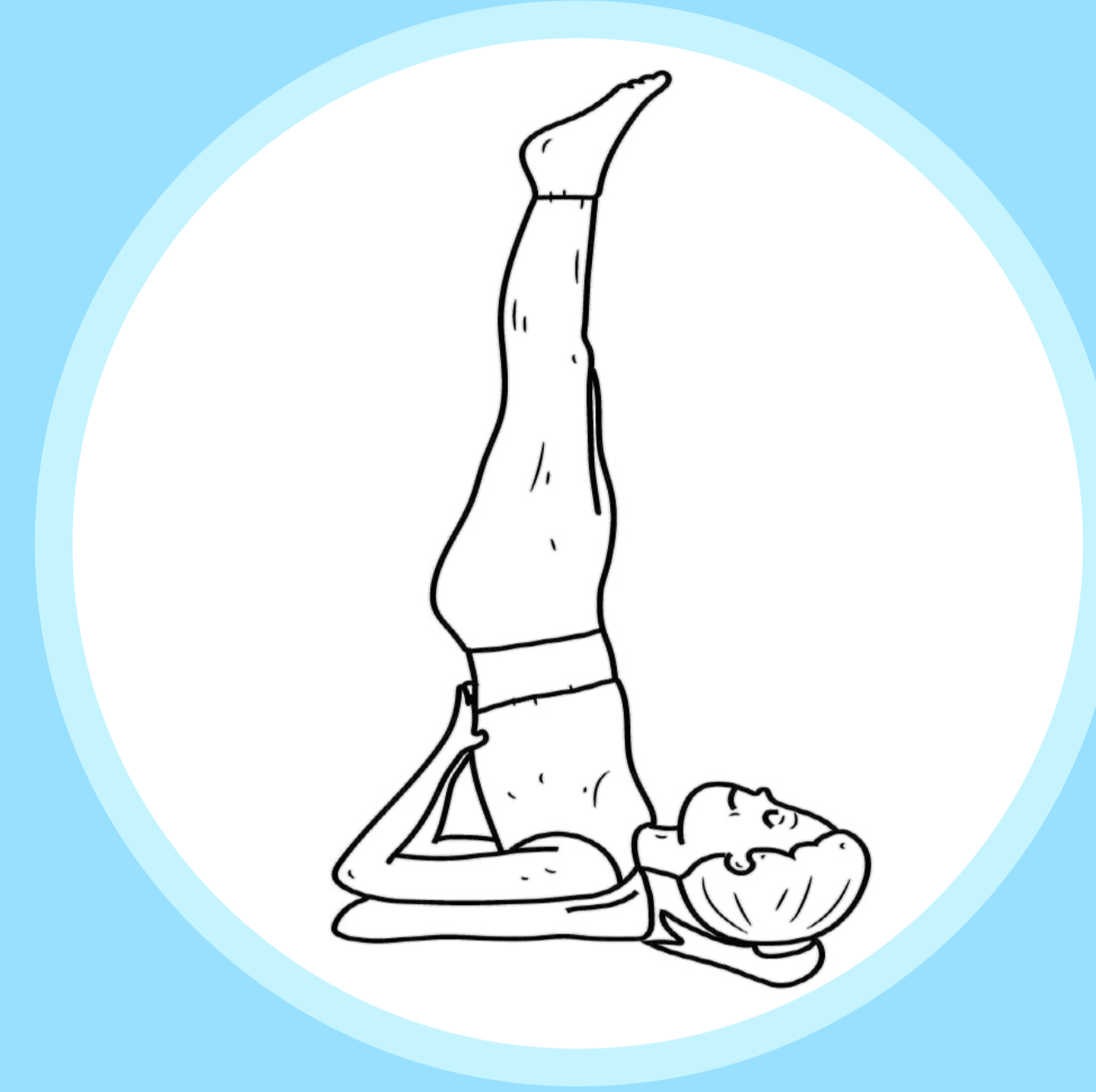


## Kidneys (p. 1 of 10)



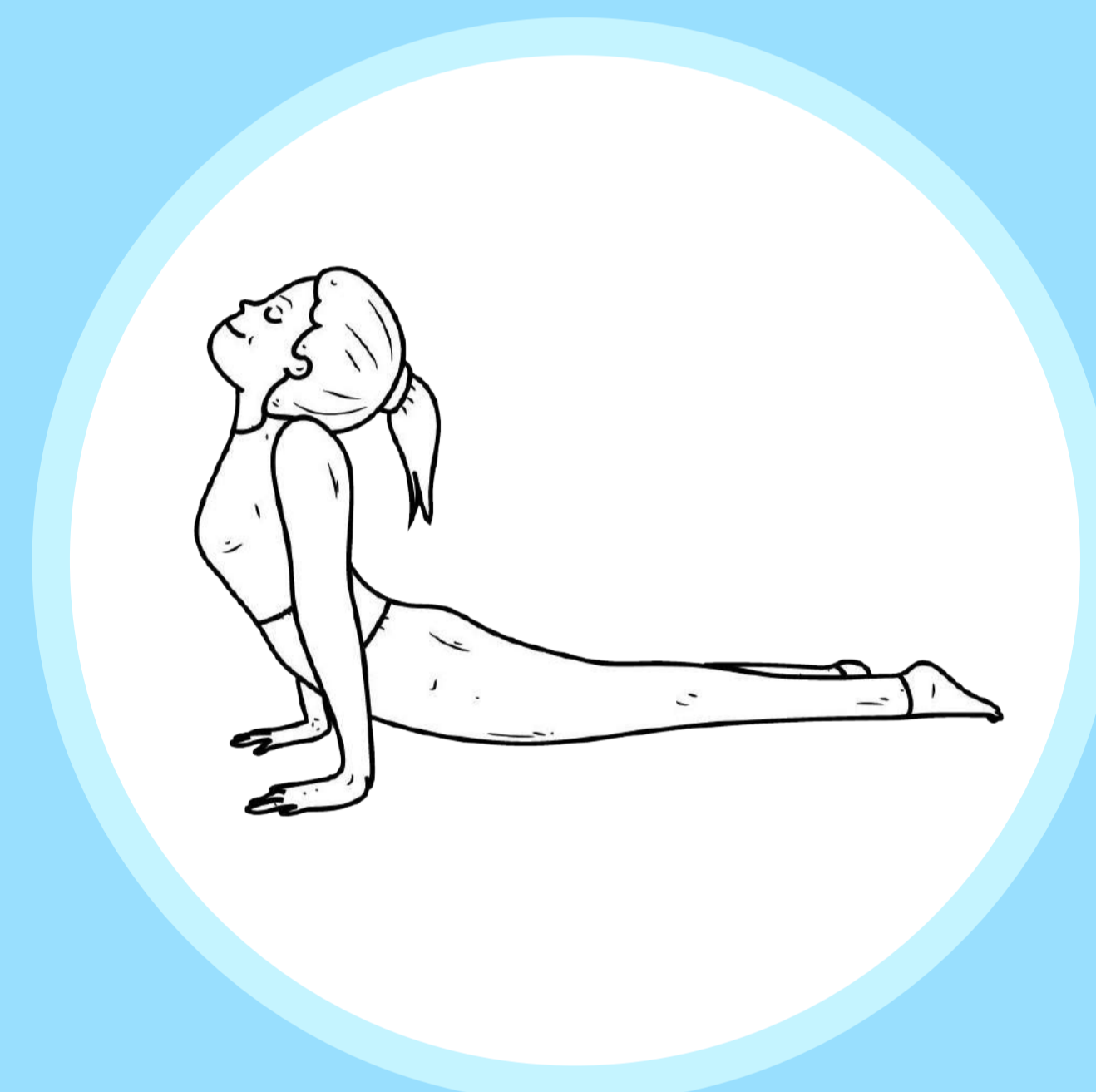
Sirsasana  
(head stand)



Sarvāngāsana  
(shoulder stand)



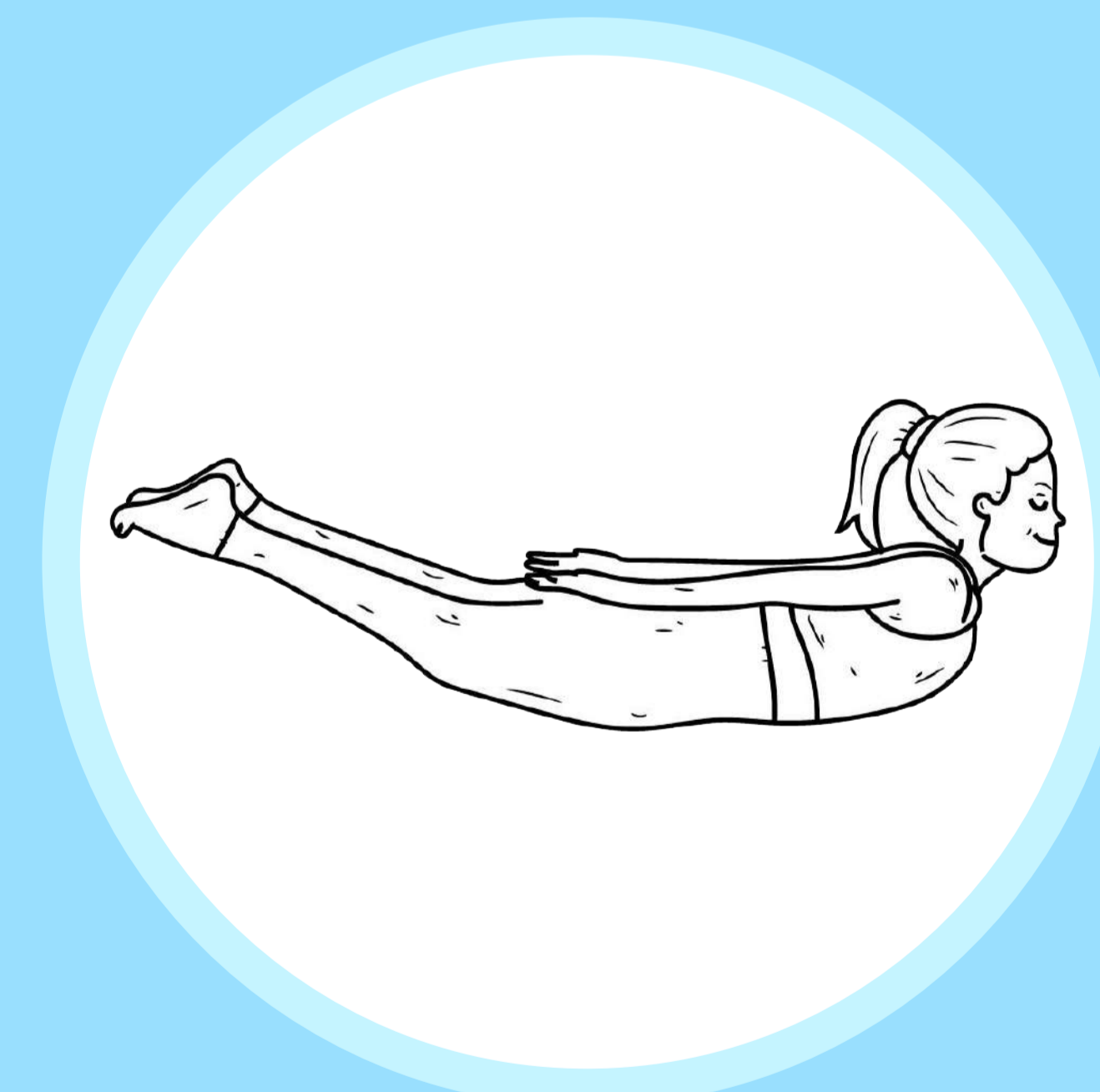
Any Standing Posture



Ūrdhva Mukha Śvānāsana  
(upward dog)



Adhomukha Śvānāsana  
(downward dog)



Śālabhāsana  
(locust)

## Kidneys (p. 2 of 10)



Dhanurāsana  
(bow)



Jānu-Śīrṣāsana  
(head to knee)



Paṛivṛtta Jānu-Śīrṣāsana  
(revolved head to knee)



Paschimottānāsana  
(staff)

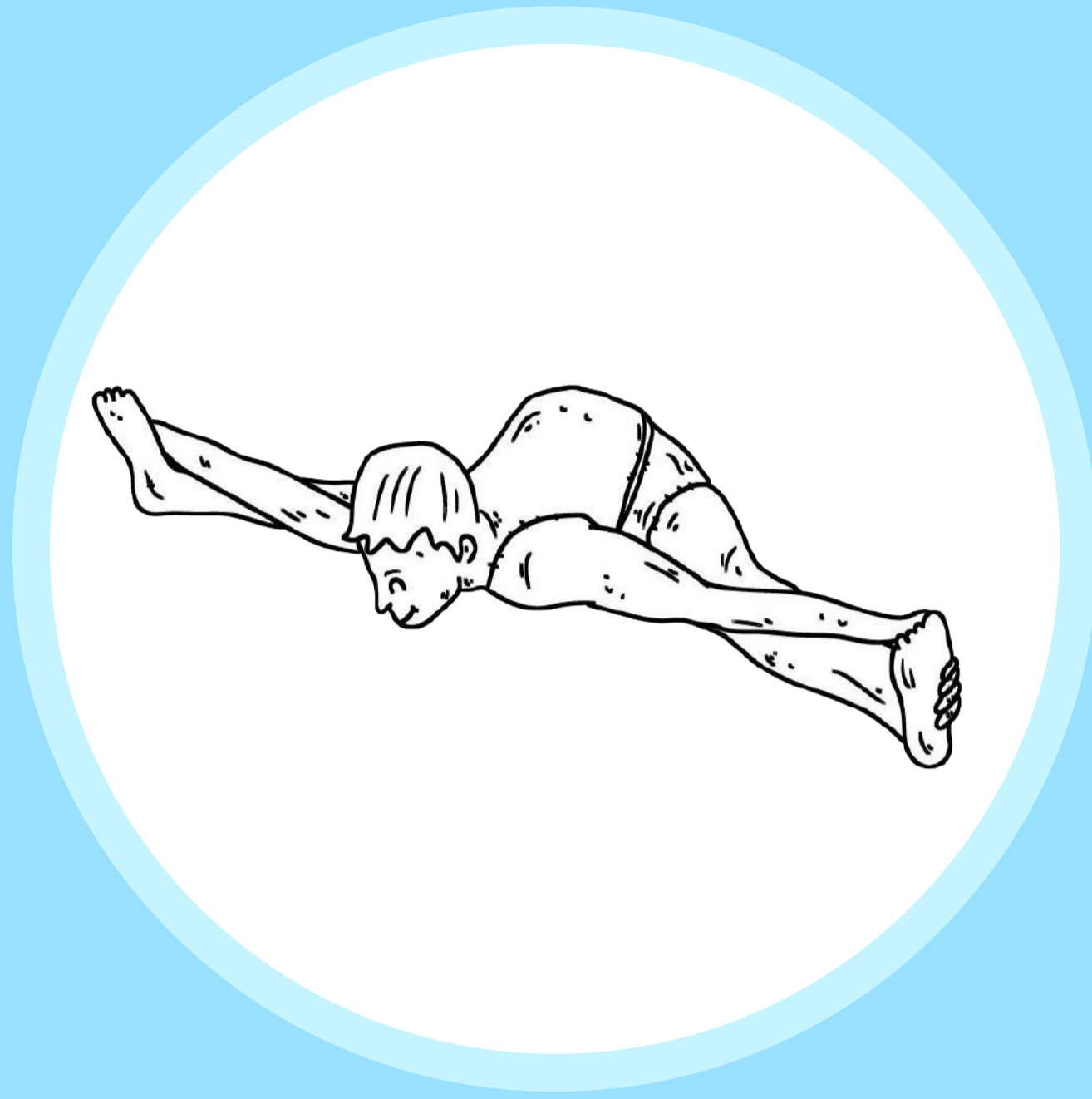


Paṛivṛtta Paschimottānāsana  
(revolved seated forward bend)

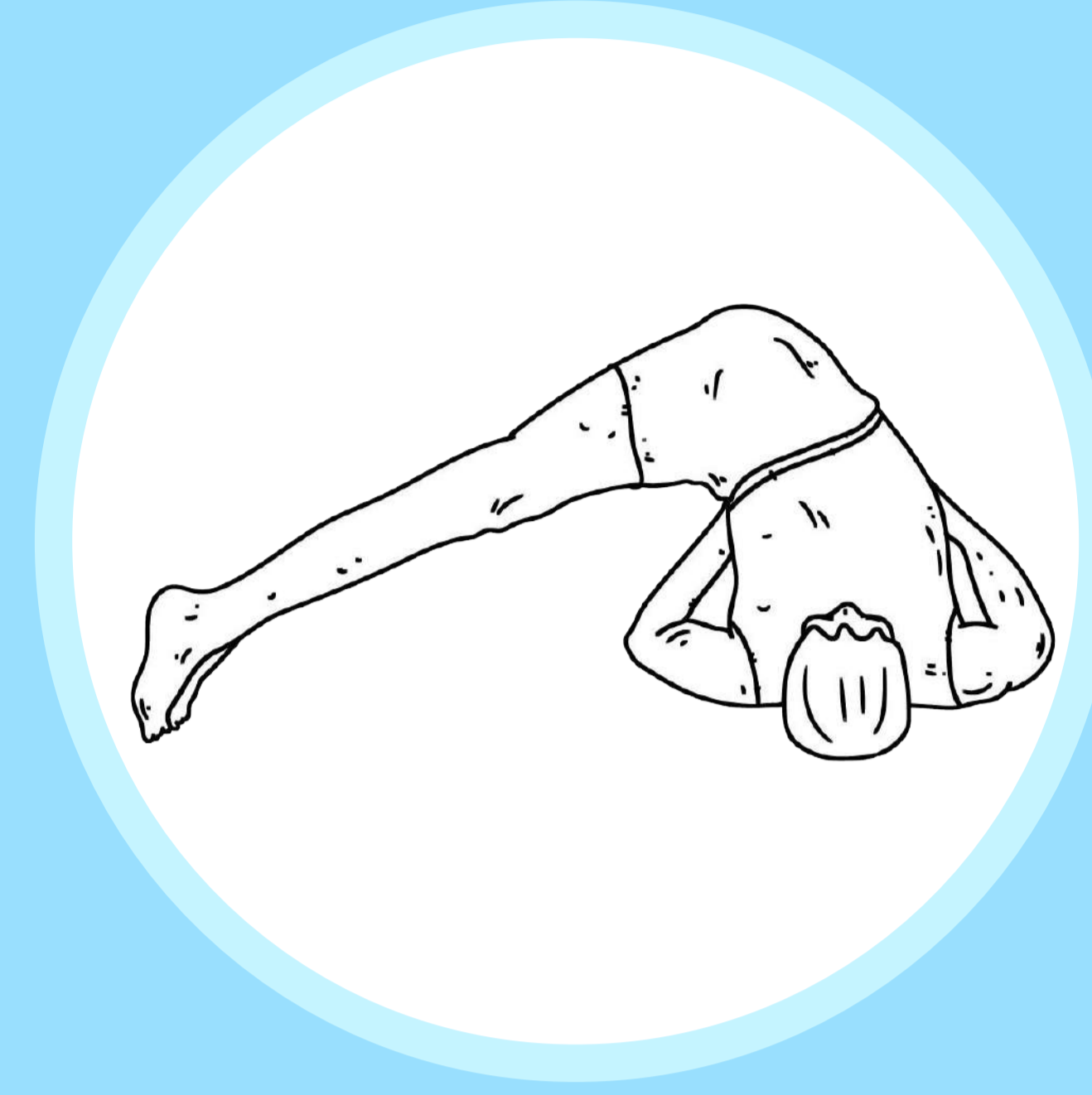


Baddha Konāsana  
(bound angle)

## Kidneys (p. 3 of 10)



Upaviṣṭha Koṇāsana  
(seated angle)



Pārśva Halāsana  
(side plow)



Nāvāsana  
(boat)



Ardha Marīchyāsana I  
(bound forward fold)



Ardha Marīchyāsana II  
(half lotus bound forward fold)



Ardha Marīchyāsana III  
(bound twist)

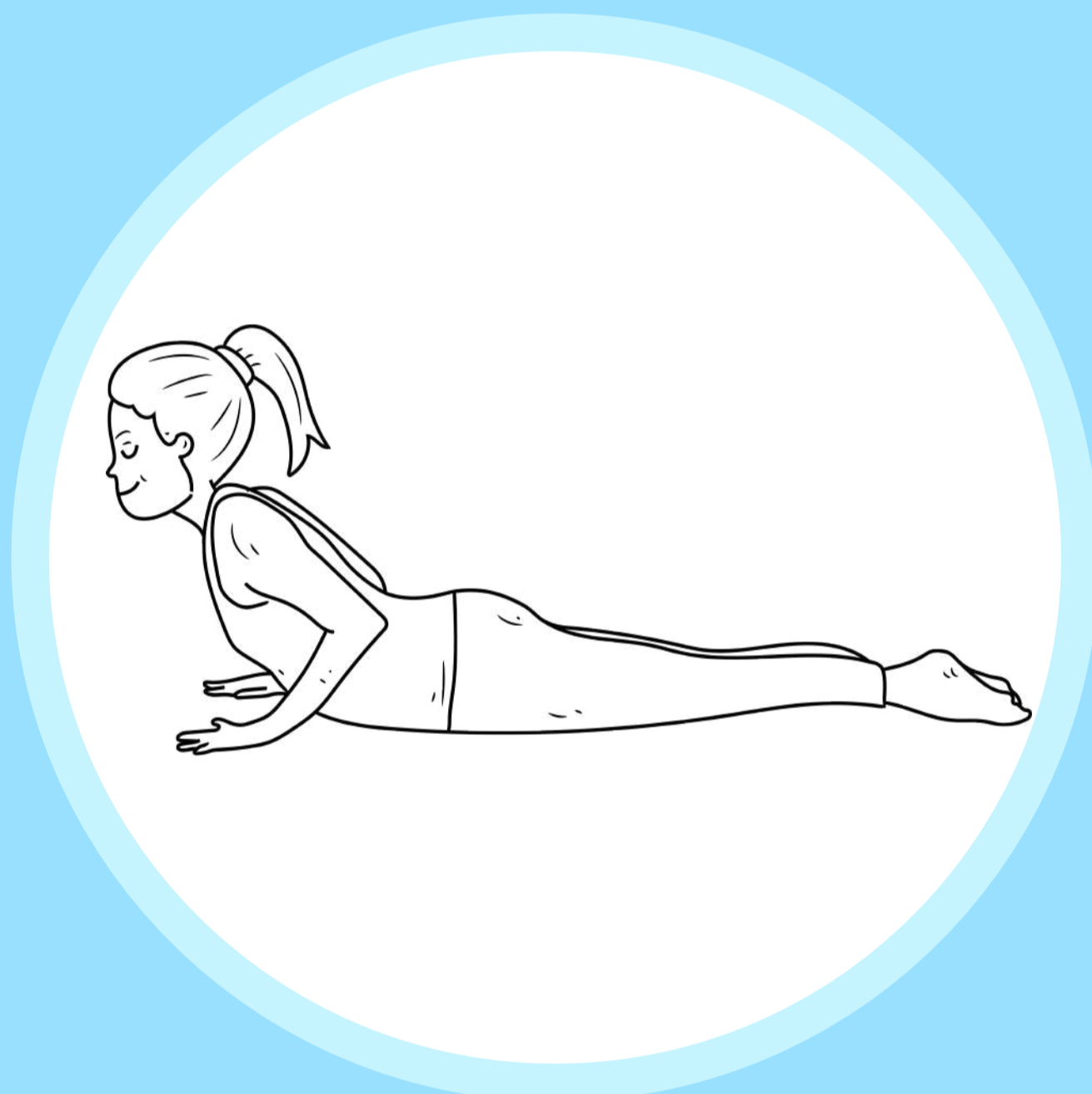
## Kidneys (p. 4 of 10)



**Ardha Marīchyāsana IV**  
(half lotus bound twist)



**Pāśāsana**  
(cord)



**Bhujangāsana I**  
(cobra I)



**Bhujangāsana II**  
(cobra II)



**Mūlabandhāsana**  
(root lock)



**Kandāsana**  
(navel)

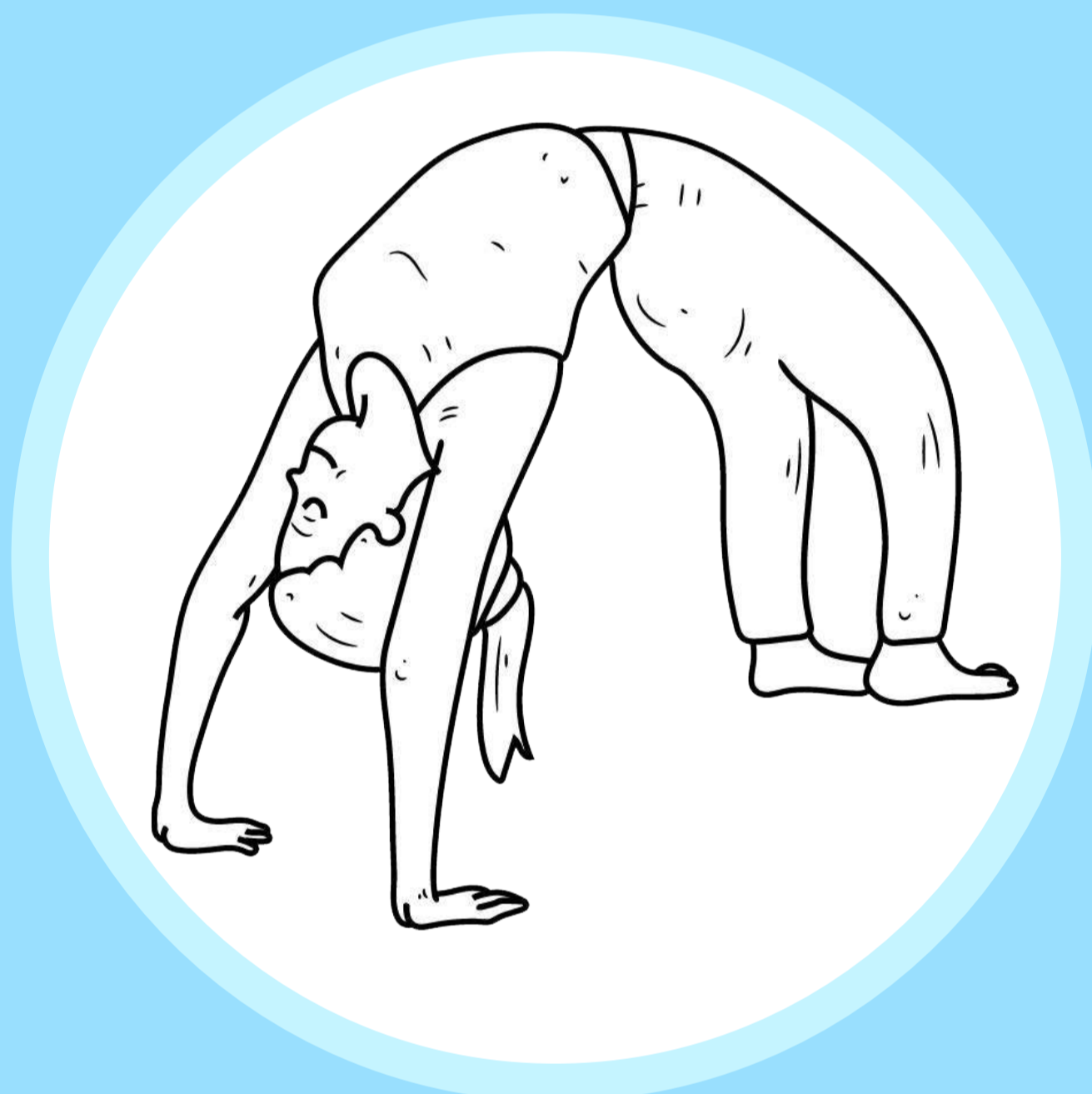
## Kidneys (p. 5 of 10)



Hanumānāsana  
(splits)



Yoganidrasna  
(state between sleep and wakefulness)



Chakrāsana  
(wheel)



Dwipāda Viparīta Daṇḍāsana  
(two-legged inverted staff)



Maṇḍalāsana  
(circle)



Kapotāsana  
(pigeon)

## Kidneys (p. 6 of 10)



Rājapotaṣana  
(king pigeon)



Vṛiśchikāṣana I  
(scorpion I)



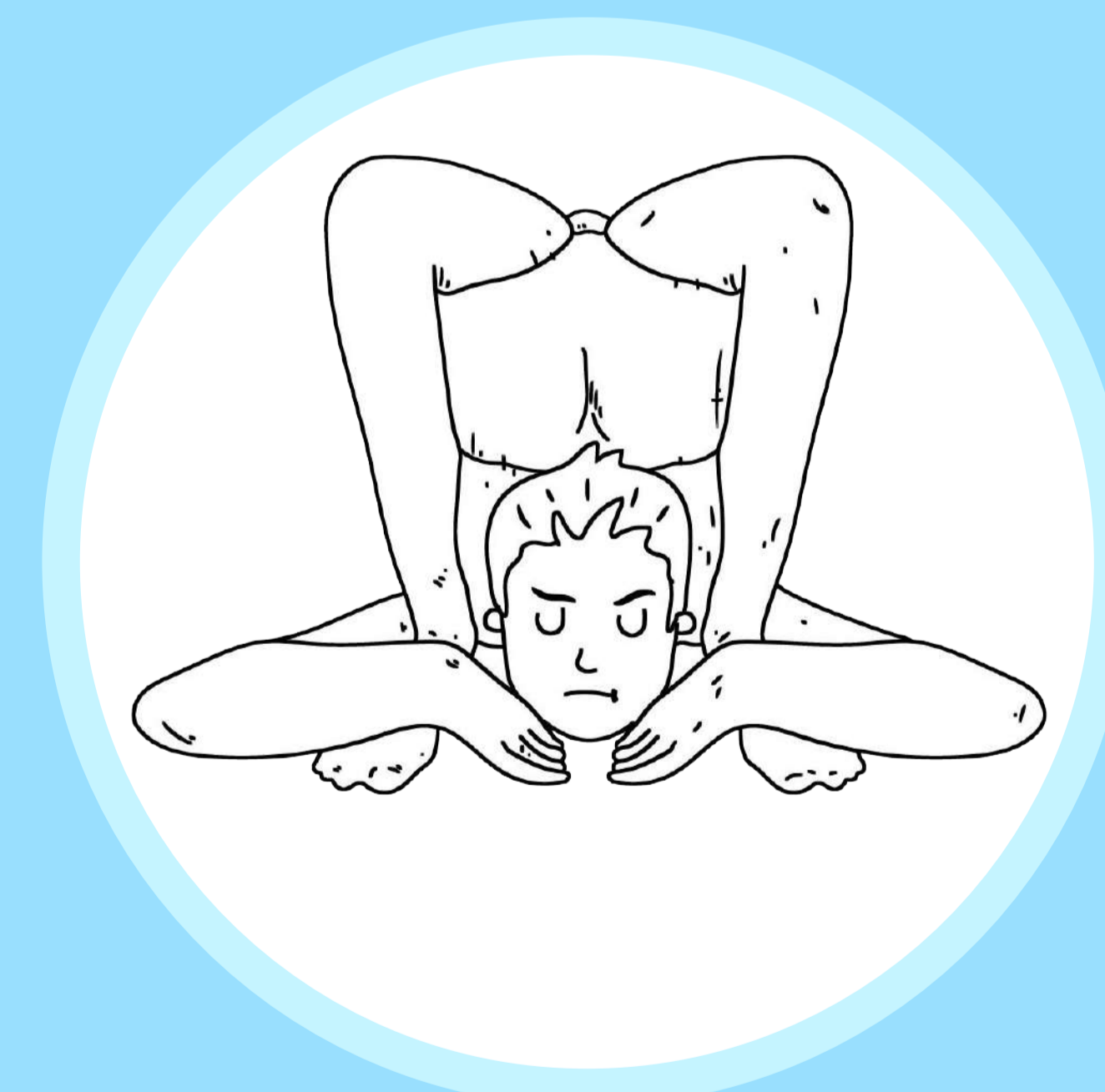
Vṛiśchikāṣana II  
(scorpion 2)



Pādānguṣṭha Dhanurāṣana  
(foot big toe boe)



Śīrṣa Pādāṣana  
(head foot)



Gaṇḍa Bheruṇḍāṣana  
(side of face terriable)

## Kidneys (p. 7 of 10)



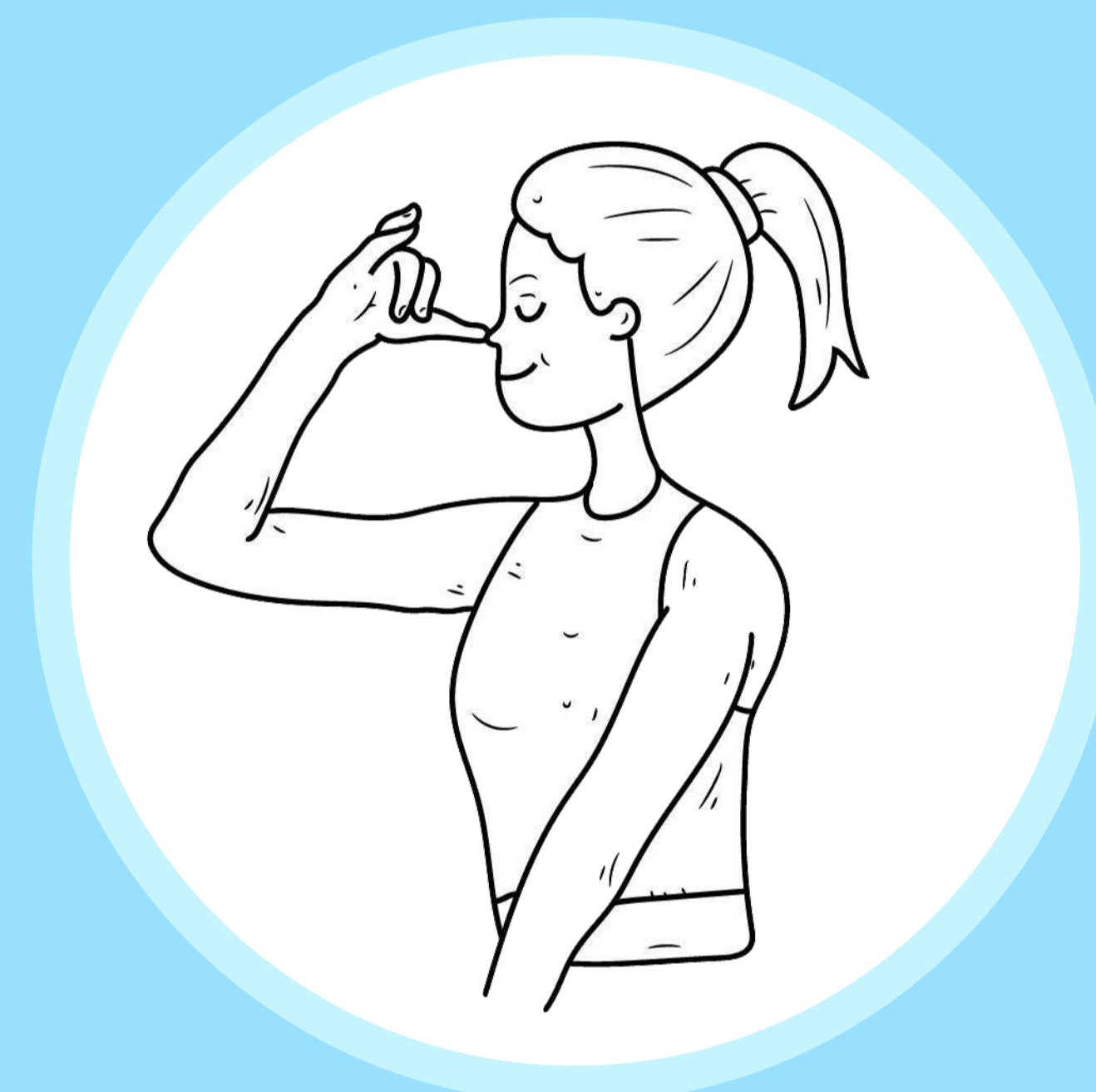
Viparīta Śālabhāsana  
(reverse locust)



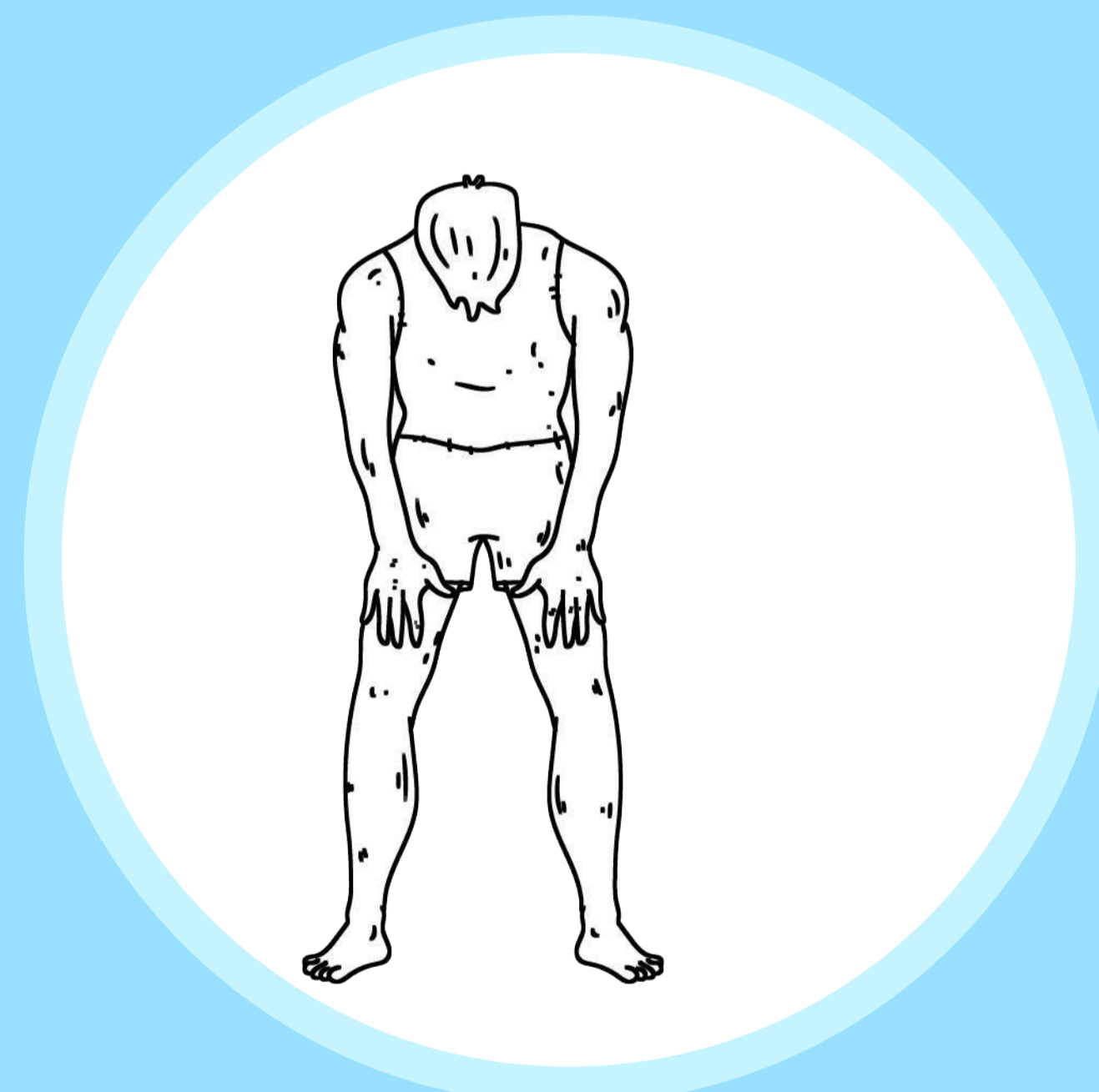
Triang Mukhaikapāda  
Paschimottānāsana (three limbs  
west stretch)



Natarājāsana  
(dancer's)



Nādī Śodhana  
(alternate nostril breathing)



Uddiyana

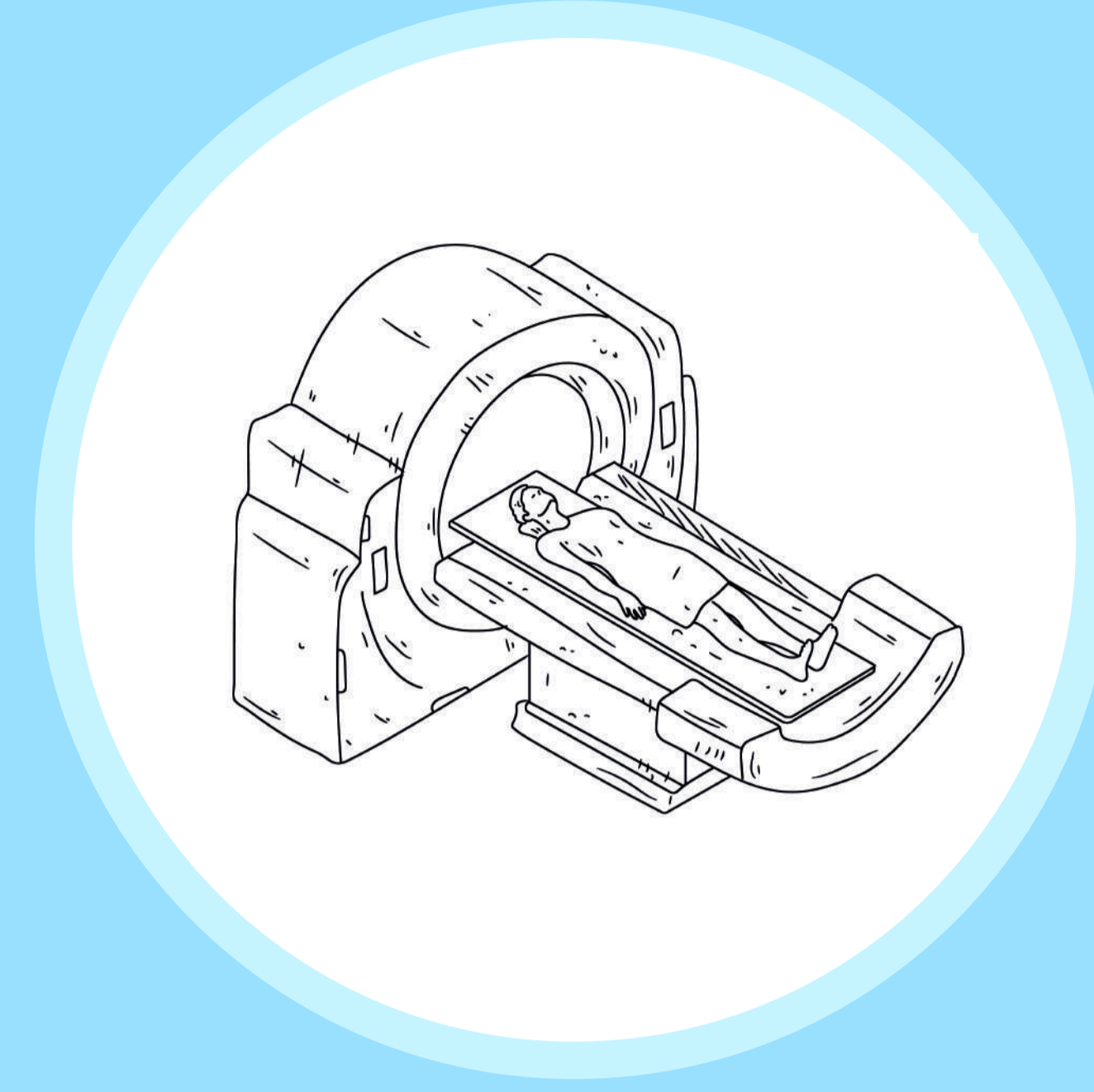


Cumin-Coriander-Fennel Tea

## Kidneys (p. 8 of 10)



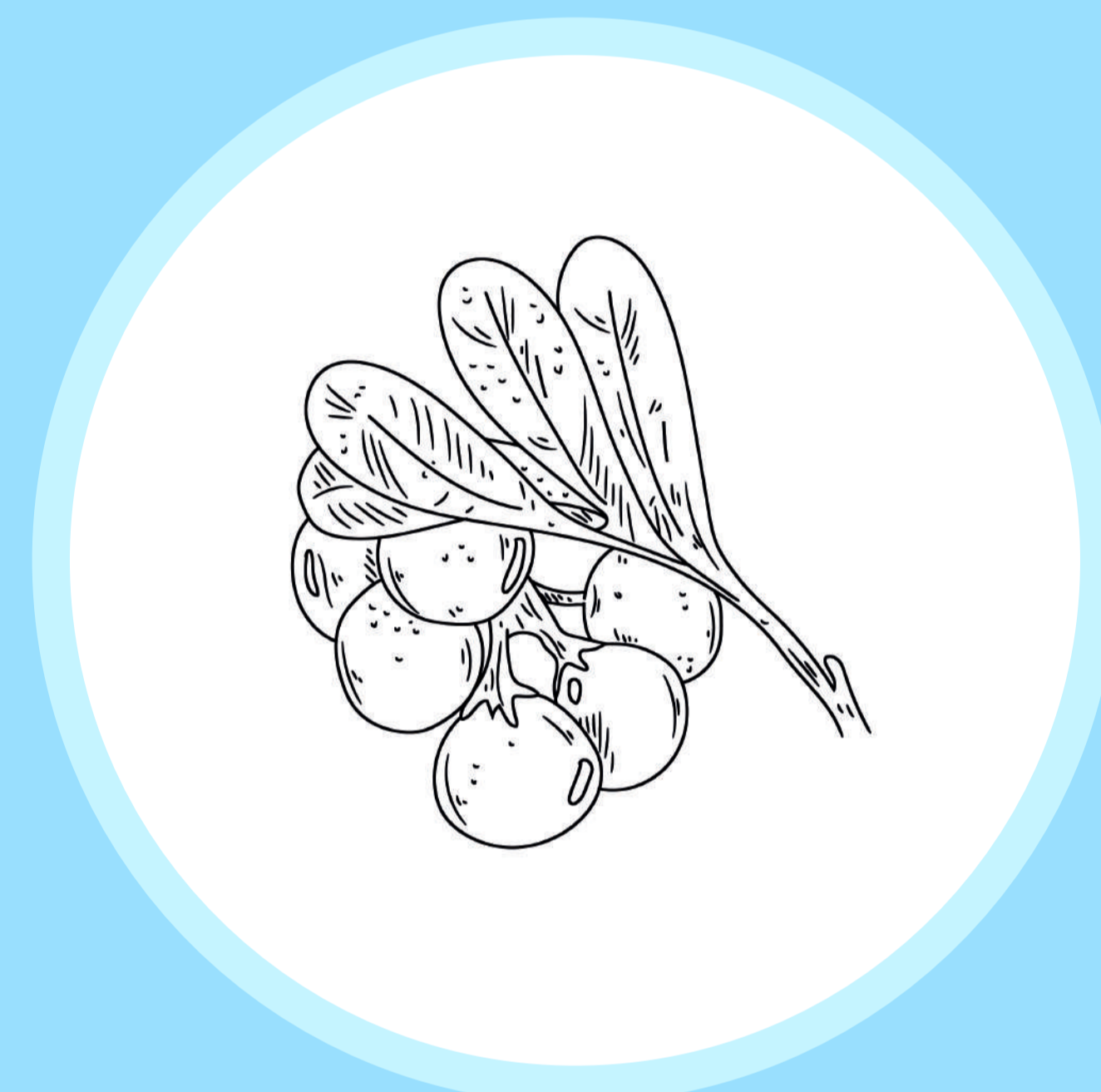
Ardha Chandrāsana  
(half moon)



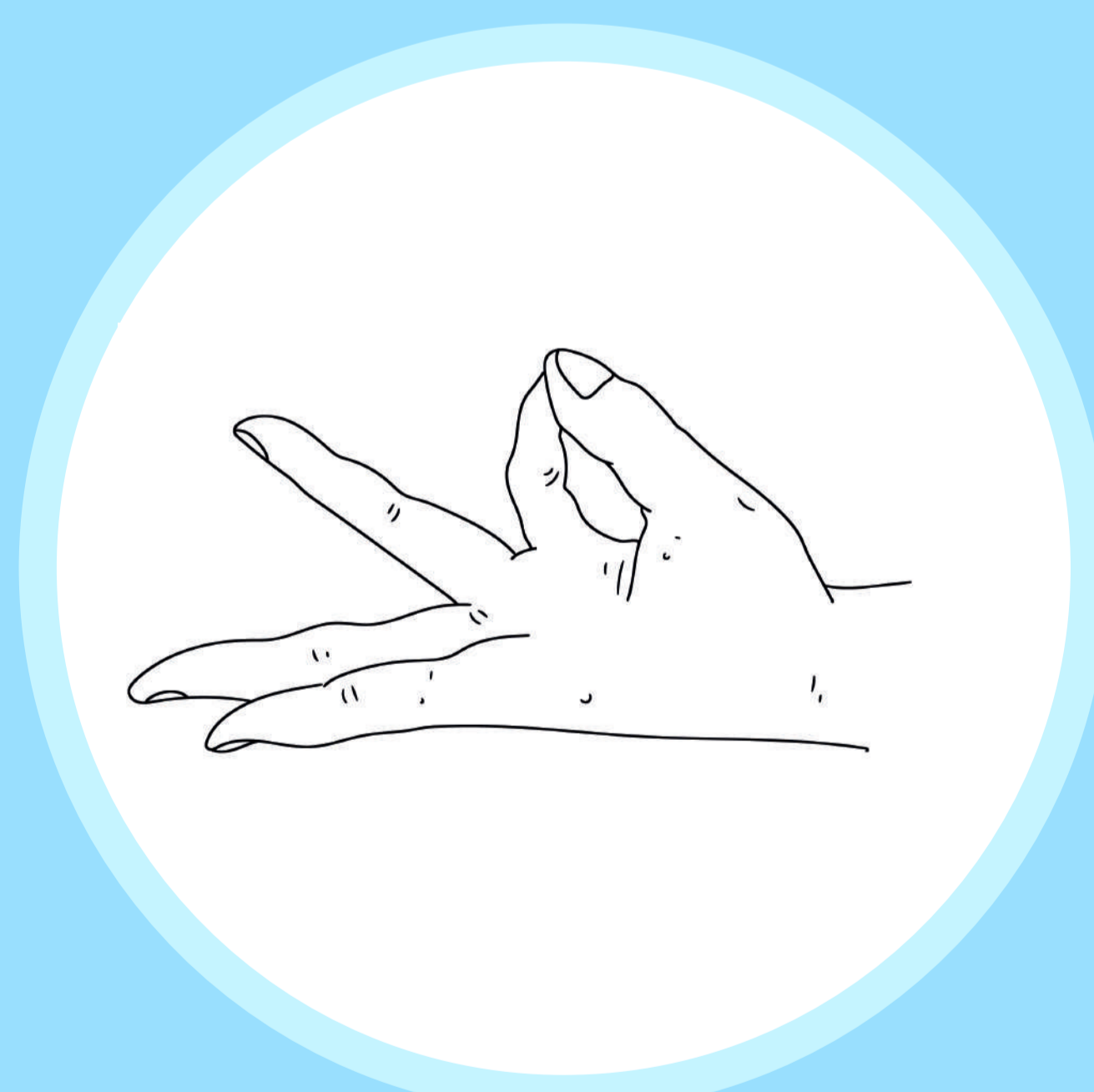
Get an MRI



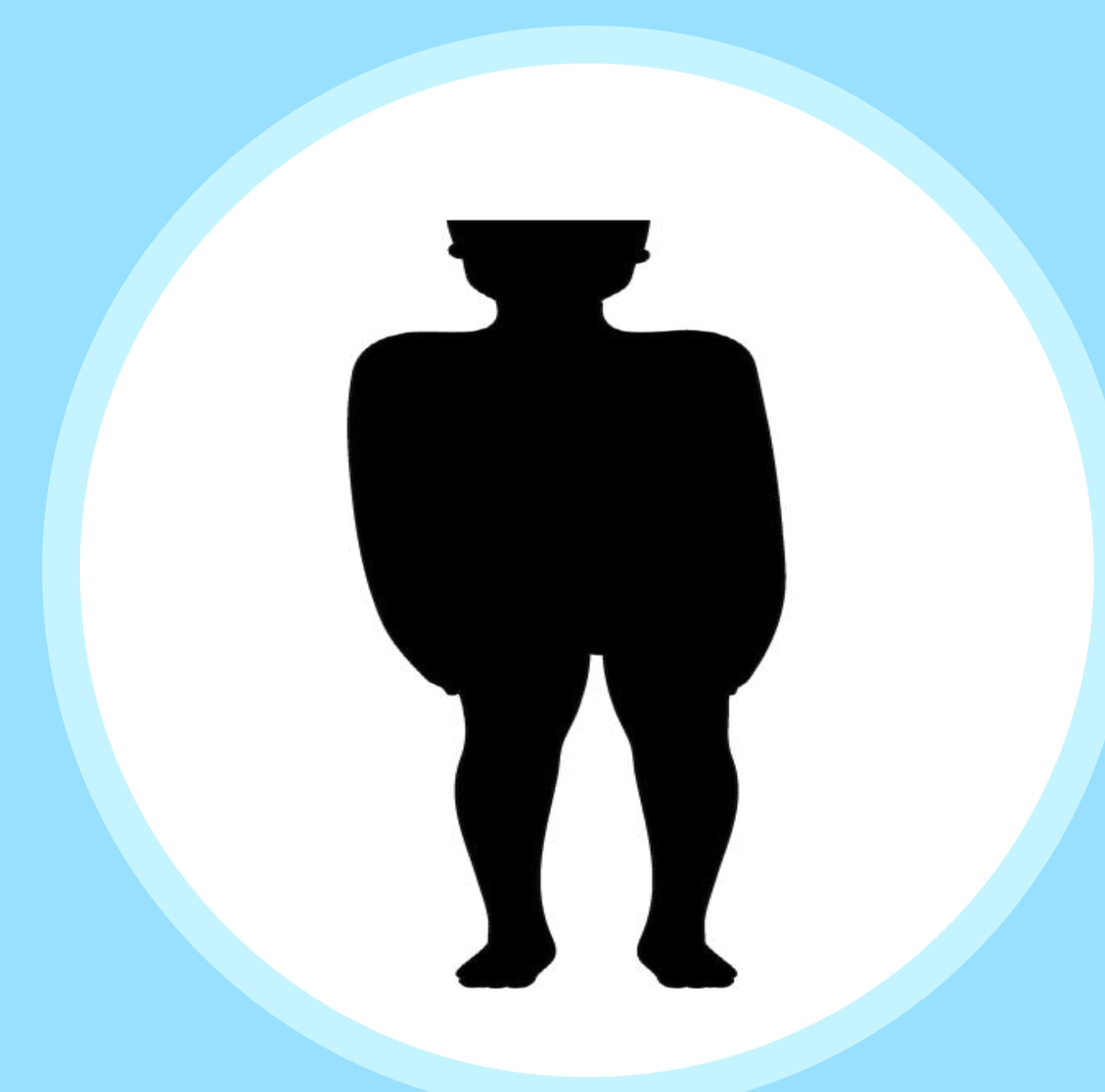
Apana Mudra



Bearberry



Bhudi Mudra



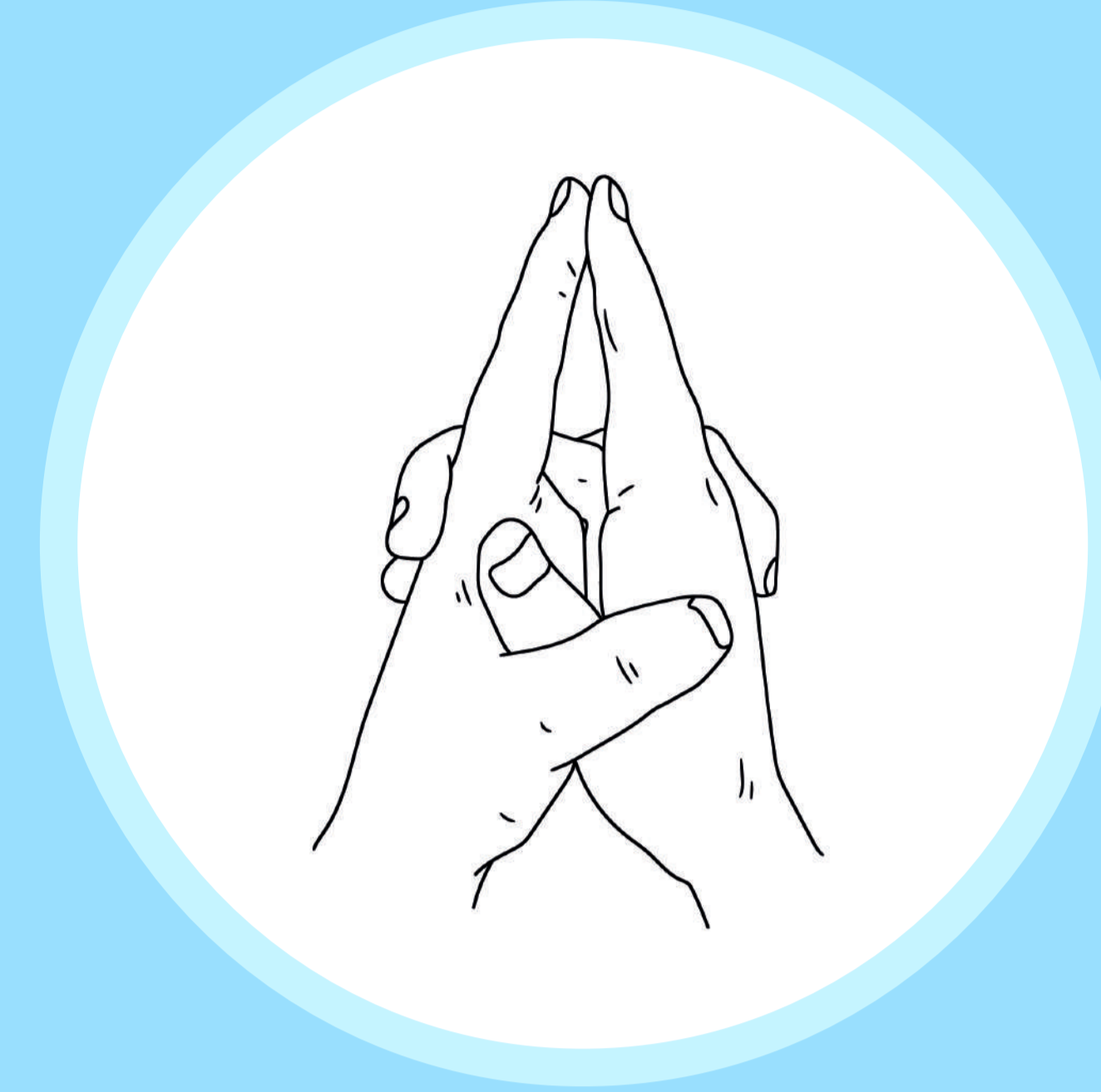
Birch



## Kidneys (p. 9 of 10)



Dandelion



Ksepana Mudra



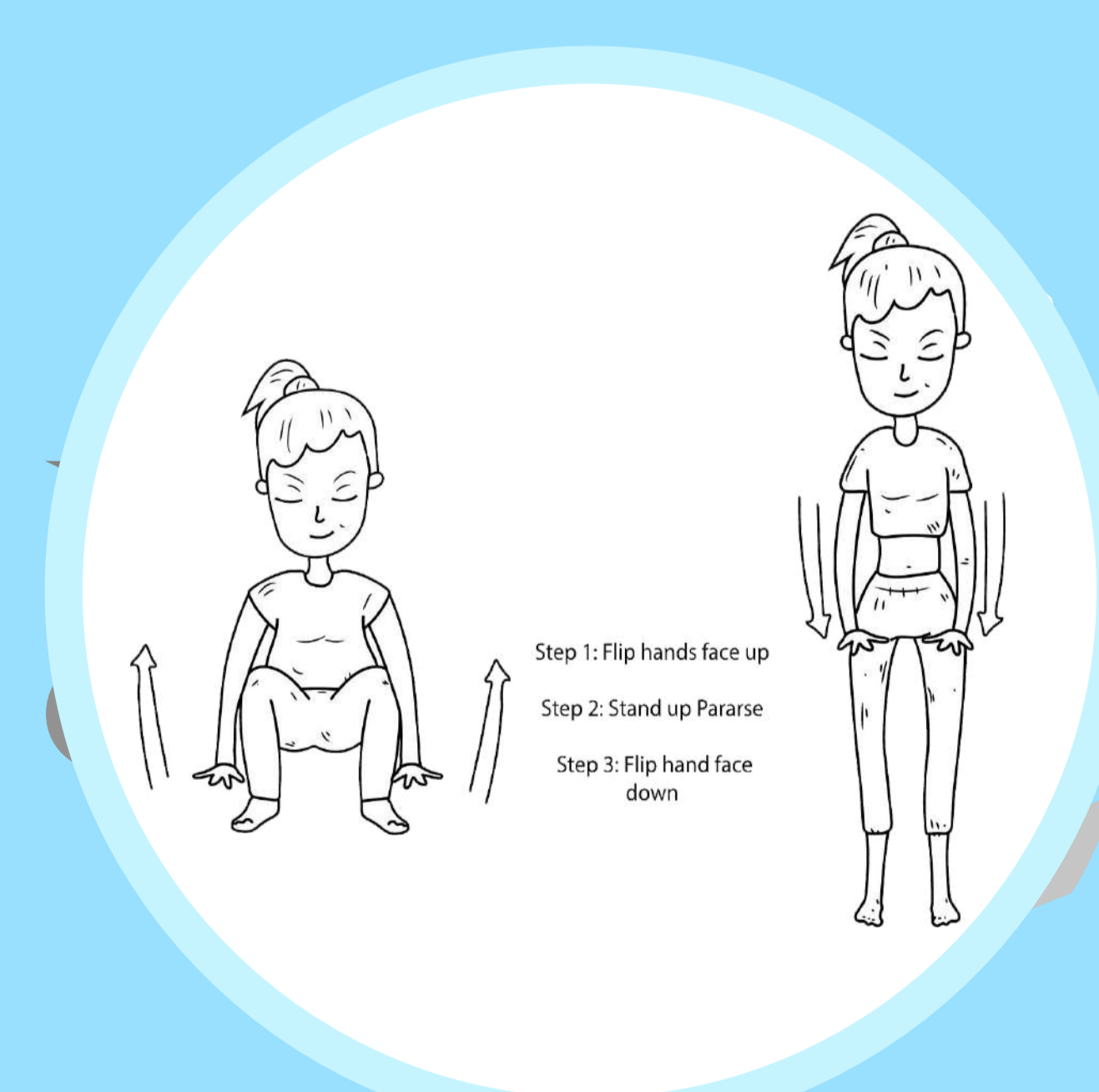
Large Bottle of Water



Matangi Mudra  
(in front of solar plexus)

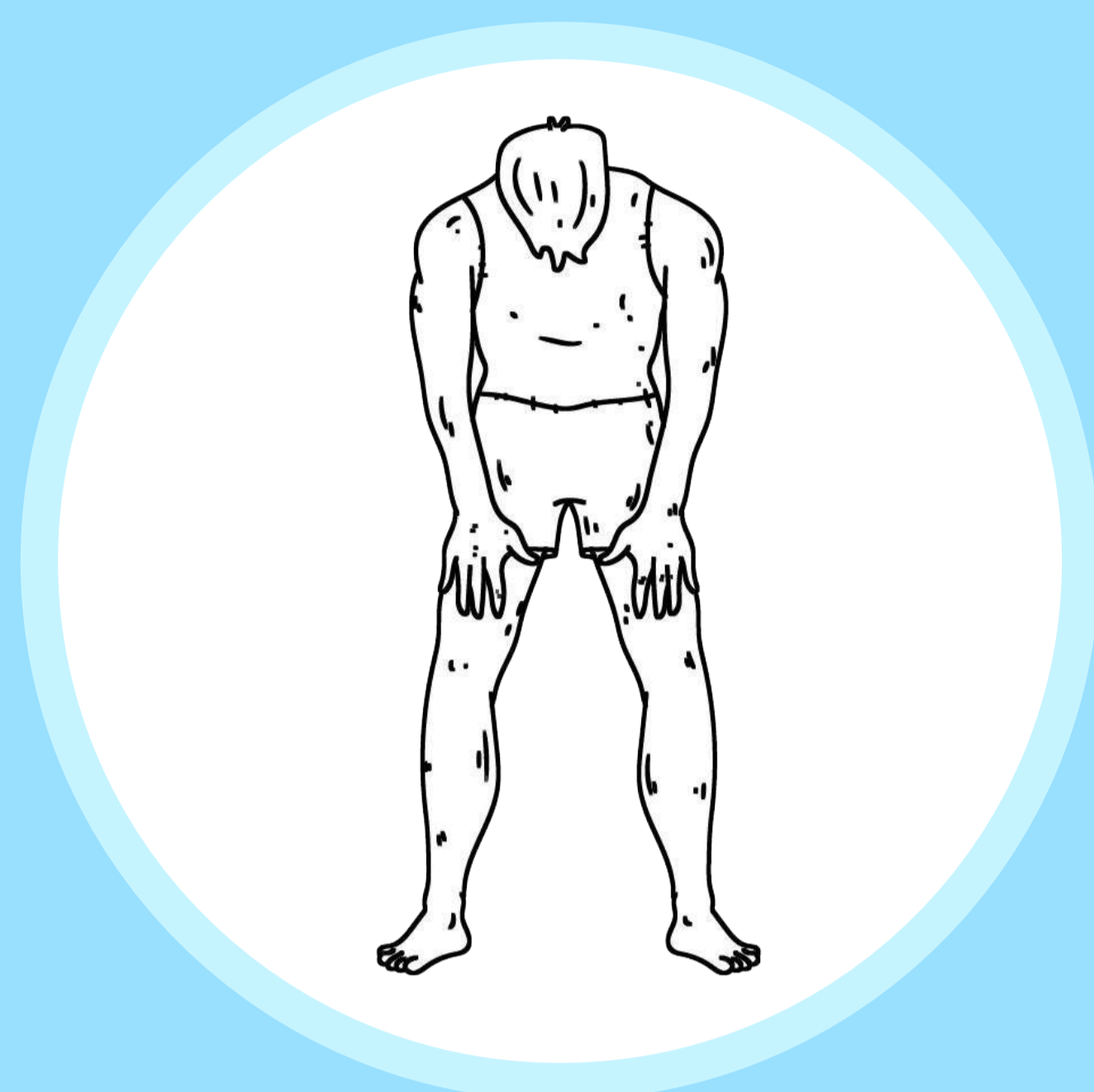


Mukula Mudra



Three Plates Fall to the Ground

## Kidneys (p. 10 of 10)



**Nauli**  
(stomach churn)