

# Gall Bladder and Liver

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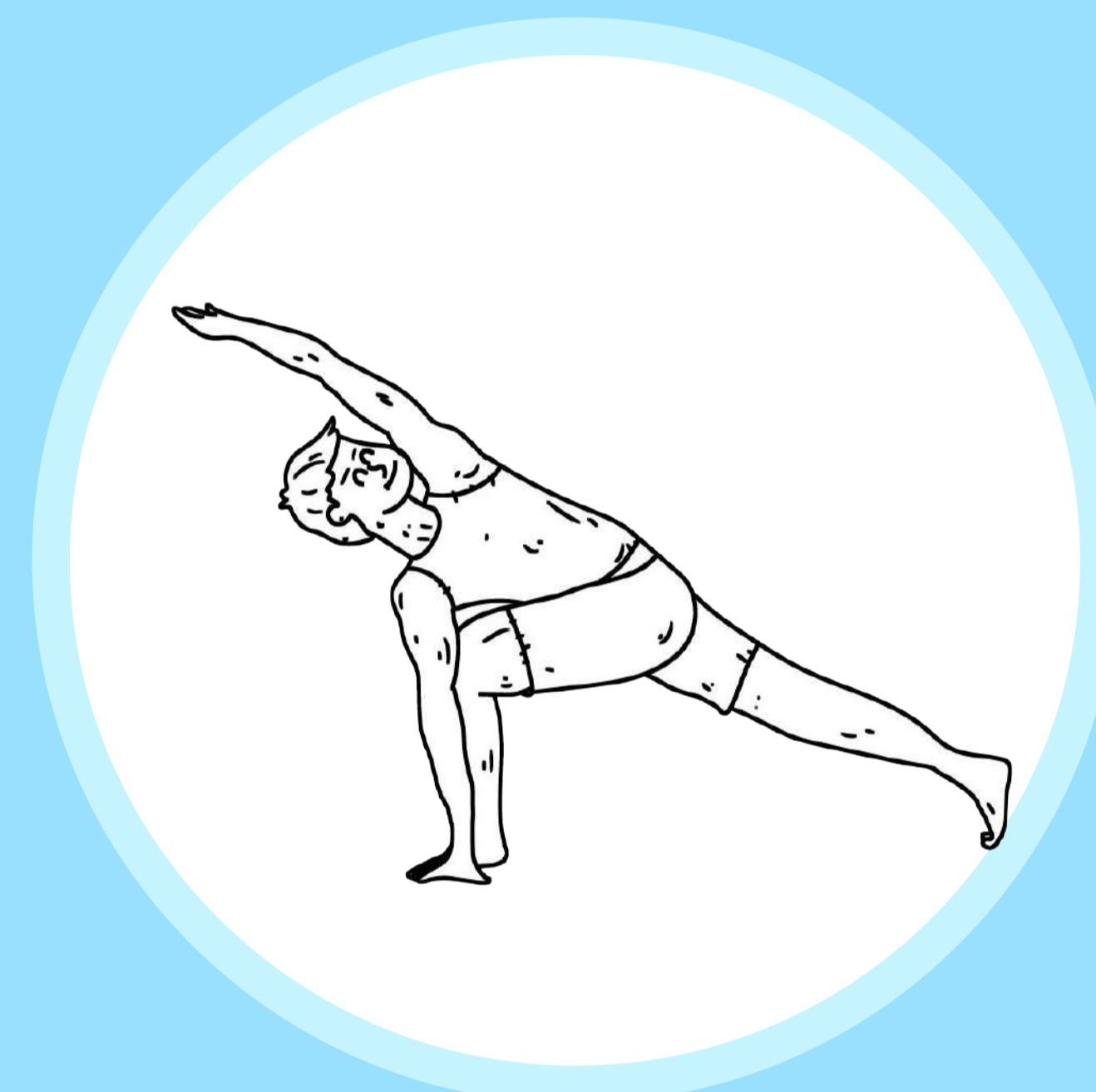
Utthita Trikonāsana  
(triangle)



Parivṛtta Trikonāsana  
(revolved triangle)



Utthita Pārsvakonāsana  
(side angle)



Parivṛtta Pārsvakonāsana  
(revolved side angle)



Vīrabhadrāsana I  
(warrior one)



Vīrabhadrāsana II  
(warrior two)

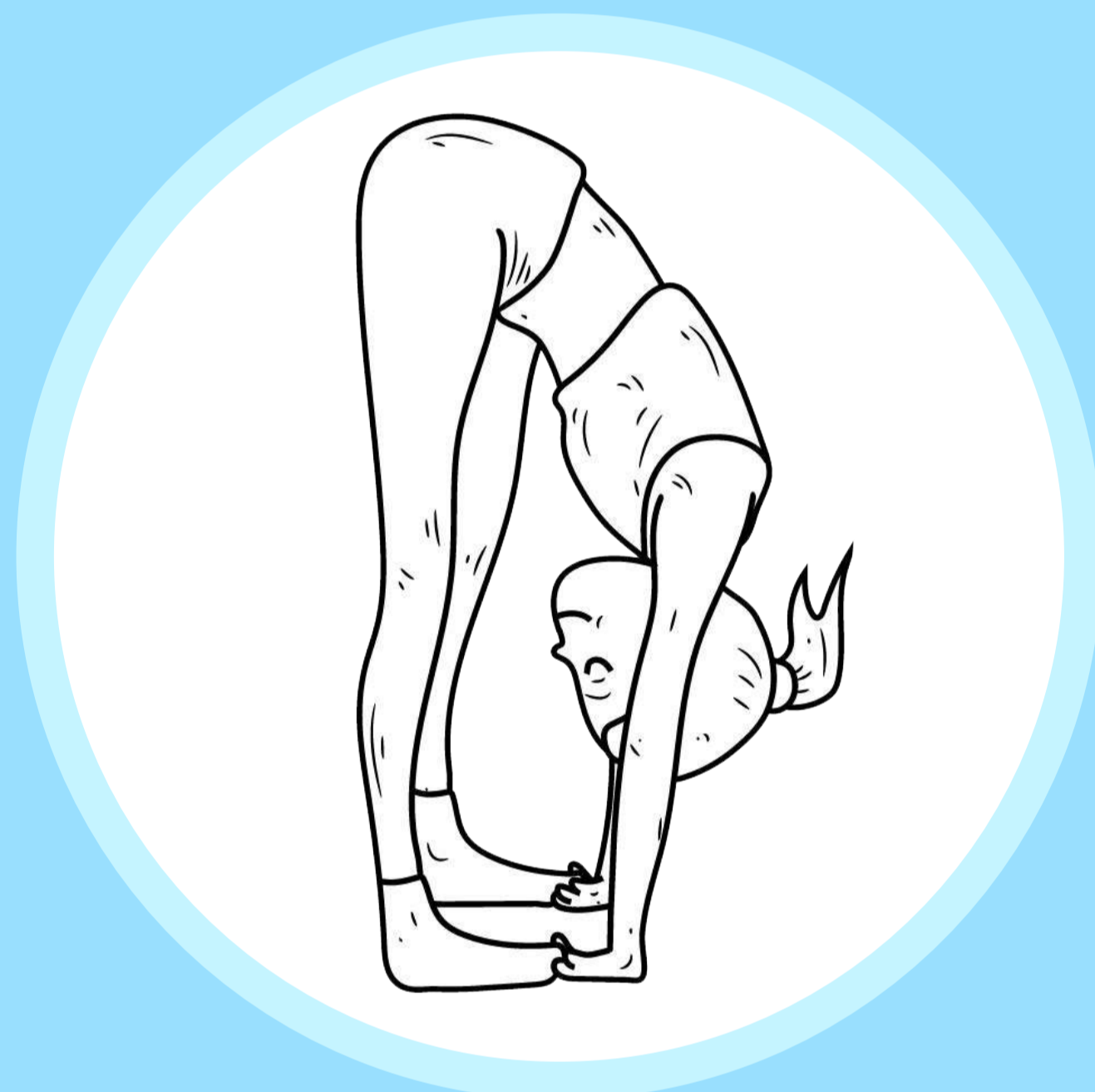
## Gall Bladder and Liver (p. 2 of 9)



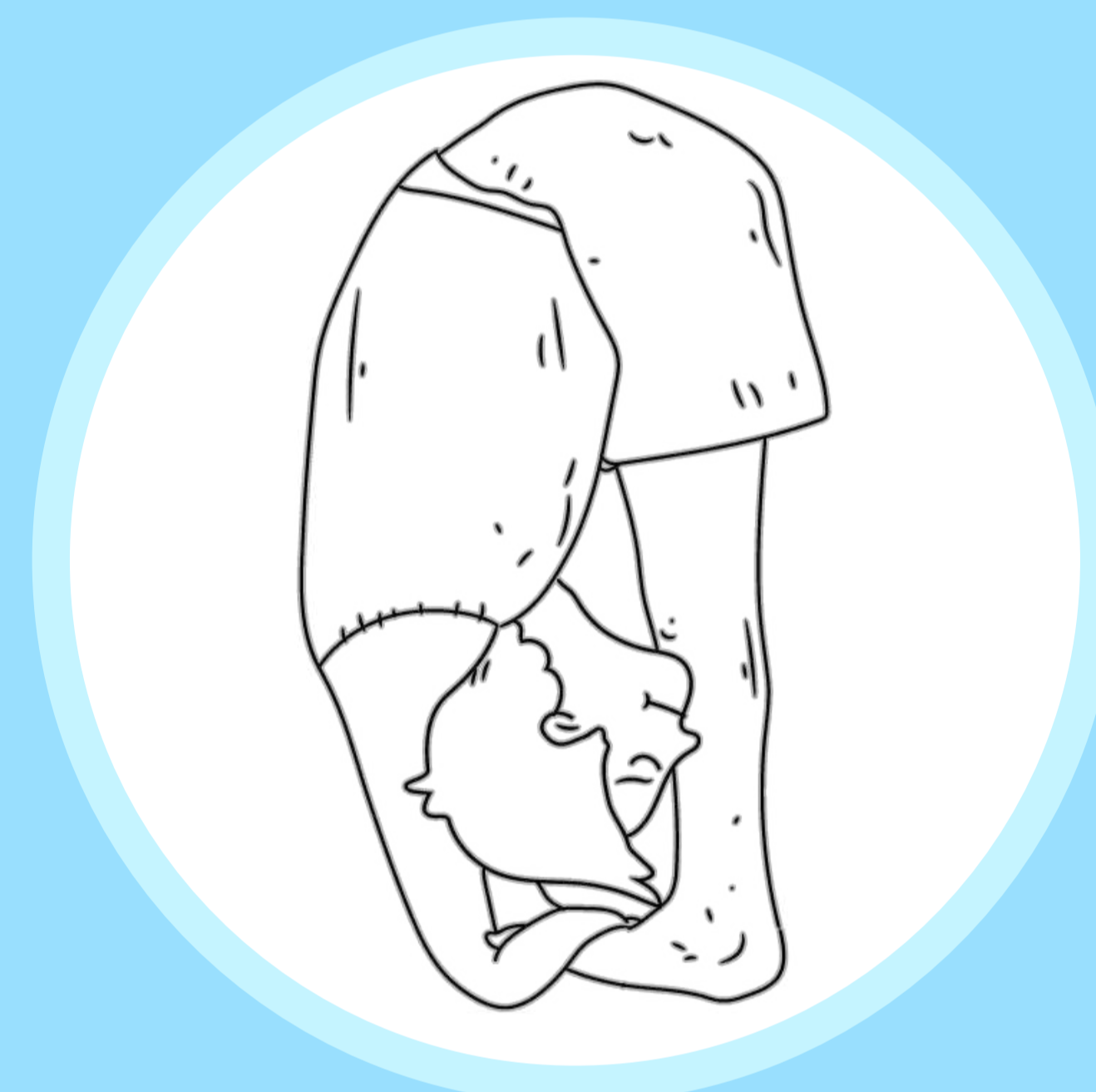
**Ardha Chandrāsana**  
(half moon)



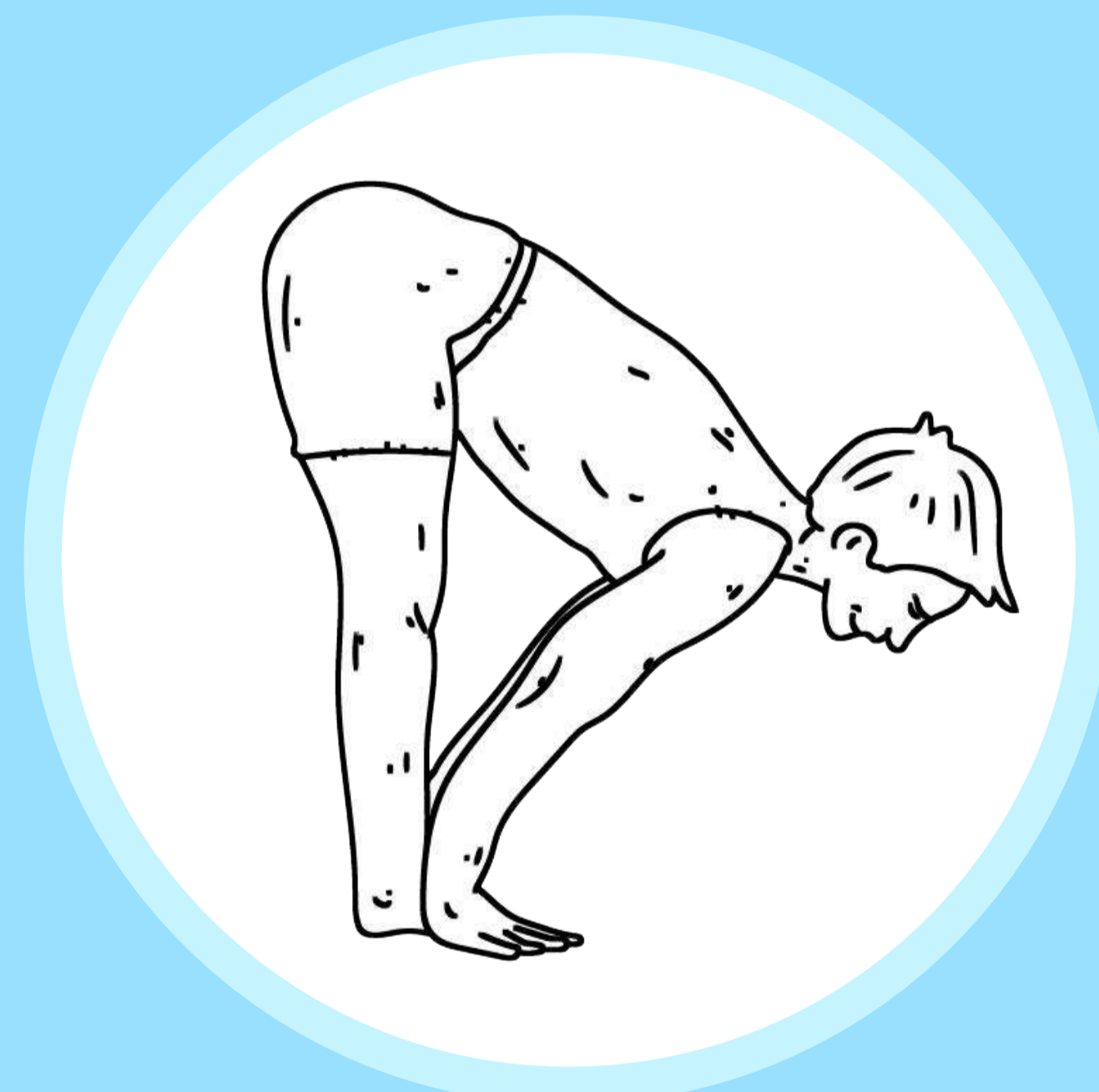
**Pārsvottānāsana**  
(intense stretch)



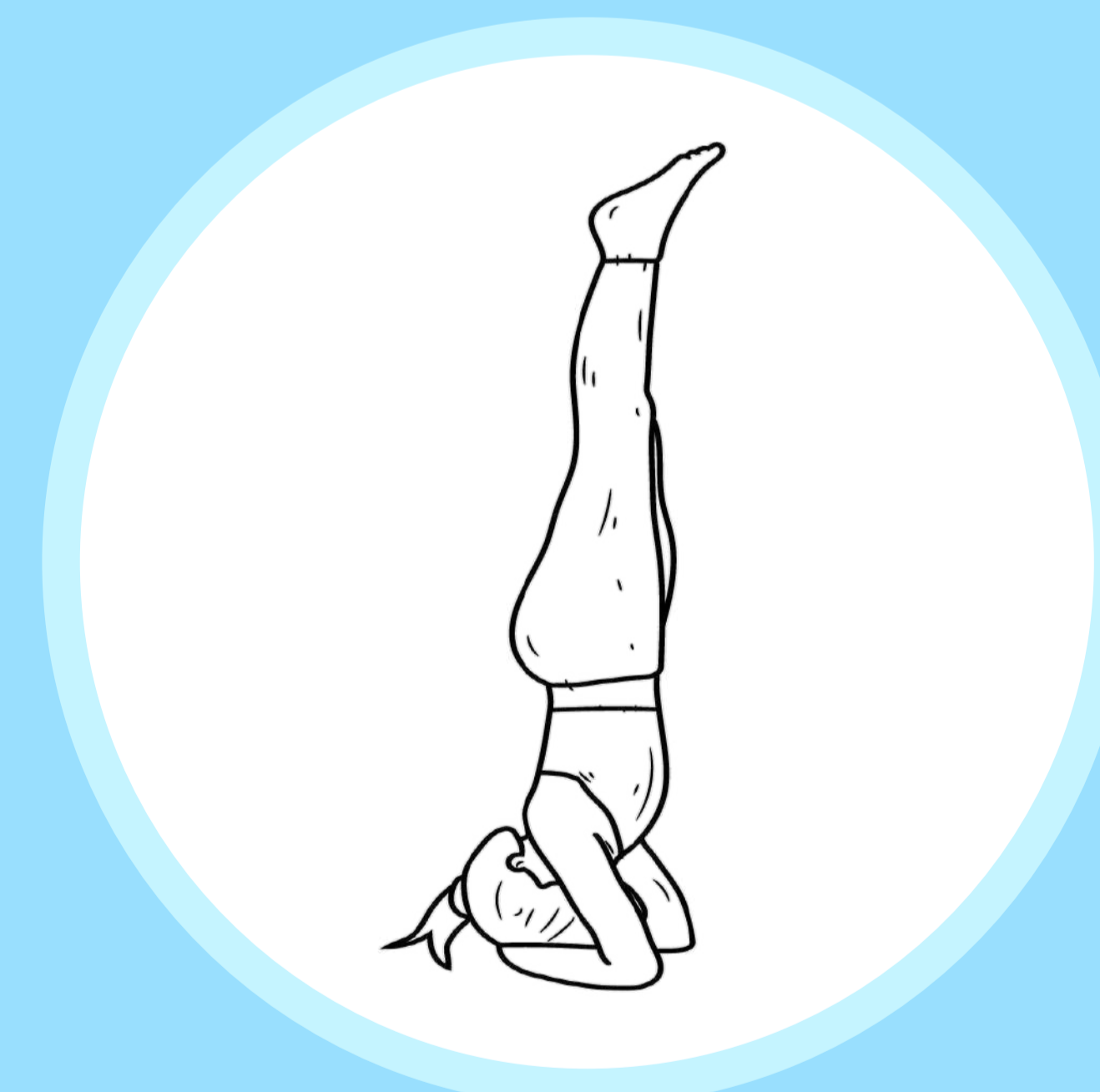
**Pādānguṣṭhāsana**  
(hand to big toe)



**Pāda Hastāsana**  
(hand under foot)

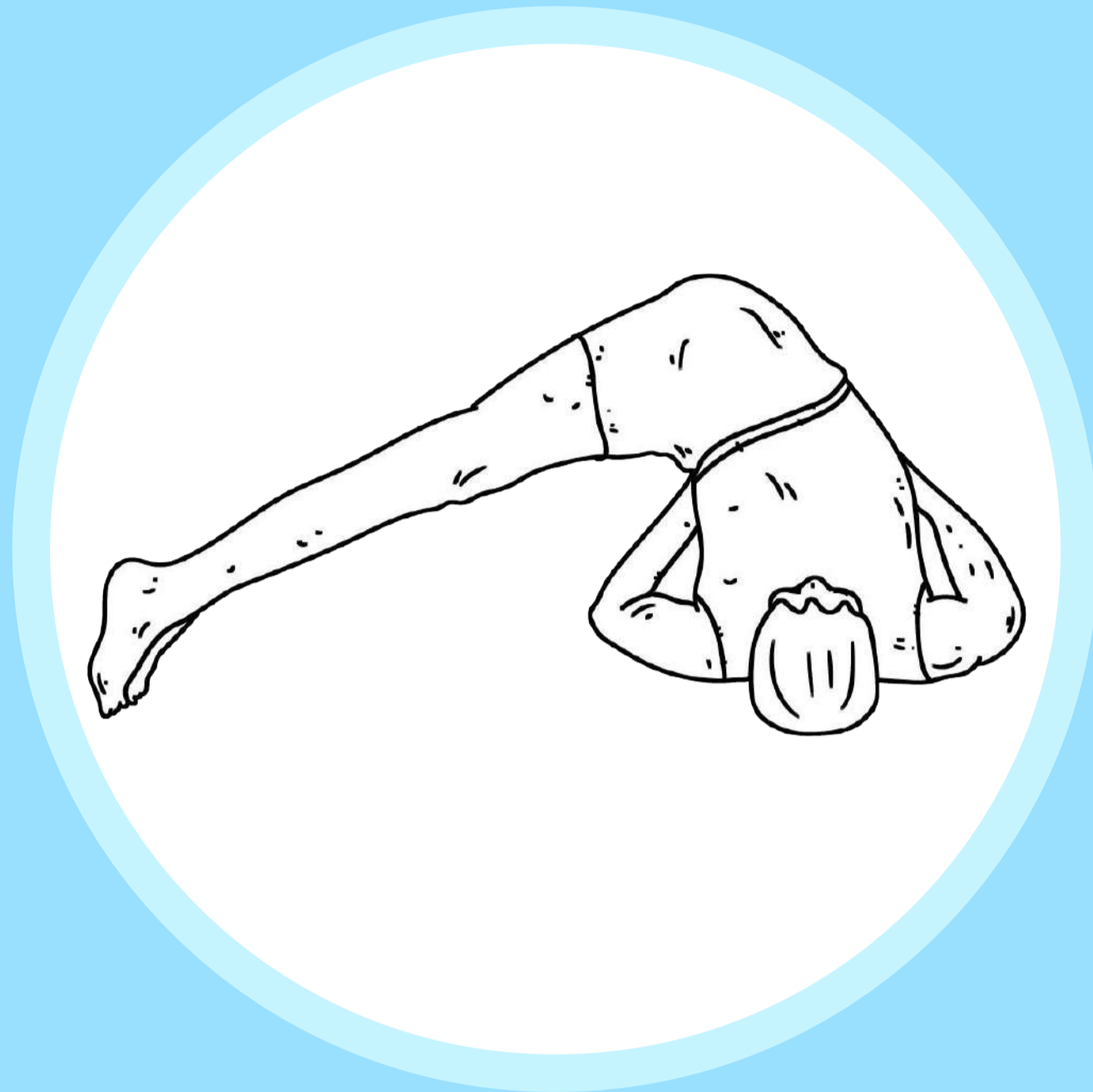


**Uttānāsana**  
(forward fold, halfway lift)



**Sālamba Śīrṣāsana**  
(supported headstand)

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Pārśva Halāsana  
(side plow)



Nāvāsana  
(boat)



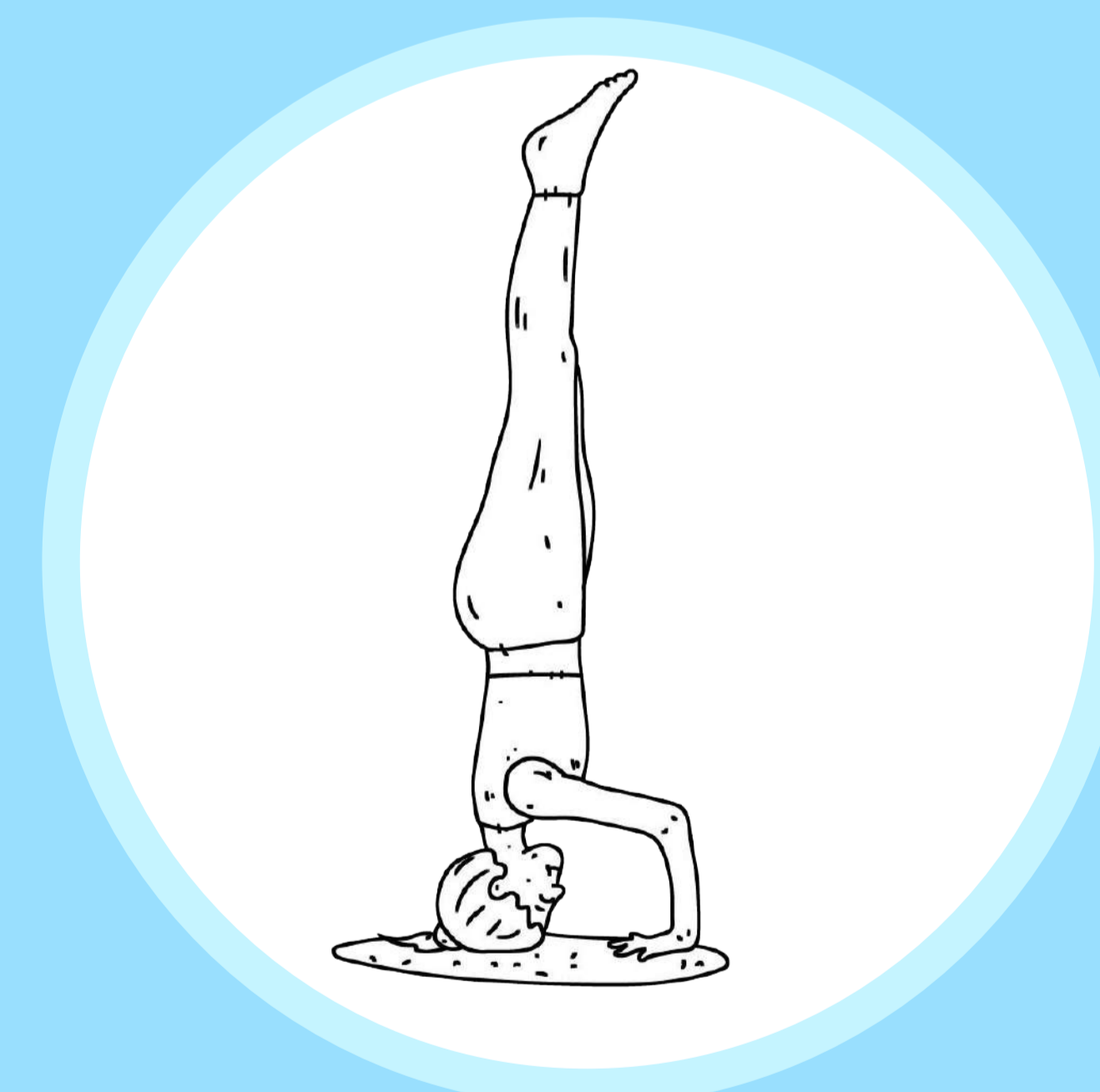
Ūrdhva Prasārita Pādāsana  
(upward extended foot)



Jānu-Śīrṣāsanaa  
(head to knee)



Paṛivṛtta Jānu-Śīrṣāsanaa  
(revolved head to knee)



Sirsasana  
(head stand)

# Gall Bladder and Liver

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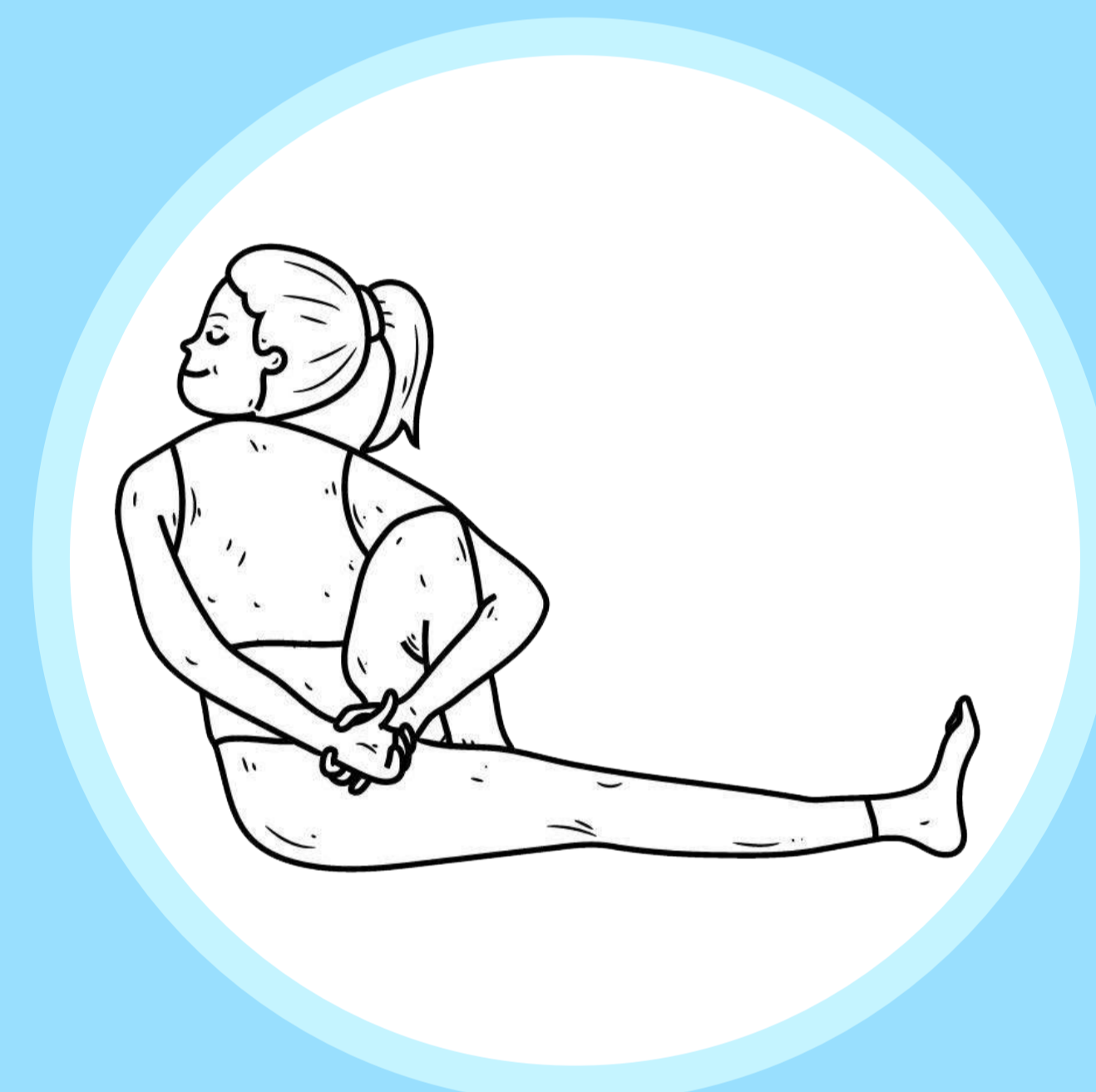
Paschimottānāsana  
(staff)



Ardha Marīchyāsana I  
(bound forward fold)



Ardha Marīchyāsana II  
(half lotus bound forward fold)



Ardha Marīchyāsana III  
(bound twist)



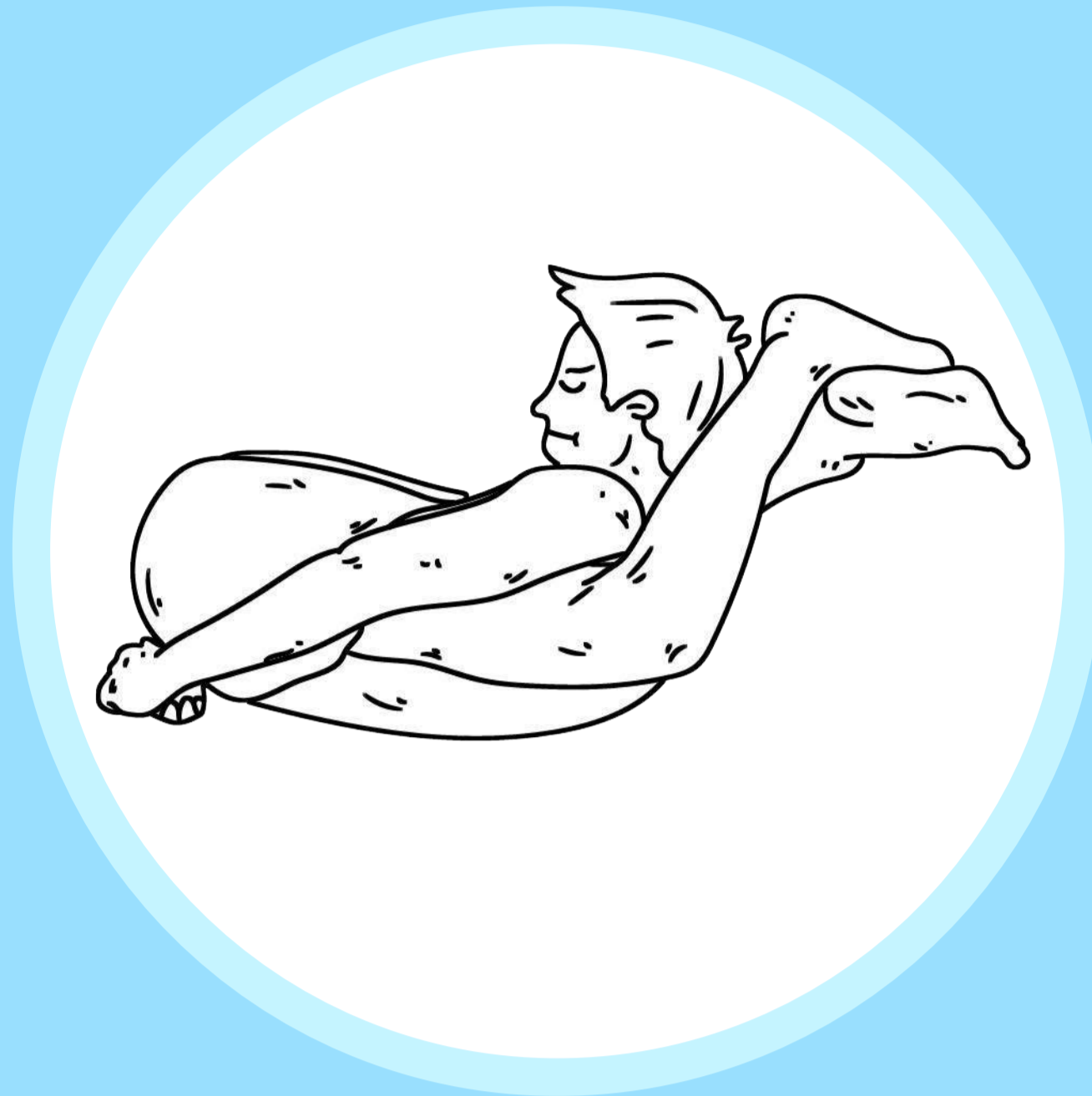
Ardha Marīchyāsana IV  
(half lotus bound twist)



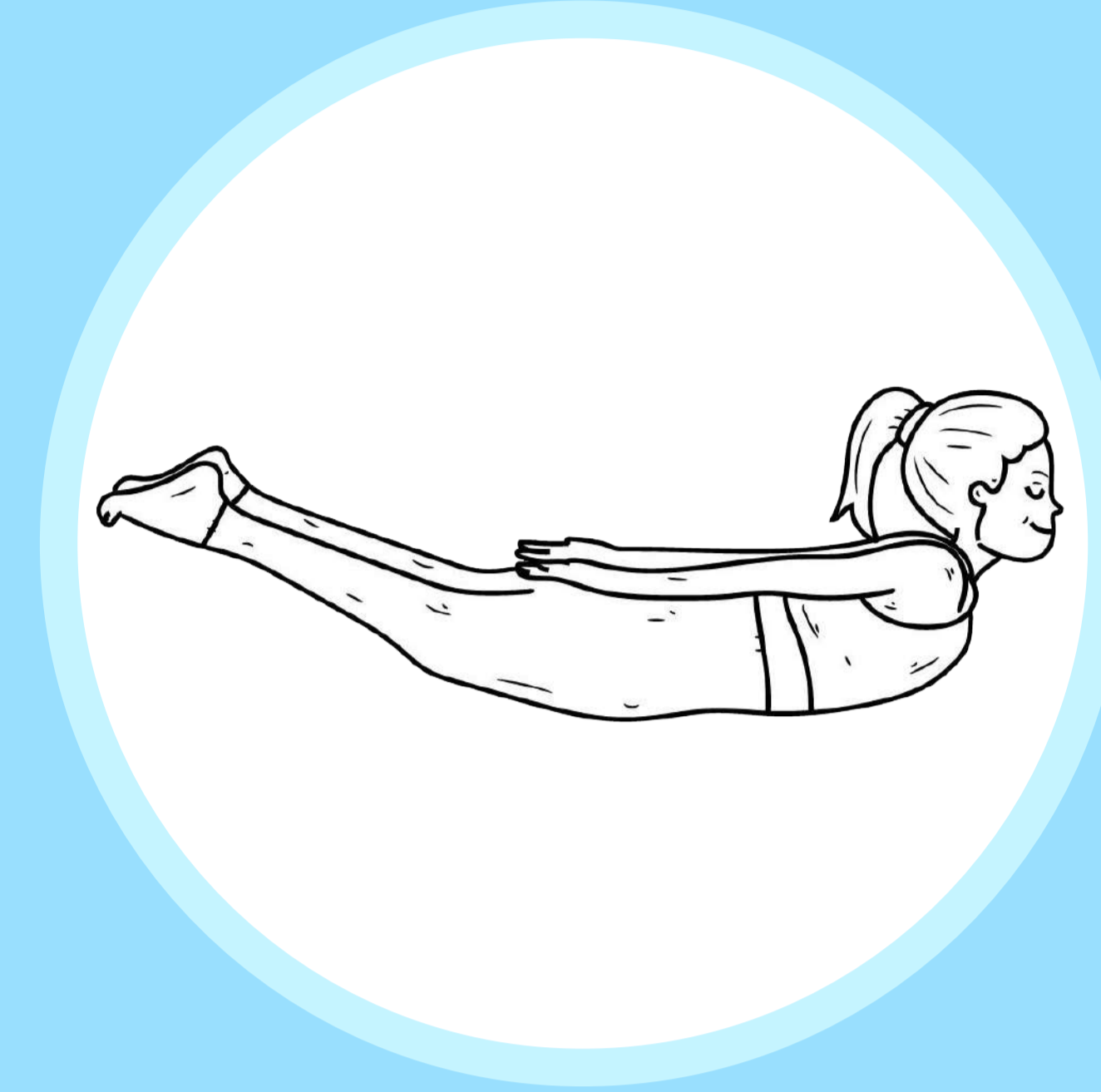
Pāsāsana  
(cord)

# Gall Bladder and Liver

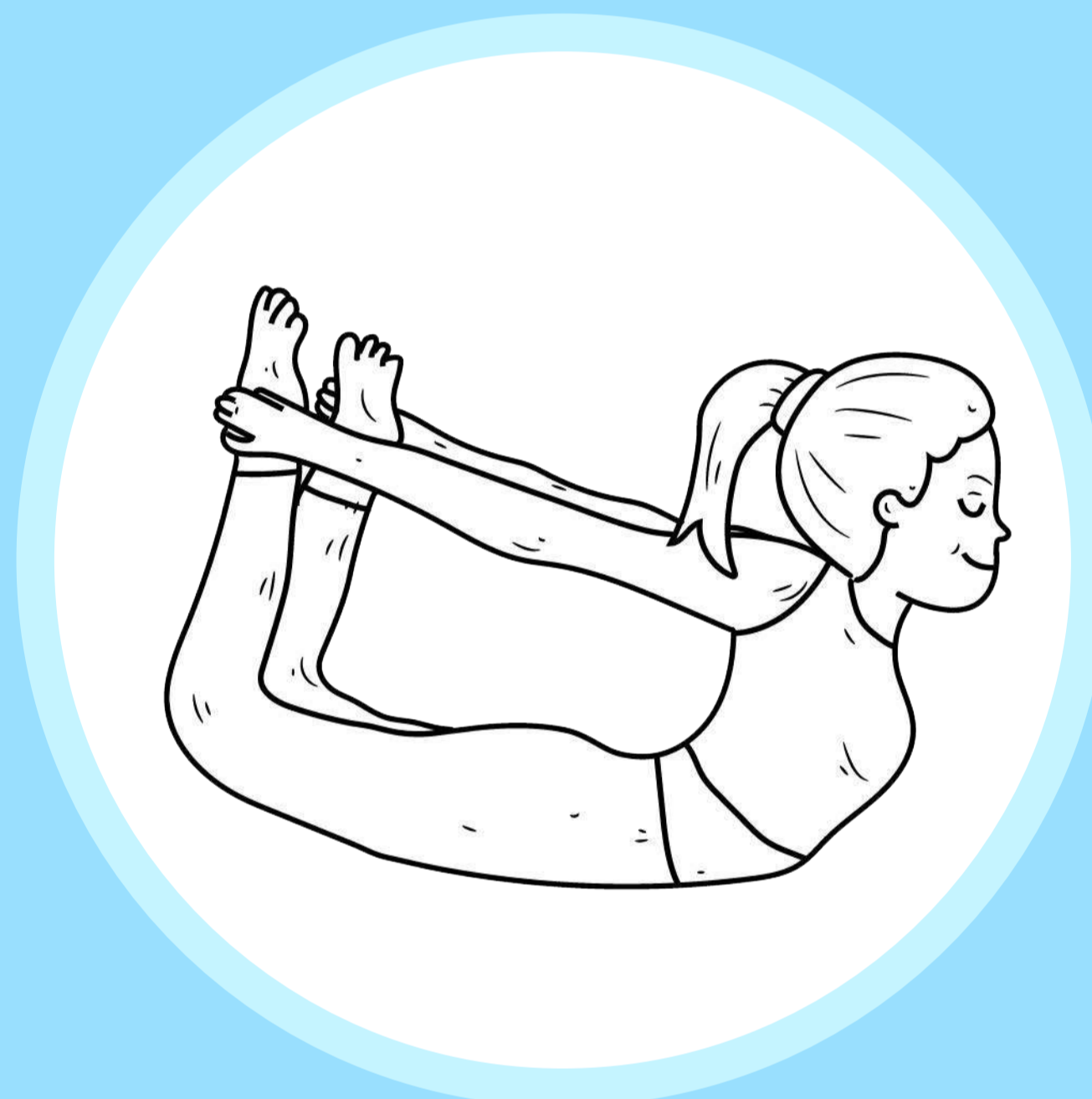
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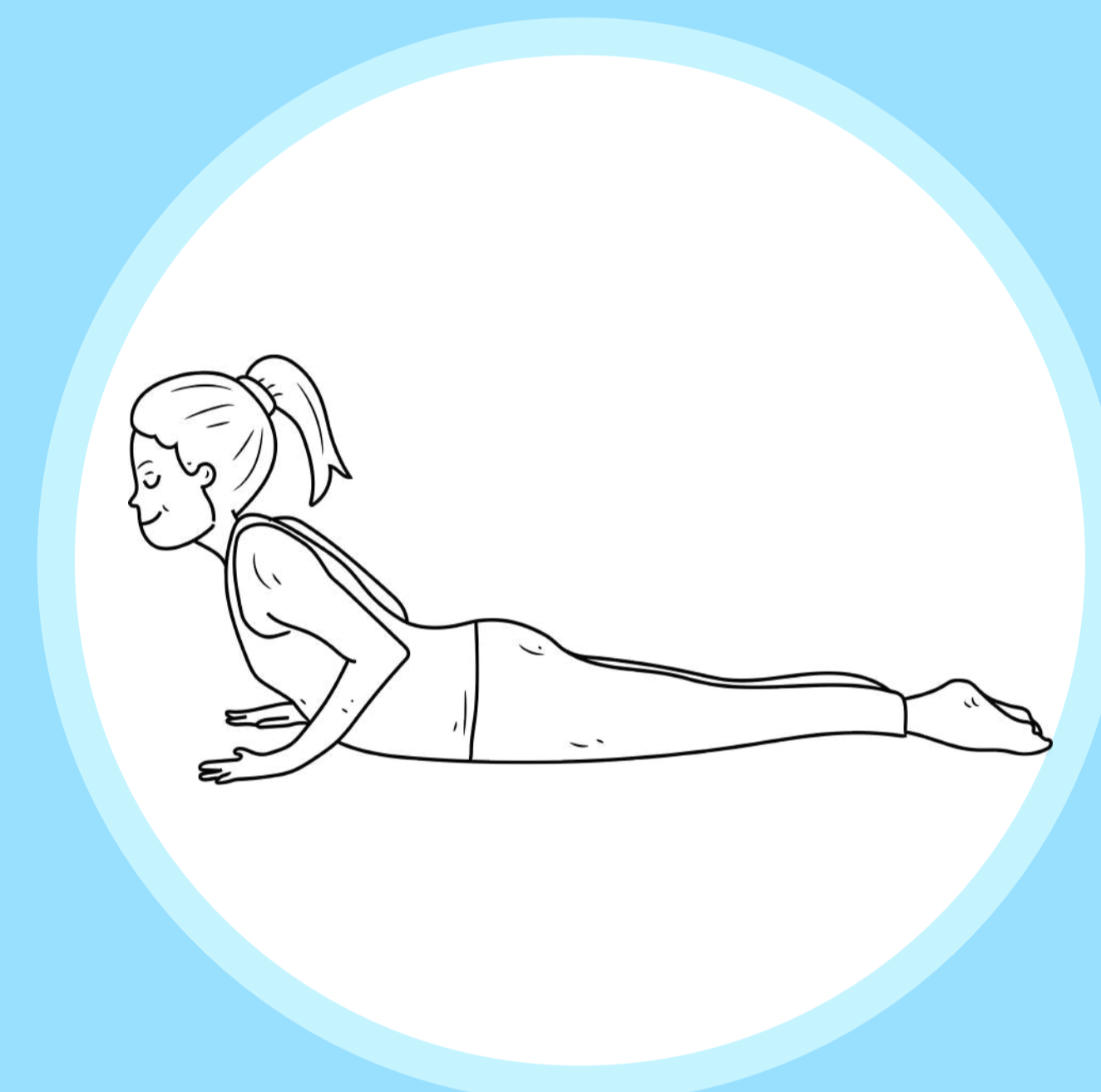
**Yoganidrasna**  
(state between sleep and wakefulness)



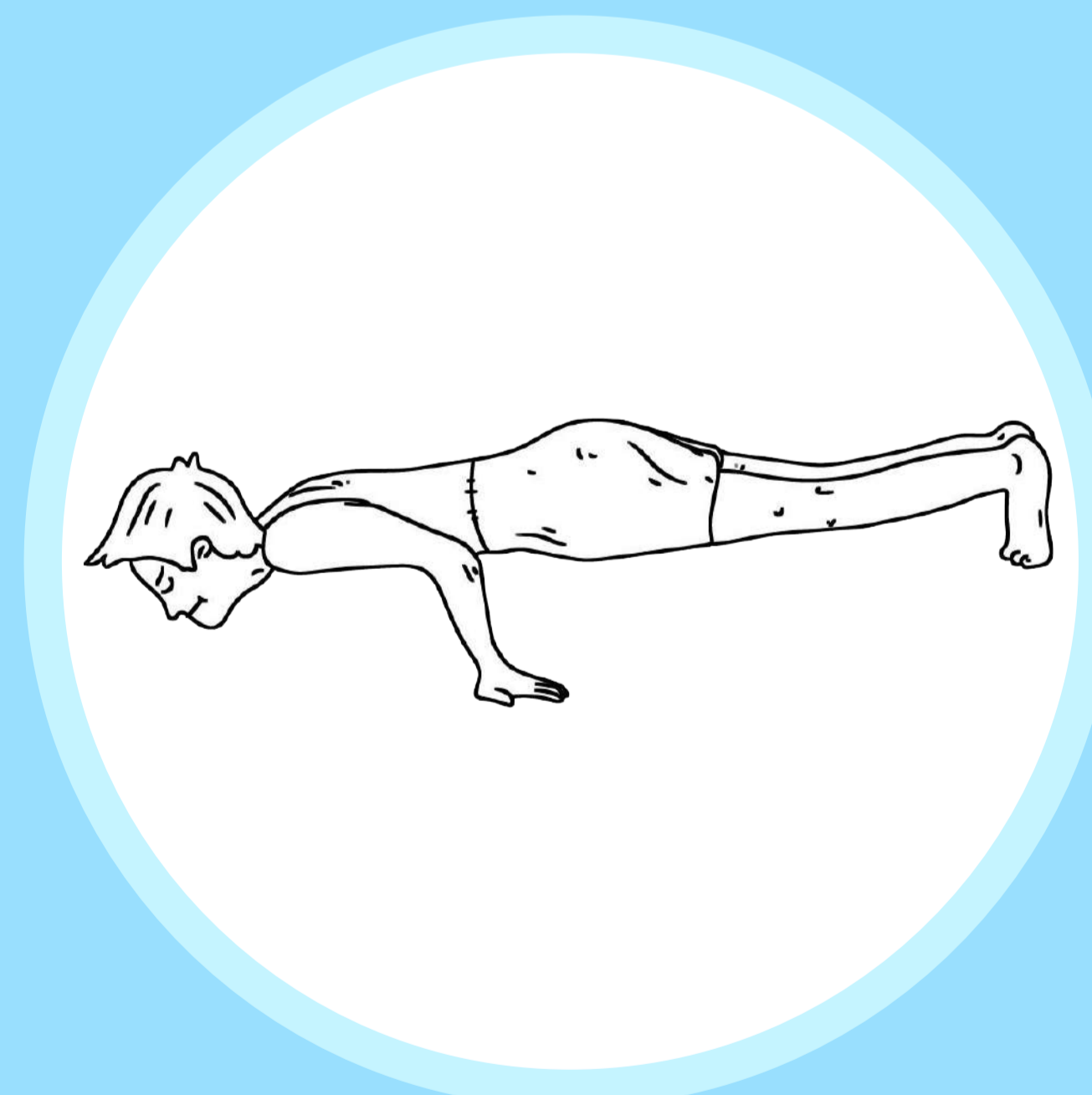
**Śālabhāsana**  
(locust)



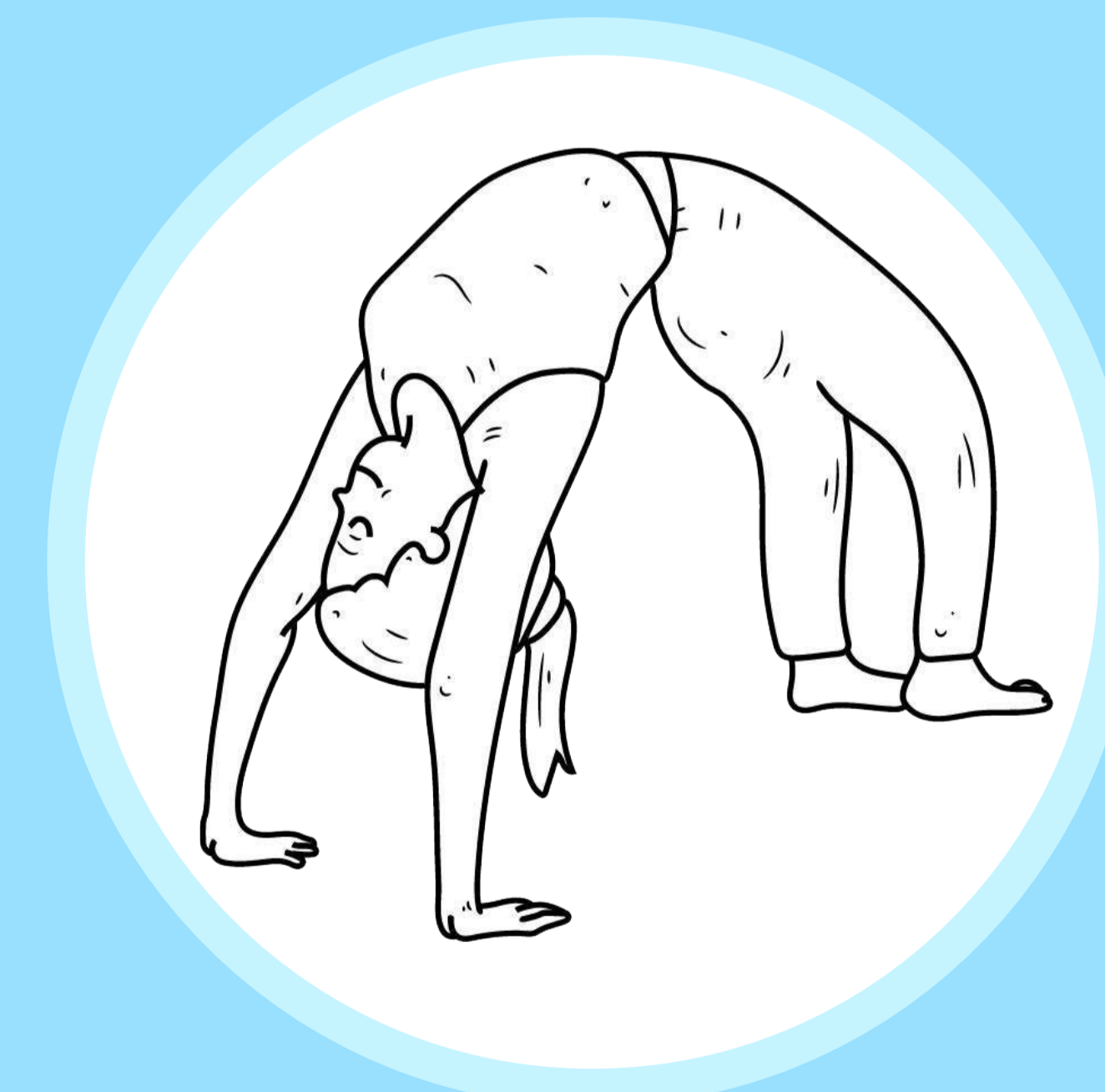
**Dhanurāsana**  
(bow)



**Bhujangāsana I**  
(cobra I)



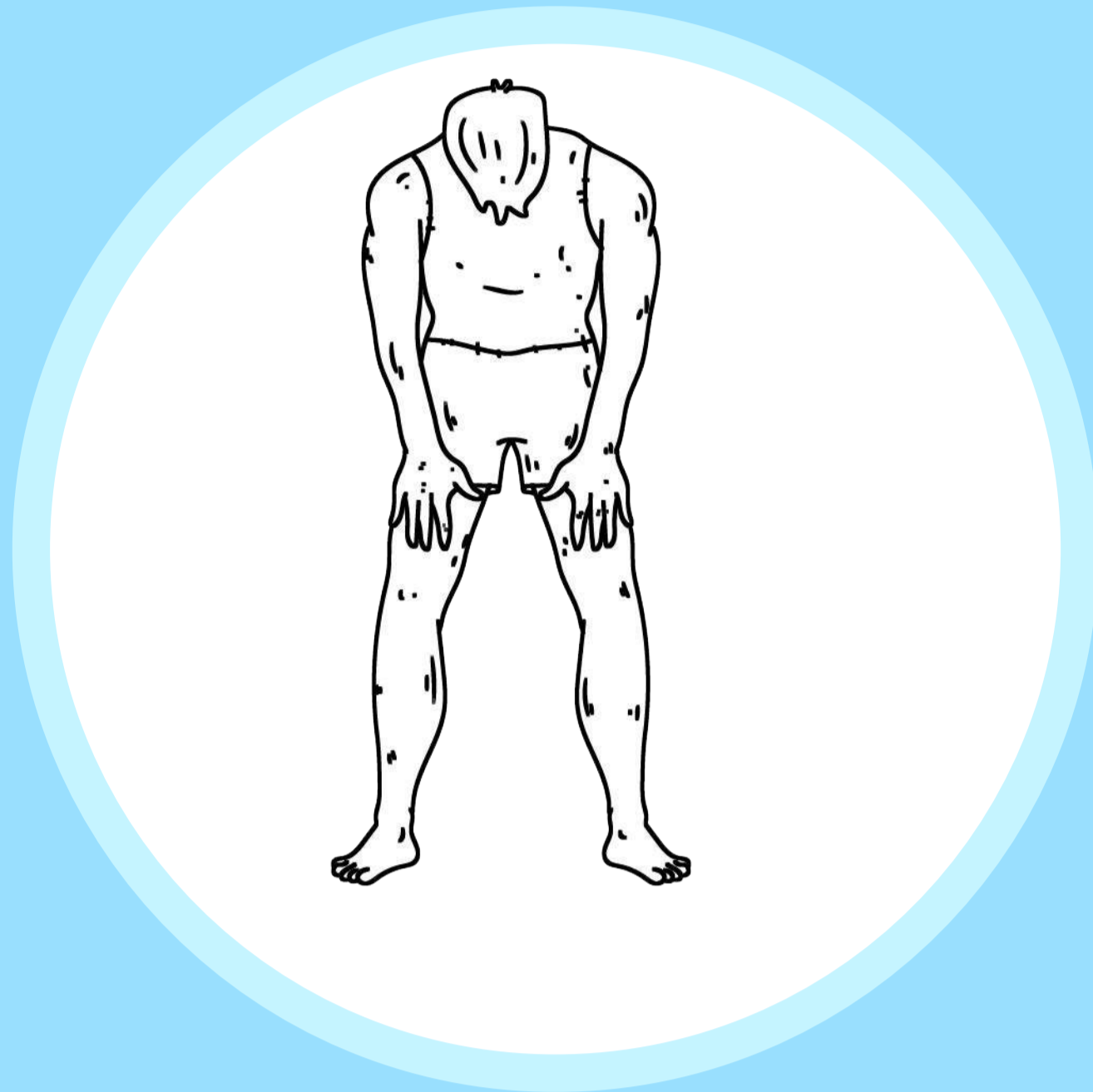
**Mayūrāsana**  
(peacock)



**Chakrāsana**  
(wheel)

# Gall Bladder and Liver

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Uddiyana



Follow the Asana under Acidity



Apana Mudra



Bearberry



Dandelion



Drinking Pear

## Gall Bladder and Liver (p. 7 of 9)



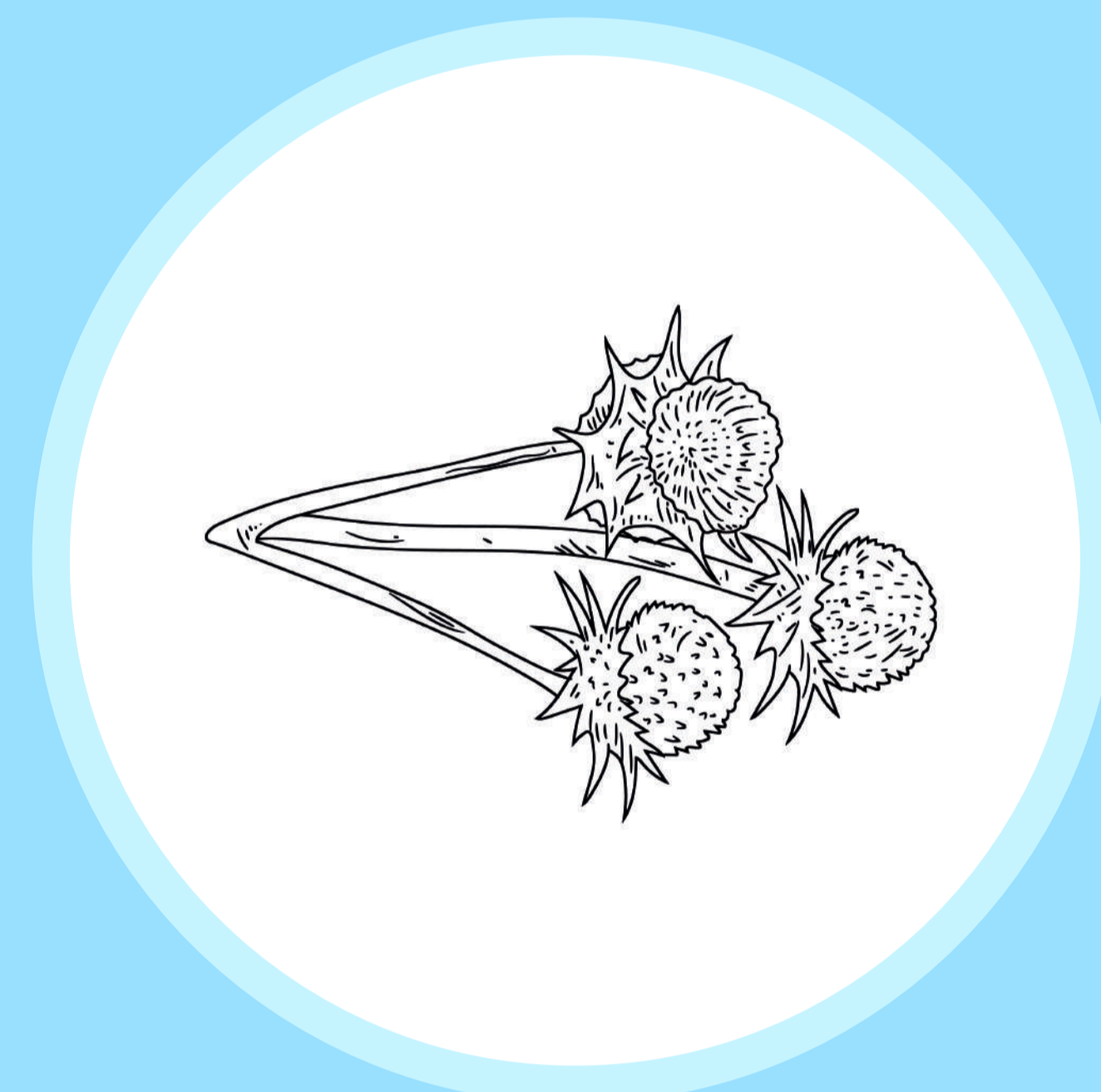
Ksepana Mudra



Large Bottle of Water



Matangi Mudra  
(in front of solar plexus)



Milkthistle

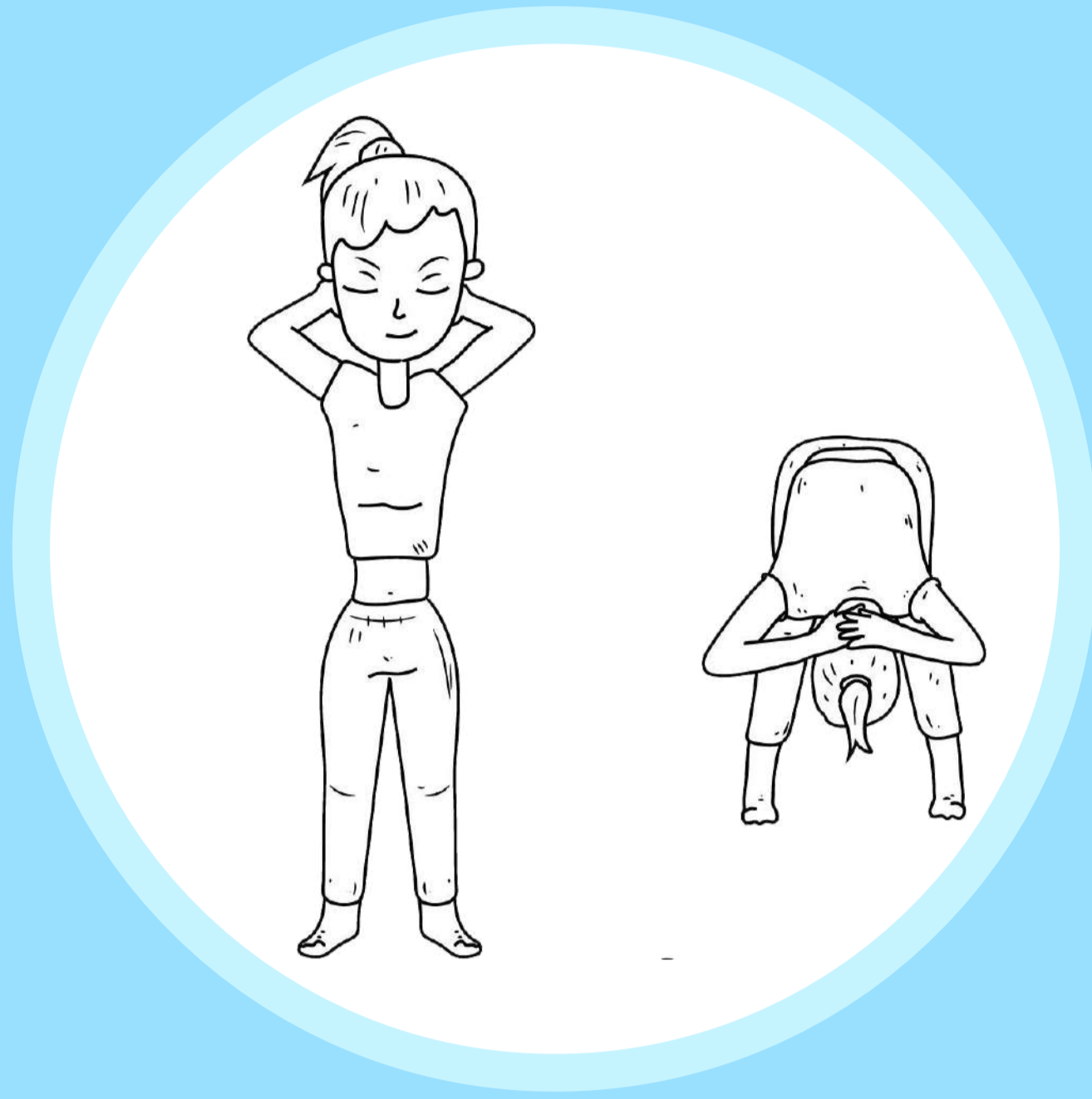


Mukula Mudra

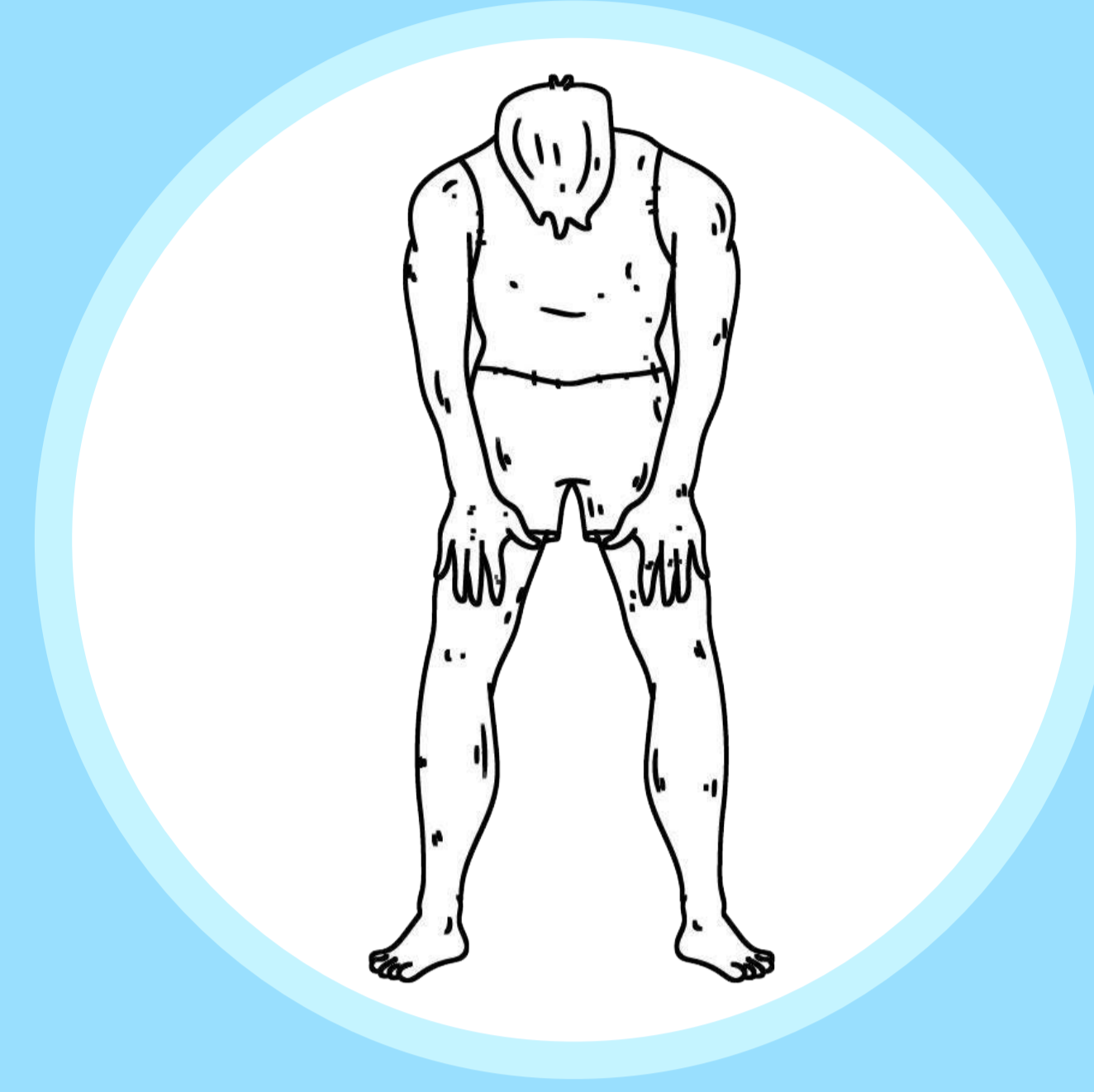


Mushti Mudra

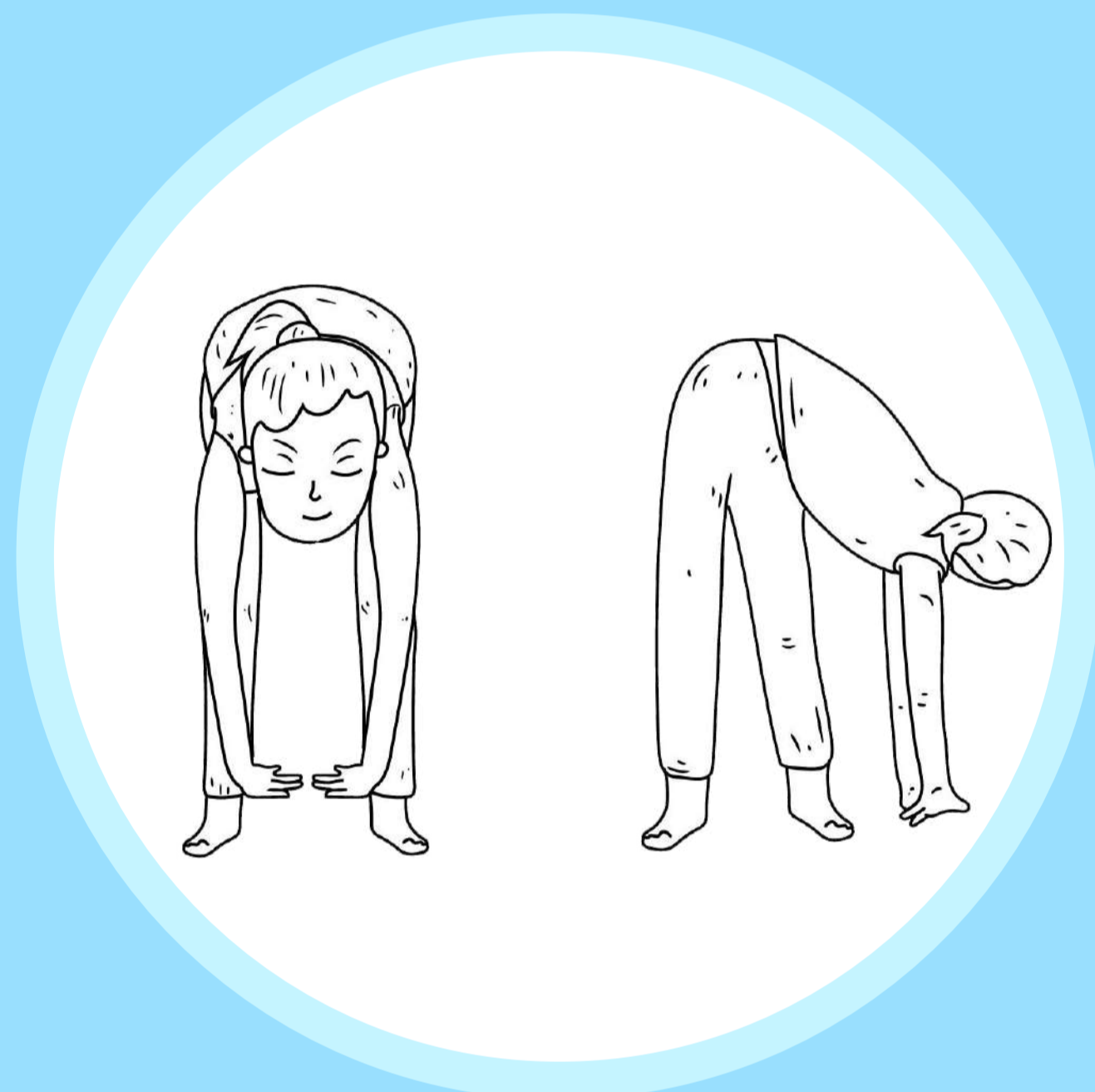
# Gall Bladder and Liver (p. 8 of 9)



Bow



Nauli  
(stomach churn)



Wag Tail



Nine Ghosts Unsheathe  
Their Sabers



Limit Sugars



Padmasana  
(lotus)



Items to discuss with your doctor and consider learning from a qualified yoga instructor for

## Gall Bladder and Liver (p. 9 of 9)



Pumpkin Seeds

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