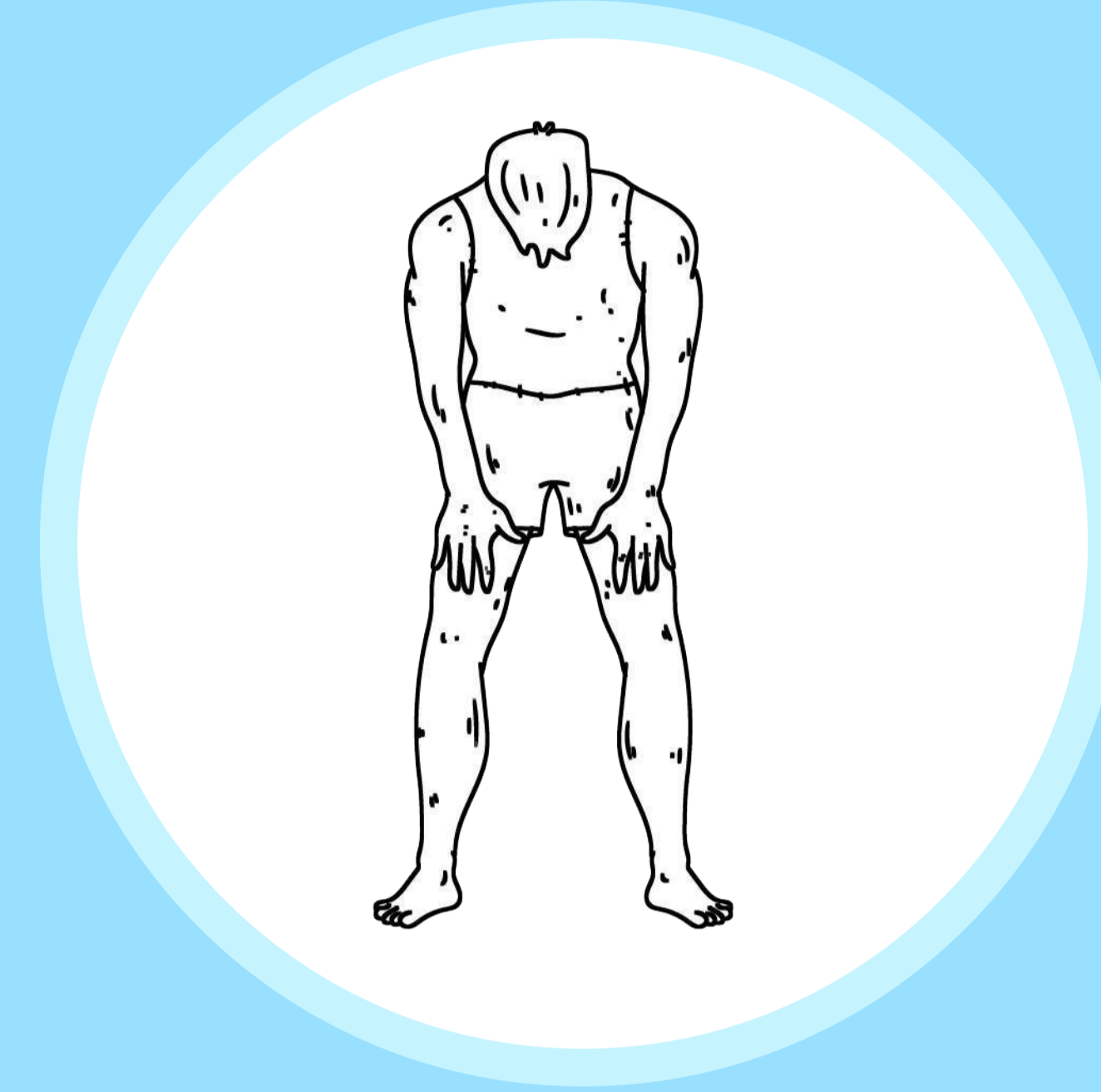


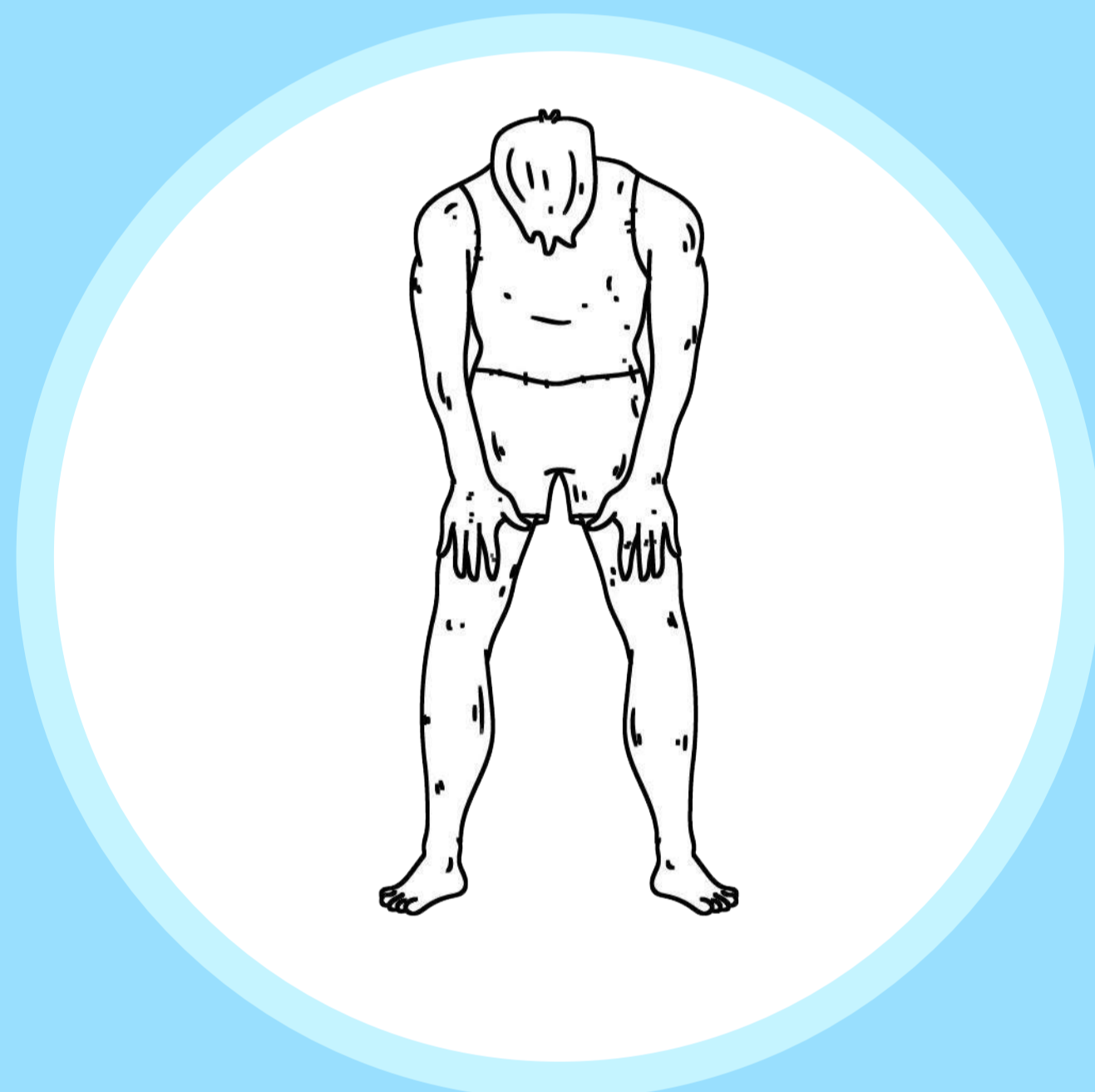
## Spleen (p. 1 of 3)



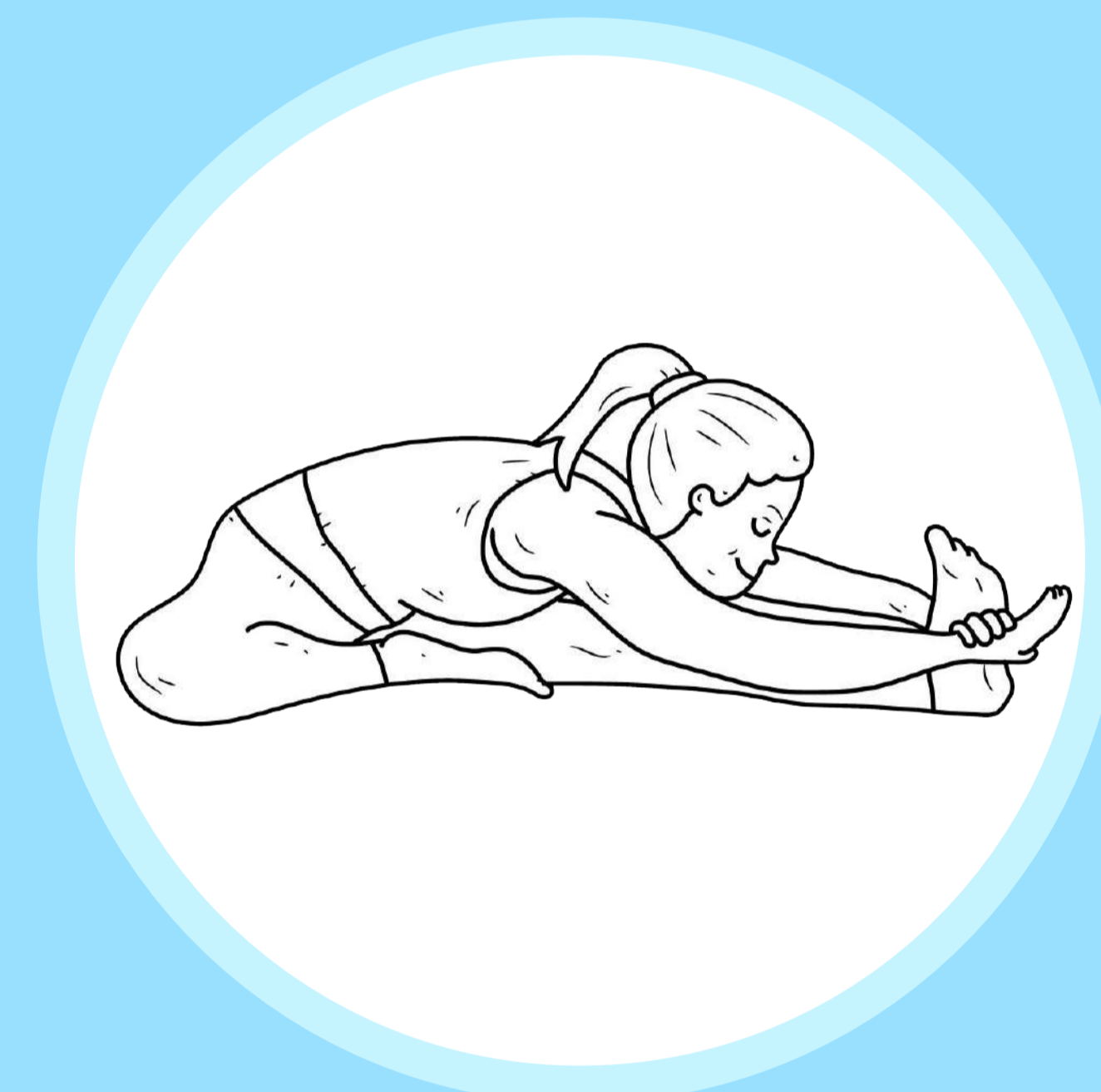
**Ardha Marichyasana I**  
(bound forward fold)



**Uddiyana**



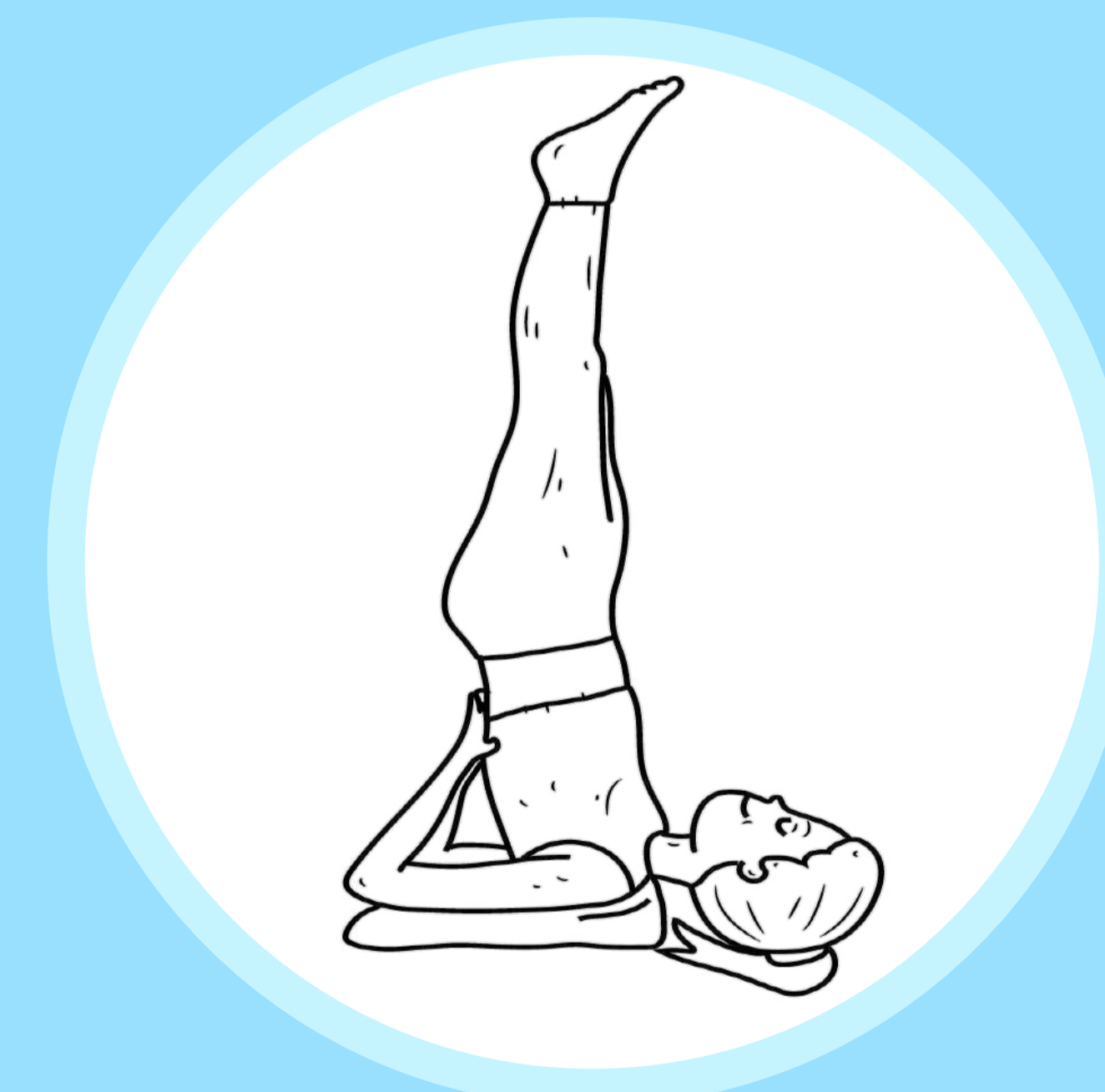
**Nauli**  
(stomach churn)



**Jānu-Śīrṣāsanaa**  
(head to knee)

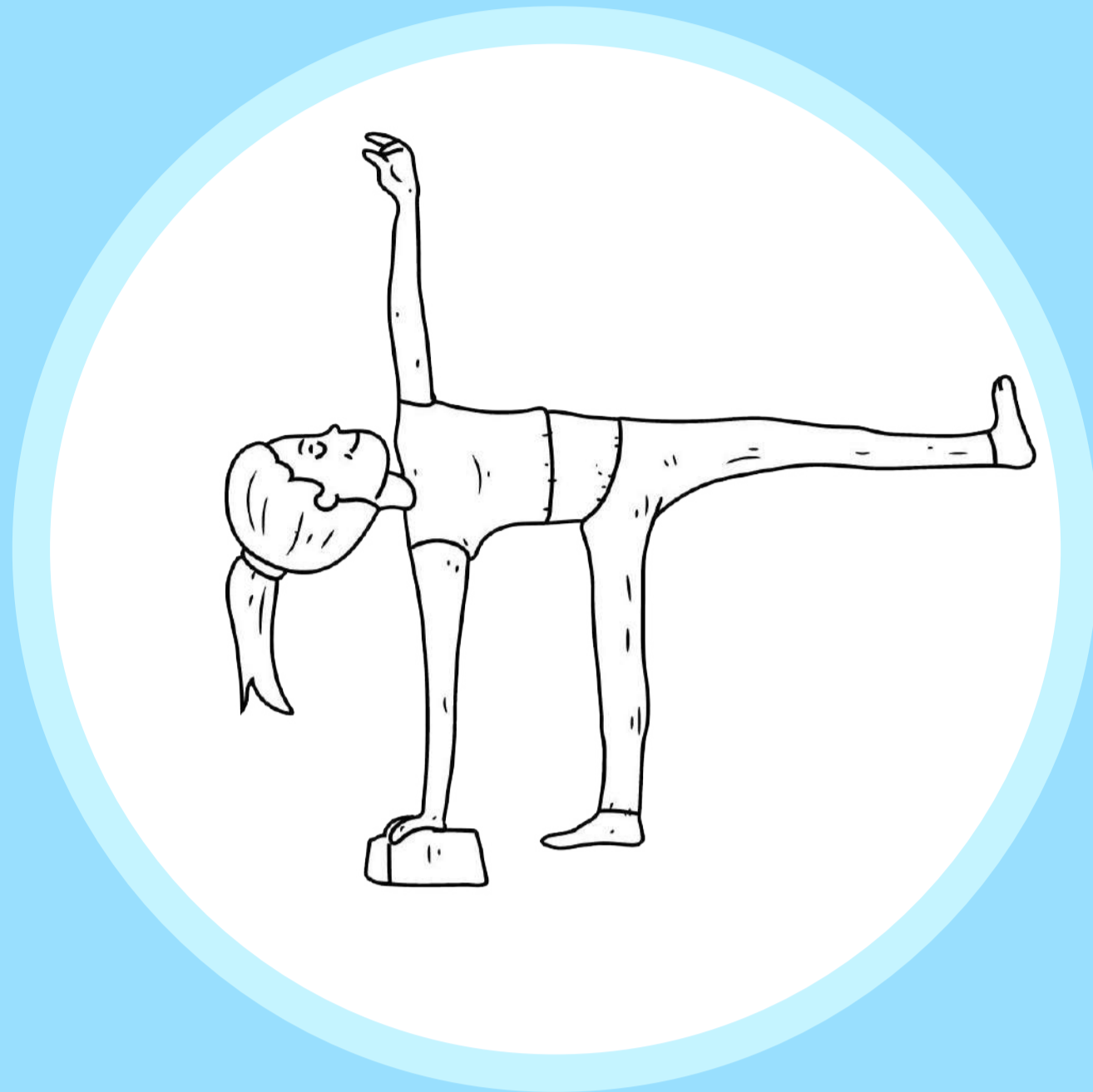


**Ākarṇa Dhanurāsana**  
(archer's pose)

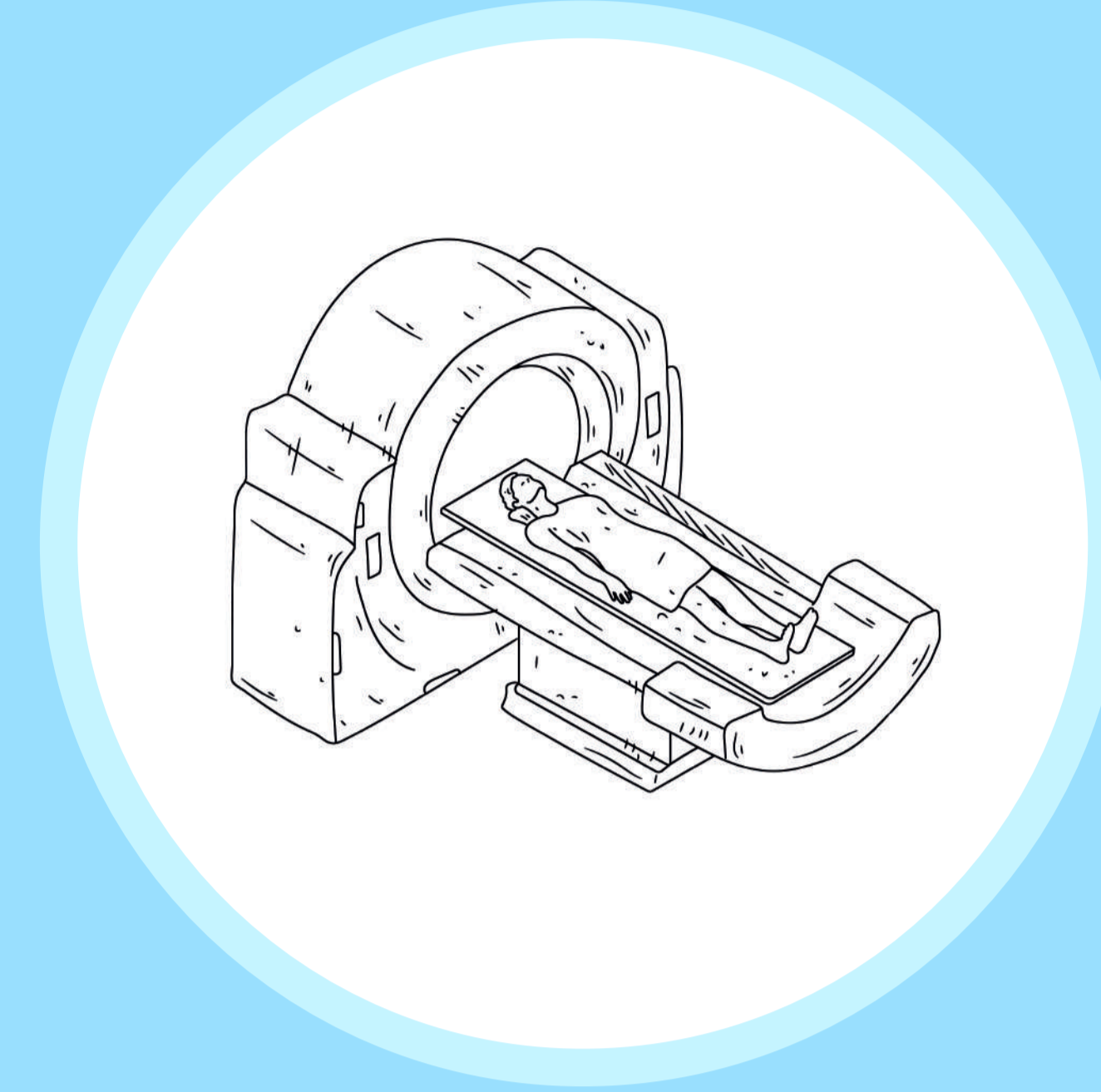


**Sarvāṅgāsana**  
(shoulder stand)

## Spleen (p. 2 of 3)



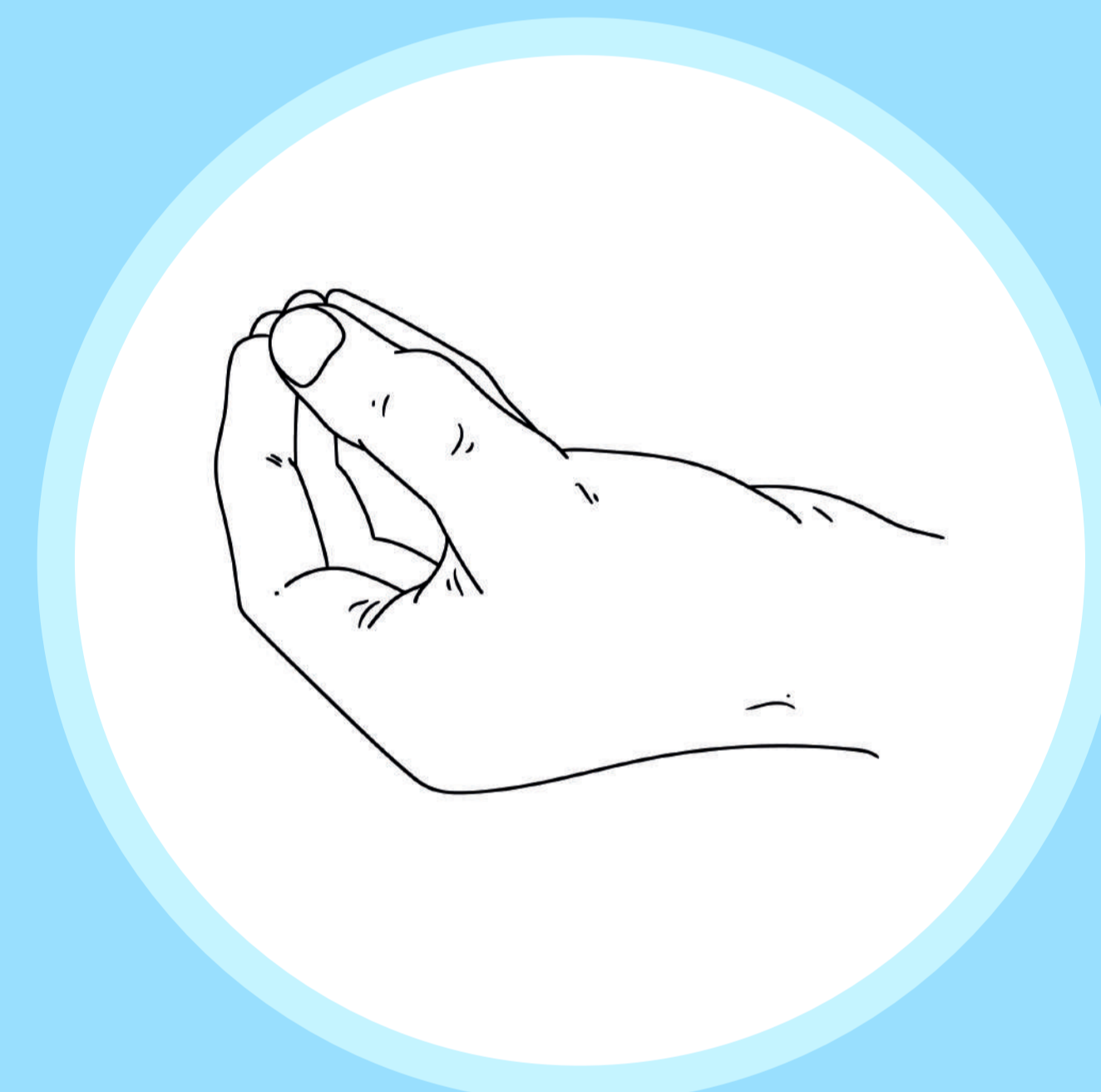
**Ardha Chandrāsana  
(half moon)**



**Get an MRI**



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



**Mukula Mudra**



**Pumpkin Seeds**

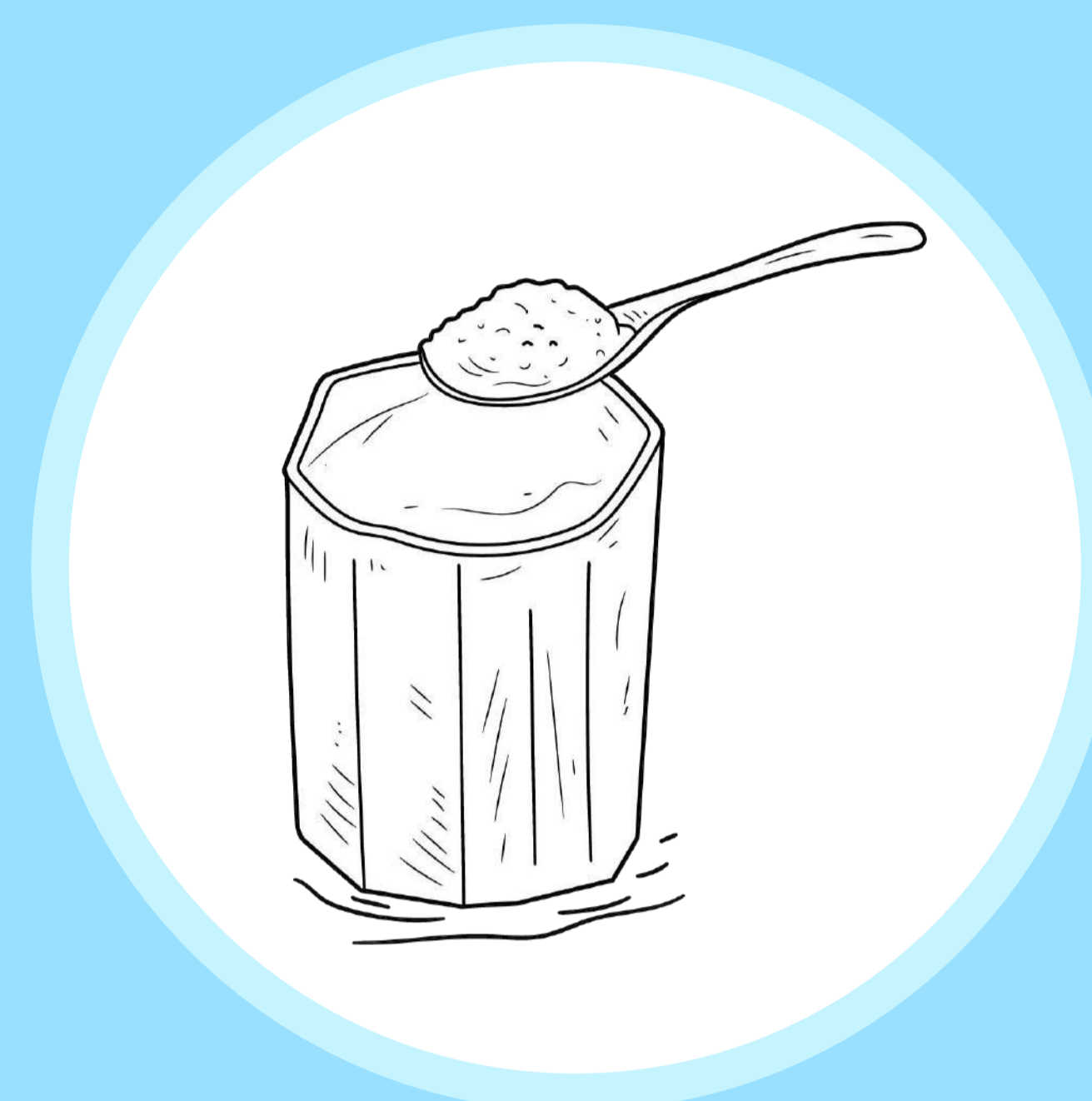


**Pluck the Stars on Each Side**

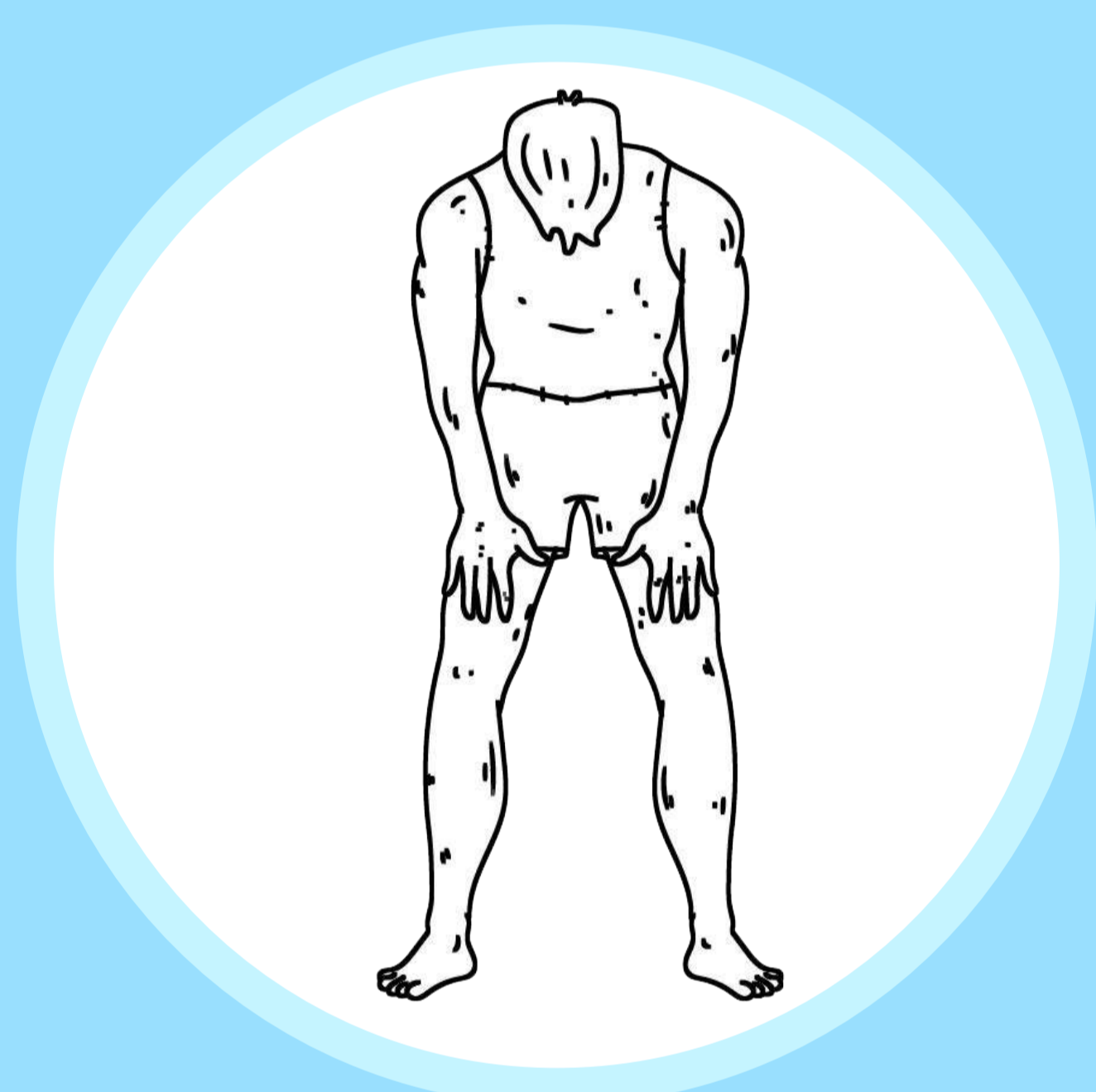
## Spleen (p. 3 of 3)



**Padmasana  
(lotus)**



**Gargle Salt Water**



**Nauli  
(stomach churn)**