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

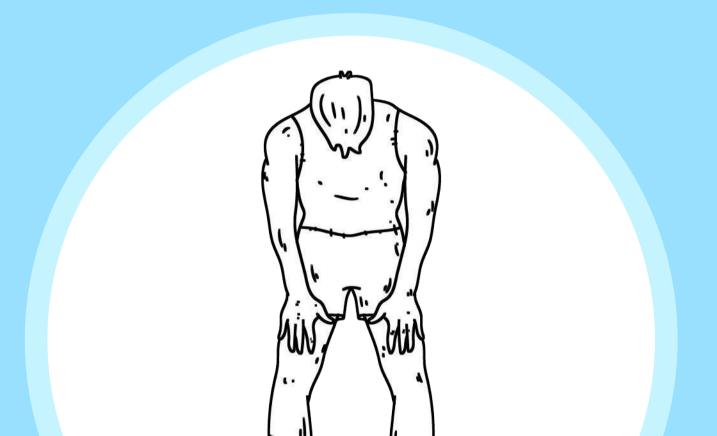
Spleen (p. 1 of 3)



Ardha Marīchyāsana I (bound forward fold)



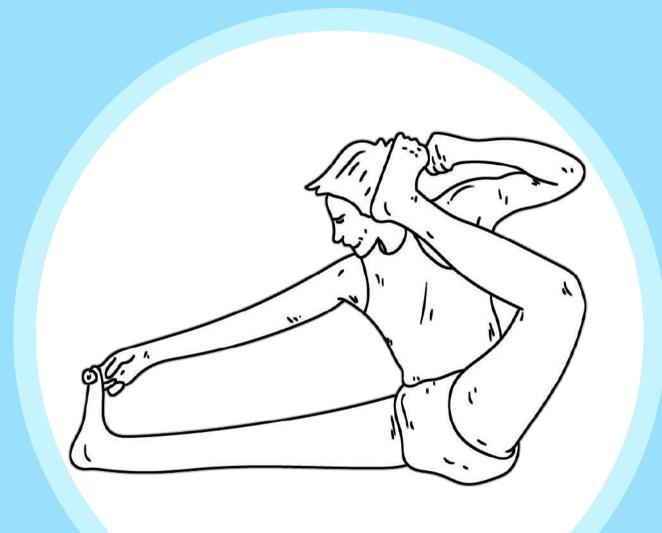


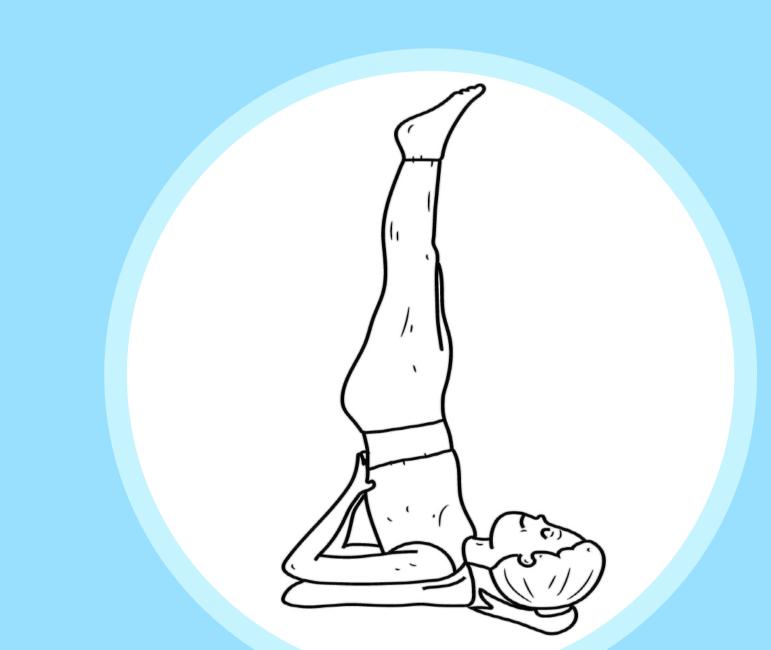




Nauli (stomach churn)

Jānu-Śīrṣāsanaa (head to knee)





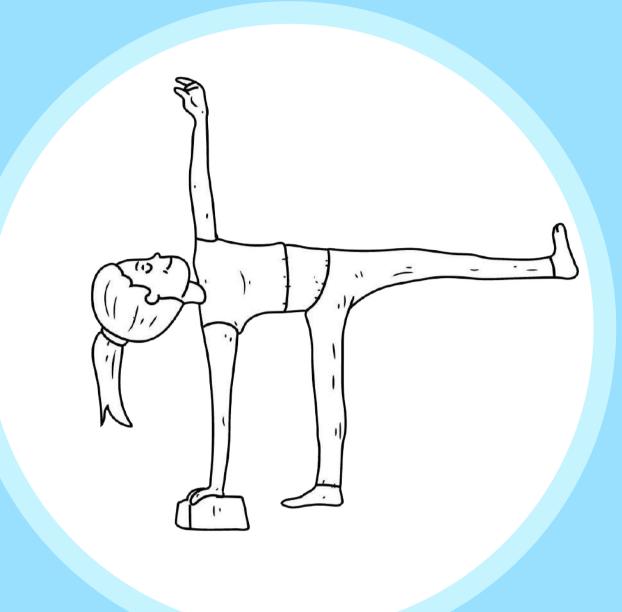
Ākarņa Dhanurāsana (archer's pose)

Sarvāngāsana (shoulder stand)

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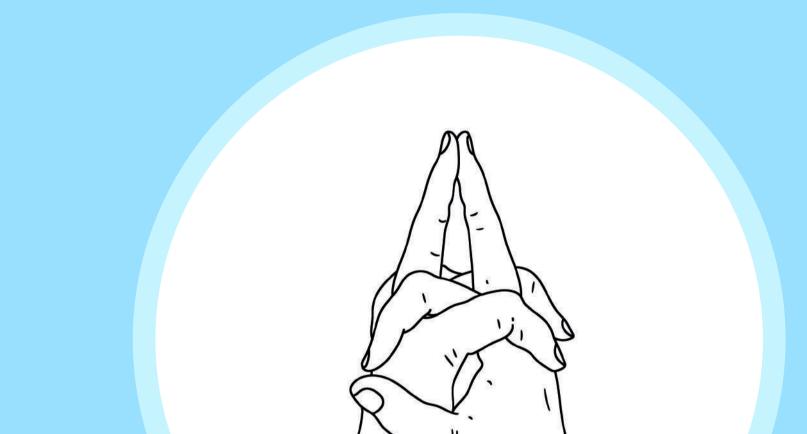
Spleen (p. 2 of 3)



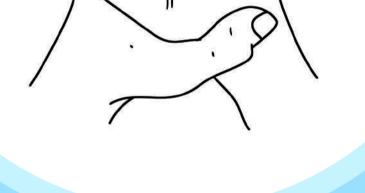


Ardha Chandrāsana (half moon)





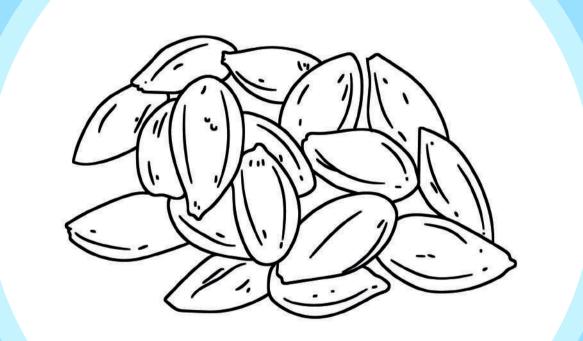


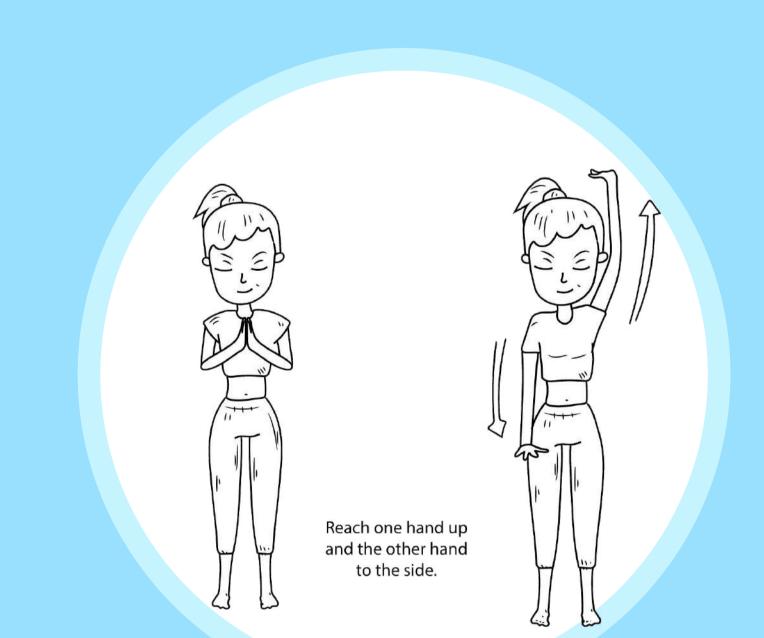


Matangi Mudra (in front of solar plexus)









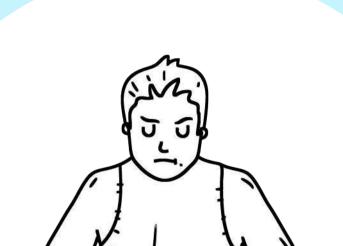
Pumpkin Seeds

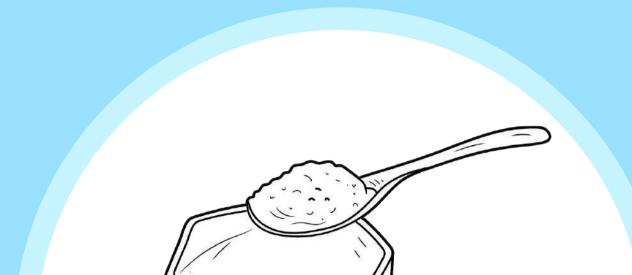
Pluck the Stars on Each Side

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

Spleen (p. 3 of 3)



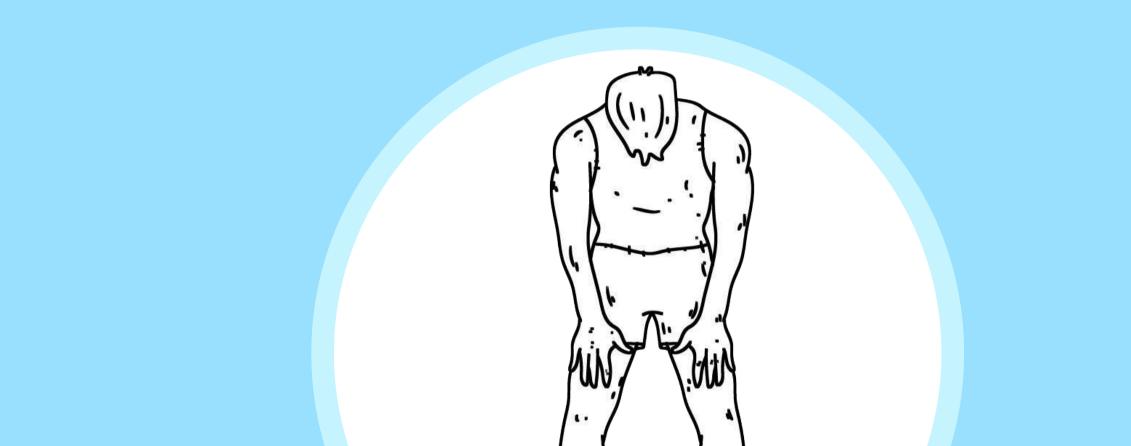




Padmasana (lotus)



Gargle Salt Water







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