



## Kriya for the Gallbladder, Heart, Spleen

This kriya is used to solve problems with the gallbladder, heart and spleen.

**Pose:** Lie on your back. Place your right hand under your lower back, palm down. Place your left palm against the back of your neck, with your elbow touching the floor. Raise your right leg 90 degrees. Do Breath of Fire for 1-3 minutes.

Then inhale fully, hold your breath for 15 seconds, exhale and relax on the floor in shavasana. Relax completely in this pose for 1-3 minutes.

