



**Santhika  
Retreat  
Center**

## 3 Yoga Asanas to Keep Your Liver Healthy And Strong

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The liver helps your body get rid of waste and toxins. Hence, it is extremely important to keep it healthy with these yoga asanas specifically aimed at improving liver health.

### 1. Adomukhi svanasana (downward-facing dog)

Start on your fours, ensuring palms are under the shoulders and knees below hips.

Lift the hips up, straighten the knees and elbows, and form an inverted 'V' shape.

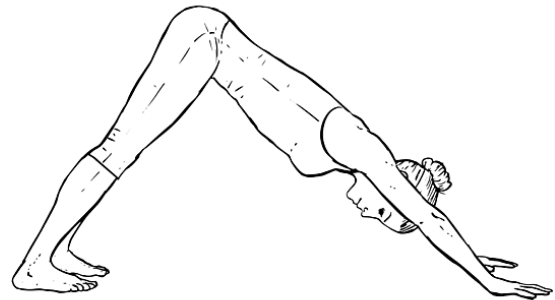
Now keep the hands shoulders width apart. Fingers point ahead.

Put pressure on your palms and open your shoulder blades.

Try to push your heels to the floor.

Keep your eye focused on your big toes.

Hold for eight to ten breaths.



### 2. Shalabasana (locust pose)

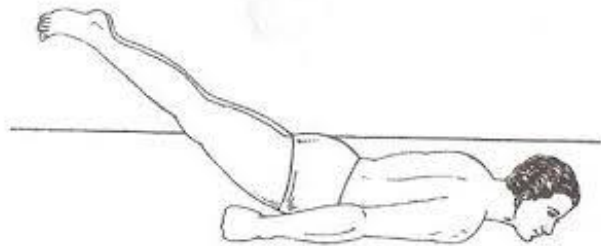
Lie down flat on your stomach with your palms placed under your thighs.

Inhale completely, hold your breath, and then lift your legs up together.

Ensure that your knees remain straight and feet are together.

Place your chin or forehead on the ground.

Hold the posture for 10 seconds, slowly bringing your legs down and then exhale breath.



### 3. Balasana (child's pose)

Kneel down on the mat and sit on your heels.

Inhale and raise arms above the head.

Exhale and bend your upper body forward.

Place your forehead on the floor.

Pelvis should rest on the heels.

Ensure that your back is not hunched.

