

yogi doli

BY KATONAH YOGA

eyes
ears
nose
mouth

GLANDS

- thymus ●
- thyroid ●
- pancreas ●
- adrenal ●
- reproductive ●

ORGANS

- lungs
- heart
- liver*
- stomach
- small intestine
- gall bladder
- large intestine

*The LIVER is anatomically located in the middle of the right side of the body.

SYSTEM + OPENINGS	ORGAN	BOWEL	GLAND	ELEMENT + REGULATES	SEASON
ELECTRICAL EYES	LIVER	GALL BLADDER	PITUITARY	WOOD NERVOUS SYSTEM	SPRING
PLUMBING EARS	KIDNEYS	BLADDER	ADRENALS	WATER BONES EQUILIBRIUM	WINTER
VENTILATING NOSE RESPIRATORY	LUNGS	LARGE INTESTINES	THYROID	AIR METAL BALANCE BODY TEMP	AUTUMN
DIGESTION MOUTH ANUS	STOMACH	SMALL INTESTINES	PANCREAS SPLEEN	EARTH MUSCLE THINKING Pondering ELIMINATING	EARTH GROUND FOR ALL SEASONS
CIRCULATORY REPRODUCTION	HEART	SMALL INTESTINES	THYMUS	FIRE SPEECH VIRILITY WELL-BEING	SUMMER

#crackthecode

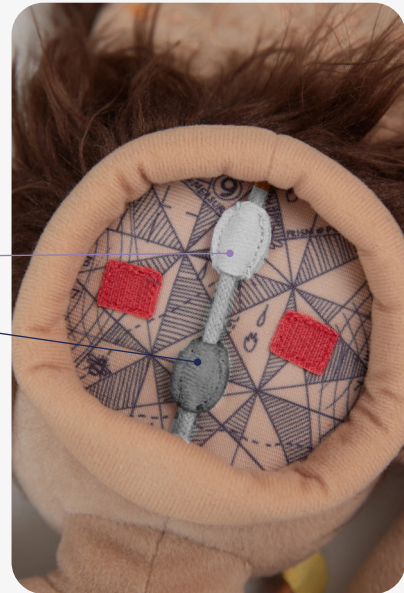
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ORGANS

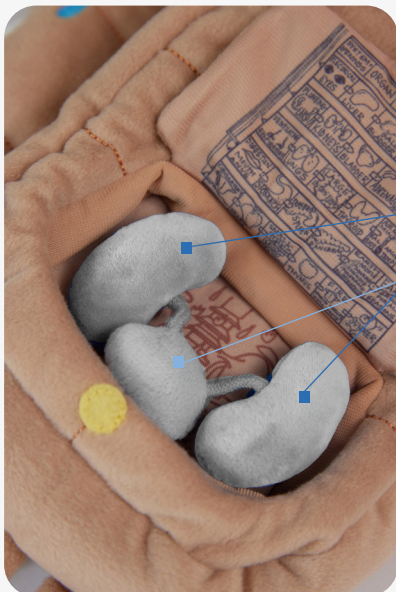
brain



GLANDS

pineal

pituitary



ORGANS

kidneys

bladder

SYSTEM + OPENINGS	ORGAN	BOWEL	GLAND	ELEMENT REGULATES	SEASON
ELECTRICAL EYES	LIVER	GALL BLADDER	PITUITARY	WOOD NERVOUS SYSTEM	SPRING
PLUMBING EARS	KIDNEYS	BLADDER	ADRENALS	WATER BONES EQUILIBRIUM	WINTER
VENTILATING NOSE RESPIRATORY	LUNGS	LARGE INTESTINE	THYROID	AIR METAL MINERAL BALANCE BODY TEMP	AUTUMN
DIGESTION MOUTH ANUS	STOMACH	PANCREAS SMALL INTESTINE	SPLEEN PINEALS	EARTH MUSCLE THINKING CHANGING Pondering ELIMINATING	EARTH FOR ALL SEASONS
CIRCULATORY REPRODUCTION	HEART	SMALL INTESTINE	THYMUS	FIRE SPEECH VIRTUE WELL BEING	SUMMER

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SYSTEM+ OPENINGS	ORGAN	BOWEL	GLAND	ELEMENT+ REGULATES	SEASON
ELECTRICAL EYES	LIVER	GALL BLADDER	PITUITARY	WOOD NERVOUS SYSTEM	SPRING
PLUMBING (EARS?)	KIDNEYS	BLADDER	ADRENALS	WATER BONES EQUILIBRIUM	WINTER
VENTILATING NOSE RESPIRATORY	LUNGS	LARGE INTESTINES	THYROID	AIR METAL MINERAL BALANCE BODY TEMP	AUTUMN
DIGESTION MOUTH ANUS	STOMACH	PANCREAS SPLEEN	PANCREAS	EARTH MUSCLE THINKING CHEWING PONDERING ELIMINATING	EARTH GROUND FOR ALL SEASONS
CIRCULATORY TONGUE REPRODUCTION	HEART	SMALL INTESTINES	THYMUS	FIRE SPEECH VIRILITY WELL-BEING	SUMMER