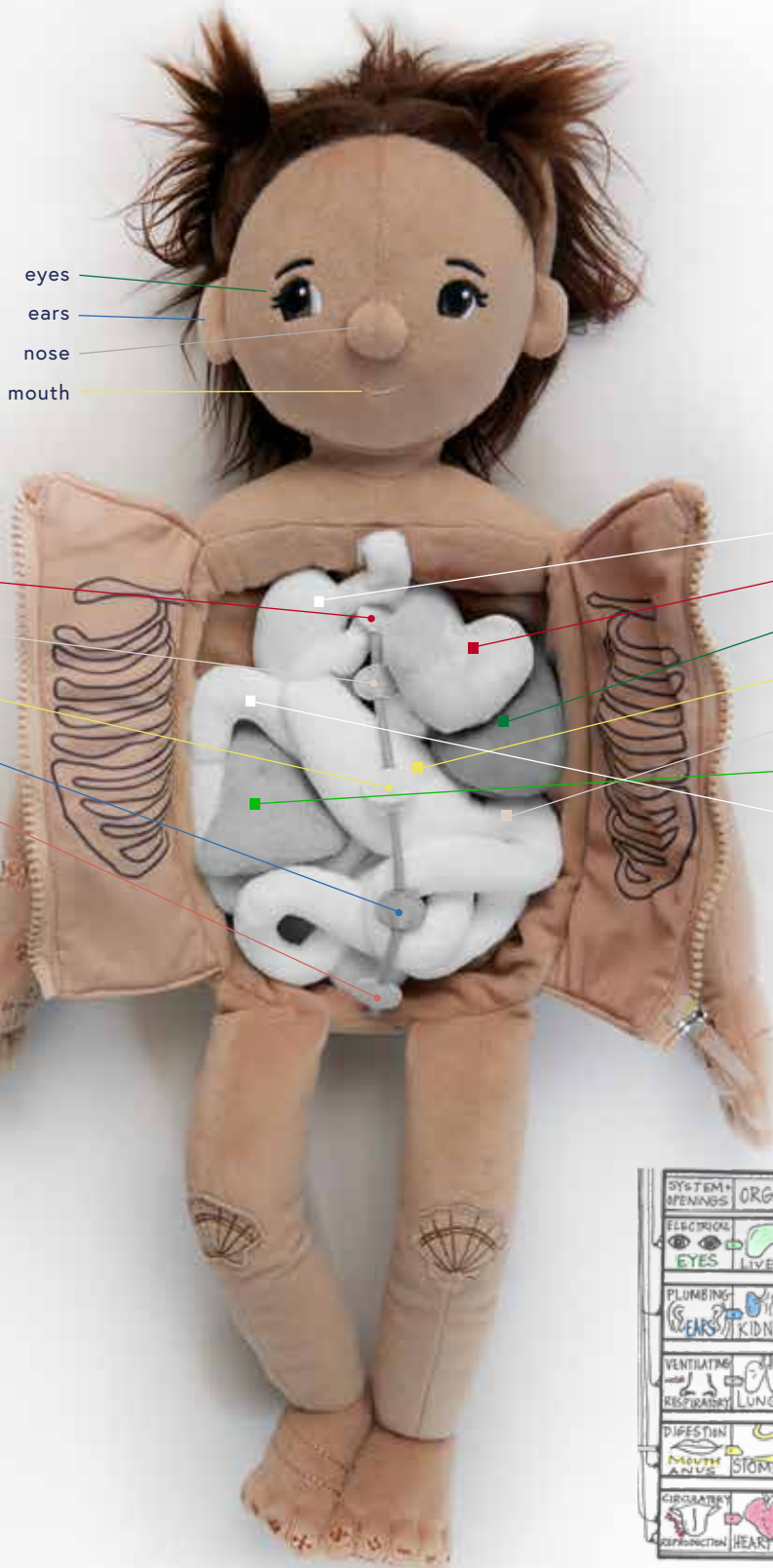


yogi doli

BY KATONAH YOGA



GLANDS

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

ORGANS

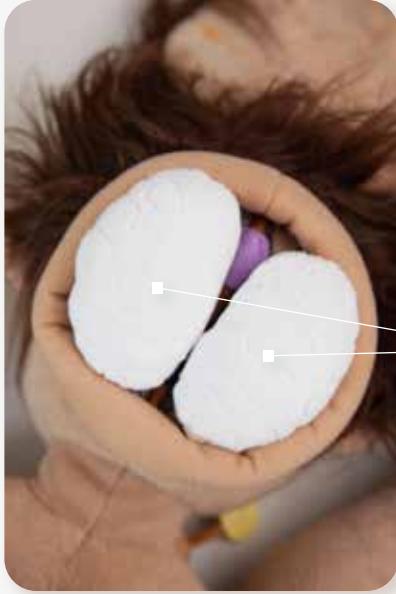
- lungs ●
- heart ●
- liver ●
- stomach ●
- small intestine ●
- gall bladder ●
- large intestine ●

| SYSTEM + OPENINGS | ORGAN | BOWEL | GLAND | ELEMENT + REGULATES | SEASON |
|----------------------------|---------|-----------------|-----------|---|-----------------|
| ELECTRICAL EYES | LIVER | GALL BLADDER | PITUITARY | WOOD NERVOUS SYSTEM | WINDY SPRING |
| PLUMBING EARS | KIDNEYS | BLADDER | ADRENALS | WATER EQUILIBRIUM | ICE WINTER |
| VENTILATING RESPIRATORY | LUNGS | LARGE INTESTINE | THYROID | AIR METAL TEMPERATURE | LEAFY AUTUMN |
| DIGESTION MOUTH ANUS | STOMACH | SMALL INTESTINE | PANCREAS | EARLY MUSCLE GROWTH FOR ALL SEASONS | WET EARTH |
| CIRCULATORY RESPIRATION | HEART | SMALL INTESTINE | THYMUS | FIRE WELL-BEING | WARM SUMMER |

#crackthecode

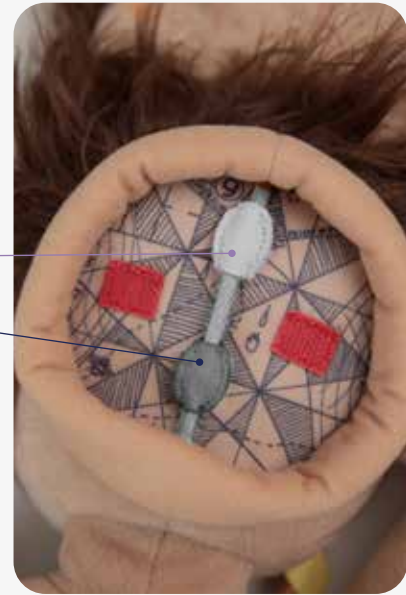
yogi doli

BY KATONAH YOGA



ORGANS

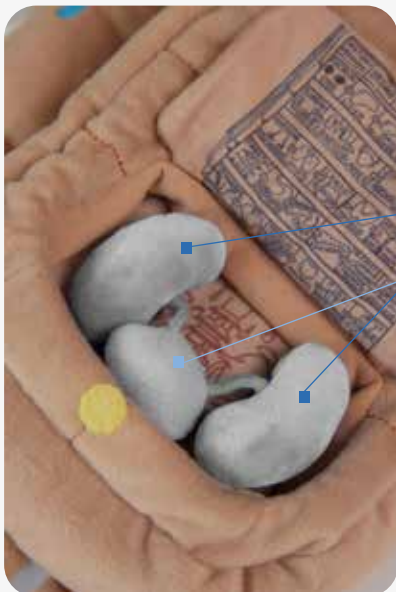
brain



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 EQUILIBRIUM | WINTER |
| VENTILATING RESPIRATORY | LUNGS | LARGE INTESTINE | THYROID | AIR METAL EQUILIBRIUM | AUTUMN |
| DIGESTION MOUTH ADUCE | STOMACH | SMALL INTESTINE | PANCREAS | EARTH GROUND FOR ALL | EARTH SEASONS |
| CIRCULATORY REPRODUCTION | HEART | SMALL INTESTINE | THYROID | FIRE WELL-BEING | SUMMER |

#crackthecode

| 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 |