

Yoga for Easier Digestion

5+ Breaths in Each Pose



Apanasana
Knees to Chest



Jathara Parivartanasana
Reclining Twist



Setu Bandhasana
Bridge

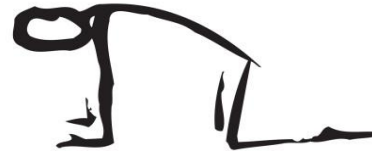


Virasana
Hero

Breath Work:
Inhale Into Your Belly for
the count of 4.
Exhale, pull belly in for
the count of 4.
Repeat 8 times.



Bitilasana
Cow



Marjaryasana
Cat



Adho Mukha Svanasana
Downward Facing Dog



Uttanasana
Standing Forward Bend



Utkatasana
Chair



Uttanasana
Standing Forward Bend



Paschimottasana
Seated Forward Bend



Jathara Parivartanasana
Reclining Twist

Breath Work:
Inhale Into Your Belly for
the count of 4.
Exhale, pull belly in for
the count of 6.
Repeat 12 times.



Viparita Karani
Legs Up the Wall



Savasana
Corpse