



## General Digestive Health Practice

*Using breath and forward/backward poses, to work the viscera laterally and circularly, ultimately combining all shapes. From standing, the motions extend into the entire spine, radiating from the abdominal area outward. Returning to the earth, sealing the expansive motions with grounding poses and bringing energy back to the target organs.*

### **Reclined Warm-Up with Abdominal Breath Focus**

- Knees to chest (with hip inquiries)
- Reclined Squat
- Pelvic Tilting
- Knee to Chest
- Half Happy Baby w/Pelvic Rock
- Bridge Lifts
- Reclined Twist
- Windmill Leg Sweeps
- Reclined Reaching Ladder Climbs
- Spinal Rocking

### **From Seated**

- Skull Polishing Breath
- Trunk Circles (with and without arm support)
- Side Bends with Arm Sweeps
- 3x Forward Folding from Crossed Legged
- Tadagi Mudra (Barreled Abdomen Technique)\*
- Extended Side Angle (with leg lift option)
- Gate Pose
- Seated Forward Fold

### **From Table**

- Cat/Cow (with breath retention)
- Wag the Tail
- Hip Drops
- Kneeling Lunge
- Lunge Twist Series
- Cat/Cow/Child's Flow
- Child's Pose

### **From Standing**

- Neck Exploration
- Breath/Arm Spiral Exploration



- Pulling Prana
- Empty Coat Sleeves
- Sweeping Forward Folds (with sounding)
- Palm Tree Flow: Upward Reaching, Balancing, Balancing Squat, Standing Backbend, Crescent Moon
- Standing Flow: Triangle, Warrior 2, Reverse Warrior, Extended Side Angle, Elephant Twist
- Standing Knee to Chest (into backbend)
- Yogic Squat Flow: Upward Reaching, Forward Folding, Twisting, Horse Seal\*

### From Prone

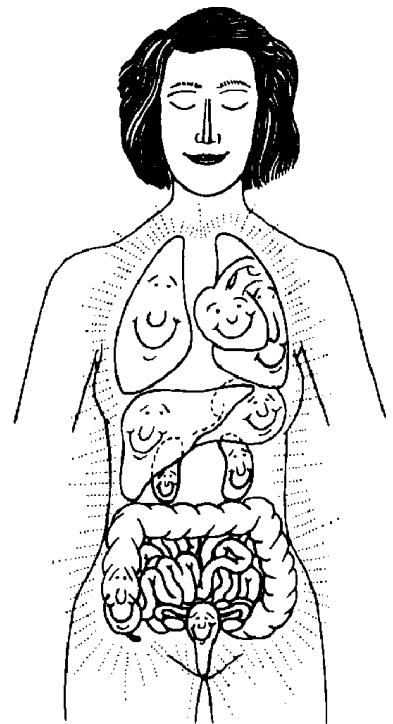
- Cobra/Locust Lifts
- Infant Exploration
- Half/Full Bow
- Feldenkrais Twist

### Side Lying

- Vishnu's Couch
- Cat Got It's Tail

### Finishing

- Dragonfly Sequence
- Bolstered Twist
- Reclined Hero
- Reclined Side Bend
- Legs Against the Wall
- Guided Relaxation with focus on Trust/Letting Go
- Inner Smile Meditation\*
- Self Massage\*



**\*Inner Smile Meditation:** Begin with a full grin. Feel the sensation of the muscles involved with smiling, especially the cheeks and eyes. Notice the impact of smiling on your entire being. As you shift into meditation, the active smile fades into a gentle grin and the cheeks/eyes to remain in the position that reflects the feeling of the full smile.

Move the smile visual image to every part of your body. Start by feeling the smiling vitality of your face, then beneath your face into your brain and nervous system. Smile to your muscles, bones, tendons and organs. Open the mind and body to receive positive energy. Shift your concentration onto the smile itself and let it charge the air that you breathe. Continue meditating on the image of the smile and the breath for the duration. Each thought or disturbance is greeted with a compassionate smile.



**\*Tadagi Mudra:** Barreled Abdomen Technique. Relaxes tension the abdominal region. Air increased pressure in the abdominal cavity and stimulates the abdominal nerve plexus and organs, which enhances lymphatic drainage. Manipura chakra, which governs digestive fire, is stimulated.

- Sit with legs outstretched and grasp the thighs, shins or big toes with both hands
- Inhale as deeply as is comfortable (the chest and abdomen are fully expanded)
- Retain the breath and focus on the abdominal muscles (which are pushed as far forward as possible)
- Exhale and relax the abdomen
- Repeat up to 10 times

**\*Ashwini Mudra:** Helps to relax the muscles surrounding the anus and stimulate the elimination process

- Sit in a comfortable meditation pose or a comfortable squatting pose
- Contract the sphincter muscles of the anus for a few seconds (without straining) then relax for a few seconds
- Inhale with the contraction and exhale with the relaxation
- Repeat the practice for as long as is comfortable – the contraction and relaxation should be smooth and rhythmic

**\*Self Massage:** Aids in digestion, absorption and elimination

- From a comfortable seated position place your right fist two inches below your navel, then move the fist two inches to the right on the right
- Grab your right elbow with your left hand and let your left elbow rest over top of your right fist
- Take a big abdominal inhale, and with the exhale fold forward, gently pressing the right fist into the abdomen
- Keeping the fist in place, create a circular motion, continuing to gently press into the belly
- Inhale, come up and move the fist two inches to the right, repeat
- Follow the line of the ascending and descending colon, moving clockwise in around the abdomen with the fist

