



Sun Salutation A (3 rounds)

4 Inhale Exhale Inhale Exhale Keep exhaling Inhale Hold 3-5 breaths Inhale Exhale Inhale Exhale

INSTRUCTIONS

- Breath of fire. Exhale bring your navel in towards your spine and on the inhale the belly relaxes. Powerful breaths through the nose. Continue for 54 or 108 pumps. *Activates and invigorates the liver, spleen, pancreas, and abdominal muscles.*
- Seated spinal rolls about 30 seconds in each direction. *Gently massage and stimulate internal organs.*
- Seated side bends hold each side for 5 breaths. *Stimulates the colon.*
- Sun salutation A three repetitions. *Builds heat.*
- Chair pose hold 5-10 breaths.
- 6-7 Forward bend to transition to lunge with the right foot forward. Hold the lunge 5 breaths.
8. Keep the left hand on the mat and raise the right arm up for 5 breaths. *Twists invigorate abdominal organs.*
- Downward dog 3 breaths. Repeat 7-8 with the left foot forward.
- From your lunge step back to plank and option to hold a few breaths then lower to your stomach.
- Move dynamically with your breath. Inhale raise your arms, chest and legs up then exhale down. Repeat 3 times then hold locust pose. *Helps with flatulence, constipation, indigestion, and lower-back pain.*
- Childs pose for 5-10 breaths.
- Seated twist to the right 5 breaths then switch sides.
- Boat pose 5 breaths (1 to 5 repetitions).
- Bound angle bend forward and hold 5 breaths.
- Reclined bound angle 10 - 20 breaths.
- Reclined spinal twist 5 breaths on each side
- Tuck pose 5 breaths.
- Relaxation 5minutes or more. *Releasing stress and calming the nervous system is paramount, as the gut has more nerves than the spine!*