INSTRUCTIONS

1. 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.

2. Seated spinal rolls about 30 seconds in each direction. Gently massage and stimulate intestinal organs.

3. Seated side bends hold each side for 5 breaths. Stimulates the colon.


5. 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.

9. Downward dog 3 breaths.

Repeat 7-8 with the left foot forward.

10. From your lunge step back to plank and option to hold a few breaths then lower to your stomach.

11. 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.

12. Childs pose for 5-10 breaths.

13. Seated twist to the right 5 breaths then switch sides.

14. Boat pose 5 breaths (1 to 5 repetitions).

15. Bound angle bend forward and hold 5 breaths.


17. Reclined spinal twist 5 breaths on each side

18. Tuck pose 5 breaths.

19. Relaxation 5 minutes or more. Releasing stress and calming the nervous system is paramount, as the gut has more nerves than the spine!