

YOGA FOR IMPROVED DIGESTION

FULL FORWARD BEND	LUNGE - REACH	SIDE BEND
		
HOLD POSE FOR	HOLD POSE FOR	HOLD POSE FOR
5 CYCLES	20 SECONDS EACH LEG	20 SECONDS EACH SIDE
BIRD DOGS	SUPER MAN	CAT
		
HOLD POSE FOR	HOLD POSE FOR	HOLD POSE FOR
10 CYCLES	10 CYCLES	30 SECONDS
COW	KNEE CIRCLES	CHILD'S POSE
		
HOLD POSE FOR	HOLD POSE FOR	HOLD POSE FOR
30 SECONDS	10 CIRCLES EACH WAY	30 SECONDS