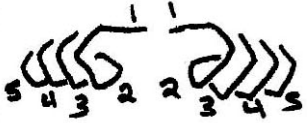



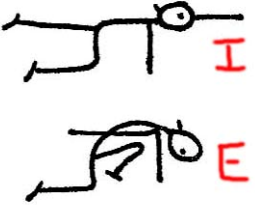
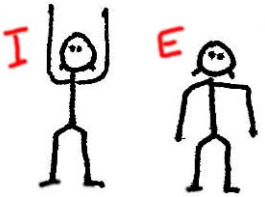
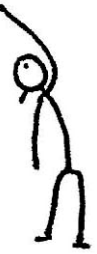

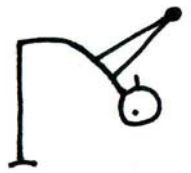




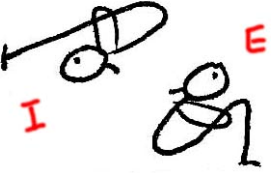
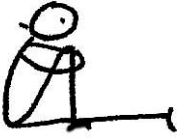



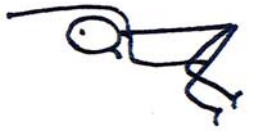
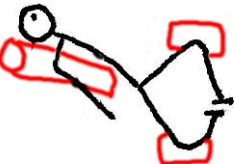


Digestive Ease

Gentle movements to soothe and comfort to the digestive system; helpful for stress-related digestive complaints.

<p>Soothes Digestive System</p>  <p>Adho Merudanda Make fists with thumbs pointing inwards, gentle pressure of nails in palm, rest on thigh</p>	 <p>Surrender Breath (Inhale slowly, Exhale completely let breath go)</p>	 <p>Seated Barrel Rolls</p>	 <p>Seated Abdominal Massage (twist to R, center, then L)</p>	 <p>Tiger</p>
 <p>Tadasana w/ Arms (Inhale raise arms, Exhale surrender arms & breath)</p>	 <p>Side Bend</p>	 <p>Ganeshasana</p>	 <p>Yoga Mudra</p>	 <p>Standing Backbend</p>
 <p>Airplane Twist (twist L hand to R foot, switch)</p>	 <p>Salabhasana</p>	 <p>Bhujangasana</p>	 <p>Rock & Roll (Inhale roll back, Exhale come forward)</p>	 <p>Marichyasana II</p>
<p>Engages the Witness</p>  <p>Hasta Mudra #6 Gently press finger tips together creating a basket with hands</p>	 <p>Mindfulness Meditation</p>	 <p>Apanasana (Exhale knees to chest, Inhale release)</p>	 <p>Reclining Twist</p>	 <p>Supta Baddha Konasana</p>