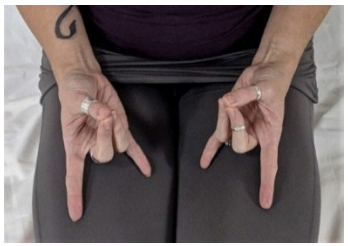
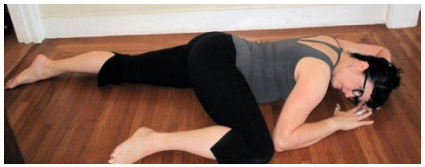
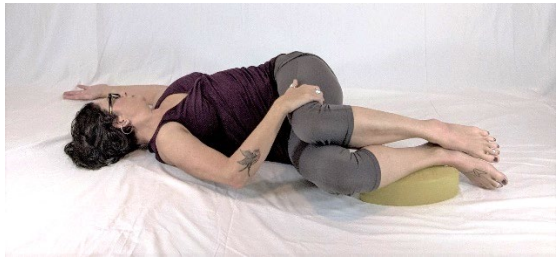
Under Digestion Protocol

Helpful for constipation, bloating, and flatulence

"My digestion is balanced" *"My digestion is balanced"* *"My digestion is balanced"* **State Sankalpa**	 **Apana Mudra** encourages bowel movement	 **Belly Breathing in Constructive Rest**	 **Belly Massage** from right groin up to right ribs, across diaphragm to left, down to left hip and across belly to right
SQUEEZE & SOAK SERIES: Encourages elimination and release of flatulence			
  **Wind Relieving Flow**	 **Wind Relieving Pose**	 **Seated Twist**	 **Flapping Fish**
 **Reclining Twist**	 **Reclining Bound Angle** relaxes abdominal organs	*"My digestion is balanced"* *"My digestion is balanced"* *"My digestion is balanced"* **State Sankalpa**	

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