

YOGA FOR DIGESTION - FLOOR SEQUENCE

Sunday, March 10, 2019 9:42 PM

Yoga for Digestion - Floor Sequence

Begin your practice with
 Lion Breath - to heat up
 the body.

<p>#1 5s</p>  <p>Lion Pose</p>	<p>#2 5s</p>  <p>Lion Pose Lotus Variation</p>	<p>#3 5s</p>  <p>Chin Mudra Easy Pose</p>	
<p>#4 5s</p>  <p>Dedicated to Sage Bharadvaja Pose</p>	<p>#5 5s</p>  <p>Revolved Bound Easy Pose</p>	<p>#6 5s</p>  <p>Dedicated to Sage Bharadvaja Pose</p>	<p>#7 5s</p>  <p>Revolved Bound Easy Pose</p>
<p>#8 5s</p>  <p>Supported Boat Pose</p>	<p>#9 5s</p>  <p>Boat Pose</p>	<p>#10 5s</p>  <p>Tall Seated Forward Bend Pose</p>	<p>#11 5s</p>  <p>Revolved Seated Forward Bend Pose</p>
<p>#12 5s</p>  <p>Half Wide Angle Pose</p>	<p>#13 5s</p>  <p>Butterfly Pose Preparation</p>	<p>#14 5s</p>  <p>Easy Pose Forward Fold</p>	<p>#15 5s</p>  <p>Table Top Pose</p>

#16

5s



Cat Pose

#17

5s



Cow Pose

#18

5s



Rabbit Pose

#19

5s



Table Top Pose

From Table Top, take this into Balancing Table Pose. REPEAT on each side.

#20

5s



High Plank Pose

#21

5s



Cobra Pose

#22

5s



One-Legged Locust Pose

#23

5s



Bow Pose

#24

5s



Table Top Pose

#25

5s



Hero Pose

#26

5s



Staff Pose

#27

5s



Half Lord of the Fish Pose

#28

5s



Half Lord of the Fish Pose

#29

5s



Half Lord of the Fish Pose 2

#30

5s



Half Lord of the Fish Pose 2

#31

5s



Corpse Pose

#32

5s



Supine Twist Pose

#33

5s



Supine Revolved Eagle Pose

#34

5s



Shoulder Bridge Pose

#35

5s



One Legged Bridge pose

#36

5s



Reverse Table Top Pose

#37

5s



Knees to Chest Pose

#38

5s



Happy Baby Pose

Optional: End with Legs up Wall or Variation using Block under Lower Back. Relax the nervous system.

#39

5s



Side Lying Pose

BREATH OF FIRE:

It is important to remember that it takes time to build up to the full practice of Breath Of Fire. Beginners should start with a short amount of time (30 seconds is great), and at a slightly slower rate.

1. Sit up tall, lengthening the space between your navel and your heart.
2. Breathe in and out through the nose and start to pull your abdomen in during the exhale, and press it out during the inhale. Imagine your belly fills up with air during the inhale and use your abdominal muscles to push the air out during the exhale.
3. Start to shorten each breath and pick up the pace. The breathing should be loud and quick.
4. Try to equalize the inhale and the exhale in both strength and length.

Post-pranayama, always pause and take a few smooth deep breaths as you sit and listen for the immediate effects of the practice. Tingling is completely normal (and quite wonderful!). After a while, you may do 2-3 sets of 30 seconds with a few smooth, long breaths in between. One day in the future, you will reach four minutes at a rate of four breaths per second. The benefits of Breath Of Fire are immense, and only build on one another over time. It is an ancient technique that is used frequently in modern day practice as a cleansing ritual, and as a way to bring about a separation between a busy schedule and a smooth yoga practice...eventually melting the two together as one.