



**Santhika
Retreat
Center**

5 Yoga Asanas To Improve Digestion

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Do you often feel bloated or uneasy? This might be due to indigestion. Your digestive system is working throughout the day to break down the food you eat and provide energy. Here are some yoga asanas for a stronger gut and improved digestion.

1. Paschimottasana (Seated forward bend pose)

Paschimottasana or the seated forward bend asana helps relieve gas and constipation. It also reduces abdominal fat and gently massages the organs.

Steps to do the pose:

- Start by sitting down on the floor with your legs extended in front of you and your hands at your side.
- Make sure your spine is straight.
- Now, inhale and lift your arms straight in front of your chest.
- Extend your back and bend forward from your hips.
- Try to hold your toes and keep your chin on your thighs.
- Hold this position for about a minute and return to the original position.



2. Balasana (Child's pose)

Balasana or the child's pose releases stress and calms your mind. The yoga pose is also beneficial for your thighs, hips and lymphatic system.

Steps to do the pose:

- Start by coming to all fours.
- Now, sit back on your heels and bend forward.
- Try to touch your chest to your thighs.
- Extend your arms straight ahead.
- Hold this position for about three minutes and then return to the normal position.



3. Pavanamuktasana (Wind relieving pose)

Pavanamuktasana or the wind relieving pose removes the gas and stomach ailments. It will improve your digestion and expel gas from your stomach. It also strengthens the muscles in your abdomen.

Steps to do the pose:

- Start by lying down on the floor on your back with your legs straight and your hands at your side.





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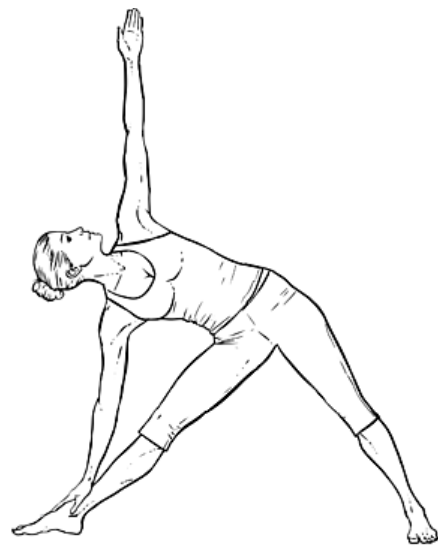
- Take a deep breath and raise your legs. Now, bend your knees and bring them towards your chest.
- Wrap your arm around your knees and hug them to keep them near your chest.
- Try to touch your knees with your nose.
- Hold this position for about 30 seconds and then return to the original position.

4. Trikonasana (Triangle pose)

Trikonasana or the triangle pose improves digestion, stimulates appetite and relieves constipation. It is also beneficial for your kidney and other abdominal organs.

Steps to do the pose:

- Stand straight with your legs wide apart and your hands at your side.
- Now, turn your right foot to your right and bend your body to the right side.
- Touch your right hand to your right foot.
- Keep your left arm extended towards the ceiling.
- Come back to the original position and then do the same on the other side.



5. Ardha Matsyendrasana (Half lord of the fishes pose)

Ardha Matsyendrasana is another great pose to improve digestion. It massages abdominal organs and improves the health of the pancreas and liver.

Steps to do the pose:

- Begin by sitting down with your legs extended forward and your spine straight.
- Now, bring your left foot near your pelvic region by bending your knees.
- Bring your right foot over your left knee.
- Your right foot will be near your left knee.
- Twist your body to bring your left arm over your right knee.
- Keep your right arm behind your back.
- Hold this position for around one minute.
Return to the original position and then do the same on the other side.

