

Take Home Flow 11-28-09

Yoga for Digestive Health

After the big Thanksgiving meal, this is a flow to help massage your belly, nourish your digestive system and ignite your digestive fire.

Come to your center

Sit comfortably. Begin with a few moments to listen to your breath, becoming quietly centered. As you connect with your breath, begin to let your arms flow up and down with each wave of breath. *I relax and open to healing.*

Awaken your body

For a few breaths, play with a few poses to awaken your body and your connection to your movement. Release the neck; open the spine with cat/cow flows, stretch into downward facing dog, and release into a standing forward bend. When you are ready, make your way to child's pose for your flow.

Flow

1. From child's pose, come forward to Cobra pose. With hands below your shoulders and elbows back, lengthen through the back. Feel the pressure on your abdomen as it grounds you in the pose. This pressure is very healing for your digestive organs – liver, stomach, intestinal track - while the back bend stimulates your adrenals and kidneys. Begin with a few moments to connect to your heart. Take one hand to your heart and feel yourself there. Express gratitude for life, your breath, your body. (note – the photo shows seated, but you can do this kneeling)
2. From the cobra, lie down and reach your arms forward. Lift as much of your body as you can off the mat. Feel again the grounding pressure in your abdomen. As if in deep water, stroke your arms back to locust pose.
3. Press back to child's pose, rest.
4. Walk hands toward your knees, cross the ankles, and come over our feet to sit. Extending legs forward, lead with your pelvis as you lift and tilt forward into a forward bend. Let your mind and body relax completely.
5. Slowly come back up from the forward bend and roll down onto your back. Hug knees into your body and rock side to side.
6. Bending the right knee, open the knee out to your right side. Circle your leg in the hip joint. Find a nice slow opening here, then repeat with the left leg.
7. Take feet to the floor with bent knees. Lift your hips up and shift them about 6 inches to the right, then drop both knees to the left as you turn your head to the right. After several long, deep breaths, repeat this healing twist to the other side.

Receive

Close your practice with a few moments in final relaxation, receiving the benefits of this practice of digestive health.

I breathe in and out and let go.

namaste

