



Yoga for Stomach Problems

In this video you will learn a sequence of postures to cure stomach problems such as constipation and indigestion.

Before you start, warm up by doing 10 cycles of the sun salutation.

It enhances blood circulation, improves the functioning of the bowels and helps strengthen muscles and joints.

It also revitalises your body and refreshes your mind, leaves you feeling energetic throughout the course of the day.

Once you are warmed up, you're ready to begin the sequence of asanas.

Hold each pose for thirty seconds to a minute or as long as you are comfortable.

Remember to repeat the pose on the other side whenever possible.

Do take time to rest between the different asanas as required, assuming either the corpse pose or the staff pose .

Start with the standing forward bend.

Reach down as far as possible while keeping your knees locked.

Next do the triangle pose.

Keep your arm raised nice and straight and look up.

Move on to the revolved triangle pose.

Twist your body and feel the stretch in you back, shoulders and hamstrings.

The next asana is the chair pose.

Try and keep your back as straight as possible.

The following pose is the extended side stretch.

Look up and breathe normally.

Move on to the cat pose.

Round your back and tuck your chin in.

Hold for a few seconds and then arch your back and look up.

The following pose is the downward facing dog.

The knees and elbows should be locked, and the feet flat on the ground.

Next sit down in the hero pose.

Relax your mind and concentrate on your breathing.

Extend your legs and do the seated forward bend.

Reach out as far as you can keeping your back straight.

Next do the boat pose.

The arms and legs should be extended.

Move on to the gate pose.

Feel the stretch in your legs and your upper body.

The following asana is the raised feet pose.

Raise one leg and hold for a few seconds.

Repeat the same with the other leg.

Now raise both legs and hold for as long as you are comfortable.

Next do the half lord of the fishes pose.

Keep your back straight and look behind.

Move on to the cobra pose.

Press your palms down and inhale deeply as you raise your trunk till your chest is perpendicular to the ground.

The following asana is the locust pose.

Hold for as long as you can.

Lie down on your back and do the bridge pose.

Breathe normally in the final position.

Next do the three limbed forward bend.

Bend forward and reach out as far you can while keeping your back straight.

The following asana is the balancing bear pose.

The knees should ideally be locked.

Move on to the fish pose.

Slowly, tilt your head backward and place the top of your head on the floor.

Next do the gas release pose.

Raise your chin to touch the bent knee.

Follow up with the seated forward bend.

Keep your back straight.

Next do the shoulder stand.

The legs and the upper body should be perpendicular to the ground.

The following asana is the plough pose.

Try and touch the ground with your feet behind the head.

Move on to the monkey pose.

Twist your torso so your knees are facing one side and your face is towards the other.

The next asana is the head stand.

Keep the legs straight and maintain the balance.

Rest in the child pose for a minute.

Lie down for a few minutes in the corpse pose.

Relax and concentrate on your breathing.

Follow up with the skull shining breathe technique for a minute.

Rest for some time and do another cycle for as long as you feel comfortable.

Next do the alternate nostril breathing technique for five minutes.

Regular practice of these recommended asanas will effectively alleviate digestive disorders.

<https://www.sikana.tv/en/sport/yoga/stomach-problems>