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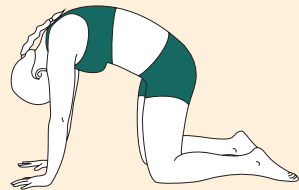
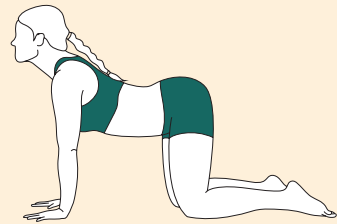
BENDY BENEFITS FOR BODY AND BRAIN

The practice of yoga brings you back into your body, making you mindful of the present moment and helping to soothe stress which, coupled with the physical movements, can help improve gut function.

The aim of yoga is not to be the most flexible member of the class, but rather, it is to quiet your mind. All the tools of yoga – the poses (asana), breathing (pranayama), and meditation (savasana) – are aimed at calming your mind and body and balancing your emotions. Concentrate your mind in the same way a musician becomes absorbed in a piece of music or a child focuses on colouring in. Outside a yoga class, you can use mantra or simply focus on an object, internal or external, to help your concentration.

Yoga for digestion

Yoga can be a useful tool to relieve digestive discomfort such as gas, bloating and indigestion. Practice these poses a few hours after a meal, rather than on a full stomach, to help cleanse and stimulate digestion.



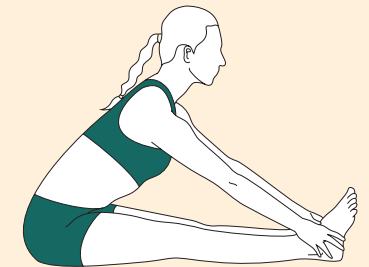
Cat cow

Inhale as you drop your belly button toward the earth and lift your heart and hips to the sky into Cat Cow pose. Spread across your shoulders and sitting bones. Exhale as you round your upper back toward the sky, dropping your gaze to your navel and pressing your hands and knees into the earth in cat pose. These poses massage your organs as you alternately compress and lengthen the digestive organs.



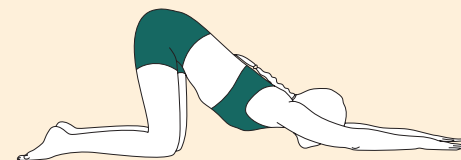
Half lord of the fishes

Twists help improve digestion. Half Lord of the Fishes cleanses the digestive system. While holding the twist, blood flow to the digestive organs is reduced, so when you release, there is an influx of fresh blood to the digestive organs. Like twisting a cloth, this pose helps wring out toxins.



Seated forward fold

By placing a bolster or pillow on your thighs, allow your tummy to rest upon it when you fold forward, this pose allows for digestive massage. Take a full inhale, so the bolster or pillow resists against your belly, causing a compression. On the exhale, the compression is released, creating new blood flow to the area.



Extended puppy pose

Come onto your hands and knees. Then keeping your hips where they are, walk your hands forward. Release your head onto the floor or a block and allow gravity to open your heart. This pose can relieve cramps after a large meal.



Wind relieving pose

This pose is good for sluggish digestion or trapped wind. Slowly bend one knee, bringing it into the chest, followed by the other knee, exhaling as the knees draw into the chest, and inhaling as they move back to the ground.