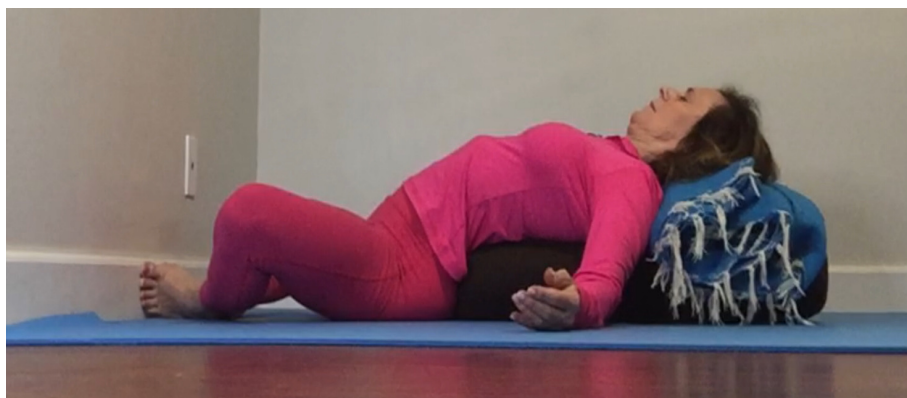


GENTLE SEQUENCE FOR STOMACHACHE: This sequence is intended for minor stomachaches. (No diarrhea, constipation, or other maladies.)

Sequence created and modeled by Juli Kagan, CIYT - Level 1

ASANA #1
SUPTA BADDHA KONASANA
Supine Bound Angle Pose



1. Release the shoulders, head, and neck so the arms can release enabling horizontal expansion of the chest and ribs.
2. Inhale to experience the breath on both sides of the ribs.
3. Exhale to soften and recede the abdomen.
4. Relax the tongue and jaw.
5. Toes can be against a wall (demonstrated in photo) and/or thighs can be supported with blankets (not shown in photo)

ASANA #2
SUPTA VIRASANA (OR SVASTIKASANA)
Supine Hero's Pose (or Auspicious Pose)



1. Lengthen the abdomen by bringing the arms overhead in Urdhva Baddha Hasta. Utilize a blanket as needed to support the shoulders.
2. Allow the abdomen to 'let go.'
3. Use the exhalation to release any abdominal tension or unresolved stress.
4. Pause at the end of the exhalation to consciously relax the inner state of being.
5. Use of sandbags at the tops of the thighs enables the thighs to release toward the floor.

ASANA #3
ADHO MUKHA SVANASANA
Downward Facing Dog Pose



1. Maximum stretch of the legs and firmness of the arms, so the spine is the receiver of those two actions.
2. Hollow the lower abdomen by spreading the right to the right and the left to the left.
3. Notice the natural gastrointestinal effect on the abdomen.
4. Heels can be against the wall for additional reinforcement of the leg actions.

ASANA #4
SUPTA PADANGUSTASANA II
Reclining Hand to Big Toe Pose



1. Widen and spread the abdomen.
2. Soft steady inhale; soft steady exhale.
3. REPEAT and bring the foot higher to the shoulder.
4. Observe how the abdomen needs to stretch further on the second repetition.
5. Bringing the lateral foot to the wall enables the outer hip to stabilize whilst lengthening the inner groins to the ankle.

ASANA #5

PARSVA UPAVISTA KONASANA

Side Wide Angled Seated Pose



1. Widen the abdomen.
2. Turn the abdomen, trunk, and chest.
3. Extend through the opposite leg from the direction you are turning.
4. Keep the spine lifted.
5. Use the fingers and hands, one in front and behind, to enable more buoyancy in the pose.

ASANA #6

JANU SIRASANA PREPARATION

Head to Knee Pose – Stage 1



1. Lift the spine to turn gently.
2. Sit up on a blanket to create more height in the spine. This will enable the twist to stay more upright.
3. Use one hand on the outside of the extended leg and the other hand behind the buttock to enhance the twist.

ASANA #7

DIAGONAL JANU SIRSASANA:

Head to Knee Pose in Between the Legs (variation)



1. This variation enables the abdomen to lengthen, widen, and relax.
2. Extend through both legs to make space for the spine to extend more fully.
3. Soft smooth breath in; soft smooth breath out.

ASANA #8

UPAVISTA KONASANA in SIRSASANA – No photo

ASANA #9

ADHO MUKHA VIRASANA

Downward Facing Hero's Pose / "Child's Pose"



1. Soften into the pose to relieve fatigue, anxiety, stress, and gastric tension.
2. Use with or without a bolster, depending on personal needs, and knee and/or hip limitations.
3. Turn the head to one side for approximately 3 minutes and slowly repeat for the other side.
4. The bolster can press gently into the abdomen for added compression.
5. Allow the breath to become longer on the exhalation enhancing parasympathetic dominance.

ASANA #10

SALAMBHA SARVANGASANA, HALASANA & KARNIPINDASANA – No Photo

ASANA #11

SETUBANDHA SARVANGASANA

Bridge Pose



1. Lengthen the front body to stimulate organs around the abdomen.
2. Keep the chest open and the throat soft.
3. Allow the abdomen to stay long (no puffing.)
4. Strap the thighs (not shown in photo) or the ankles (shown in photo.)
5. Breathe with ease, preferably through the nose.

ASANA #12

BADDHA KONASANA in VIPARITA KARANI

Bound Angle Pose in Legs Up the Wall /Topsy Turvy Pose



1. Inversions help regulate the parasympathetic nervous system, which stimulates digestion and supports regularity.
2. Let the breath be even, thin, and gently rhythmic.
3. Bathe in the breath.
4. Bringing the legs into Baddha Konasana widens the lower abdominal cavity and pelvic organs.
5. Find comfort, stillness, and quietude in the pose, bringing calm to the nervous system, supporting the rest and digest state.
6. This pose activates the Vagus Nerve which wanders down through the body, connecting to areas including the heart, diaphragm, and gut.

ASANA #13
SAVASANA
Corpse Pose



1. Notice the flow of energy in the abdomen – pay special attention to any unconscious stress being held.
2. Just Be. There is no need to do anything anymore.
3. Support the head and legs as needed. Personalize your props to make the pose as comfortable as possible.
4. Release any conditioning effort of the breath.
5. Rest fully in Savasana.