Post-Thanksgiving Meal Yoga Poses

You ate slowly and very relaxed BUT you did this all day long. No worries. I have provided a few yoga poses to help ease any discomfort you might be experiencing after your Thanksgiving Day meal(s). A 20 minute walk in conjunction with these poses does wonders!

**Cat/Cow:** stimulates the digestive process by repeatedly stretching and contracting the abdominal muscles and organs.

*How to:* position into all 4’s aligning shoulders over the wrists and hips over the knees. On an inhale, gently extend your chest forward and your sits bones back as your naval drops to the mat. As you exhale, round your spine and tuck you chin into your chest. Keep this movement for 5 to 10 breaths.

**Sphinx:** this gentle backbend stretches the abdominals and abdominal organs. It also opens the chest, lungs and shoulders and soothes the nervous system.

*How to:* While on your belly, place your forearms parallel of each other and elbows under shoulders pointing your middle fingers forward. On an inhale, press the top of your feet, your hands and your pubic bone into the mat while lifting and extending your chest up and forward. Strongly engage your legs. Take 2 to 3 breaths and lower. Repeat a few times.

**Downward Facing Dog:** aids in the digestion by bringing the whole body into alignment naturally relaxing the digestive tract. This pose is an inversion, do it slowly and carefully.
Yoga Poses continued...

How to: Position into all 4’s as you did in cow/cat pose. Move your knees back 3 to 4 inches. Tuck your toes and lift your hips toward the sky and toward the back of room gently straightening your legs. Try to keep your spine long and straight. Stay in the pose 5 to 10 breaths.

Malasana Pose: This is one of the best poses for digestion because it brings the intestines/the bowels into the right rhythm so that the functions of our metabolism work properly.
How to: Bring your feet a little wider than hips distance with your toes slightly pointing away from each other. Slowly lower your hips towards the floor, trying to keep your feet flat on the mat. If this is difficult, place your heels on a rolled up towel. Place your hands together and press your thighs with your elbows. Stay in the pose for 10 breaths.

Wind Relieving Pose: The description is in the name. This pose relieves gas and bloating.
How to: Lie on your back and bring your knees into your chest and take hold of your shins with your hands. Draw your thighs towards your stomach. Stay in the pose 5 to 10 breaths.

Reclining Twist: This is a gentle and relaxing twist which stimulates digestive fire nourishing the digestive organs with fresh blood flow. This twist also massages the abdominal organs to get things moving.
How to: Lie on your back and extend your arms out to both sides and don’t forget the cheesy smile. Bring your knees into your chest (I prefer to place a folded blanket or a yoga block between my knees). On an exhale, gently lower your legs to one side. Stay in the pose for 5 to 10 breaths and switch sides.

Left Side Fetal Position: Lying on the left side of the body allows gravity to assists in the movement of the contents from the small intestines into the large intestines. This also offers some ease if you have indulged a bit too much.
How to: Place a folded up blanket or pillow between your knees and lie on your left side in a fetal position. Stay in this position for 15 to 30 minutes.

“The serene and tranquil set the rhythm of the world.” ~ Lao Tzu