

Yoga sequence to help IBS



Apanasana



Start by lying on your back tightly hugging your knees into your chest. Take 5 full deep yogic breaths.



Single Leg Apansana



Rest the left leg down on the mat and with both hands on the right leg tightly squeeze this into the chest, feeling a massage of the abdominal organs. Hold for 5 breaths before repeating on the other side. Then repeat pose 1 For another 5 breaths.



Reclining Twist



From Apanasana rock your knees over to the right, keep both shoulders flat on the mat as you feel a gentle twist in the abdomen. Hold for 5-10 breaths before switching to the other side.



Paschimotanasana – Seated Forward Fold



Sit with straight legs, engage the thighs and fold forward over the legs from the hips. Hold for 5 breaths.

MARTIN SCONDUTO



Balasana – Childs Pose Variation



Take a normal child's pose, but add a variation by making fists with the Hands and placing these in the low abdominal before folding forward. Hold for 10 breaths.