

# CHATELAINÉ

PRESENTS



# 5

MOVES  
TO IMPROVE  
DIGESTION

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# SKIPPING

When doing a cardio activity to help with digestion, make sure it's consistent and rhythmical. Skip for 5 minutes.



# CAT-COW

This is a great exercise to help relax and mobilize the spine while also training your body to improve its deep breathing capability. Complete 15 reps.



1

Start on all fours with hands directly under shoulders and knees under hips.

2

Inhale and lengthen spine from head to tailbone. Exhale and pull stomach muscles in toward spine while simultaneously pushing your back up toward the ceiling. Relax head while engaging pelvic floor muscles.

3

Inhale and reverse position, allowing stomach to drop toward floor and head and chest to lift toward ceiling.



# FULL-BODY ROLL-UP

This whole-body move will improve your abdominal strength, lumbar spine mobility and hamstring range of motion. Complete 10 reps.



1

Lie on back with arms reaching over head and legs stretched out.

2

Exhale and slowly roll up into a seated position, one vertebra at a time. Inhale and reach hands up toward ceiling.

3

Exhale and reach for toes, keeping legs straight. Hold for one deep breath. Exhale and unroll slowly, returning to start.



# CRESCENT LUNGE WITH ROTATION

Rotational yoga poses aid in digestion by decreasing blood flow to digestive organs during the twisted portion and then increasing the blood flow when the rotation is released.

Complete 3 reps on each side.



1

Stand straight with feet hip-width apart, arms at sides and gaze forward.

2

Step left foot forward and bend into a low lunge position. Reach both hands up toward ceiling.

3

Place hands together in prayer in front of chest with elbows out wide. Inhale and lift up through spine to get as tall as possible. Exhale and rotate torso to the right as far as possible. Rest right elbow on left thigh to increase leverage for the rotation. Hold for three breaths.



## CHILD'S POSE

This simple, relaxing move helps you breathe deeply into your lungs and diaphragm to release tension. Hold for 15 breaths.



1

Start on all fours with hands directly under shoulders and knees under hips.

2

Shift knees out so they're wider than hips. Slowly lower hips back and reach hands forward. Let head relax and drop to the floor.

