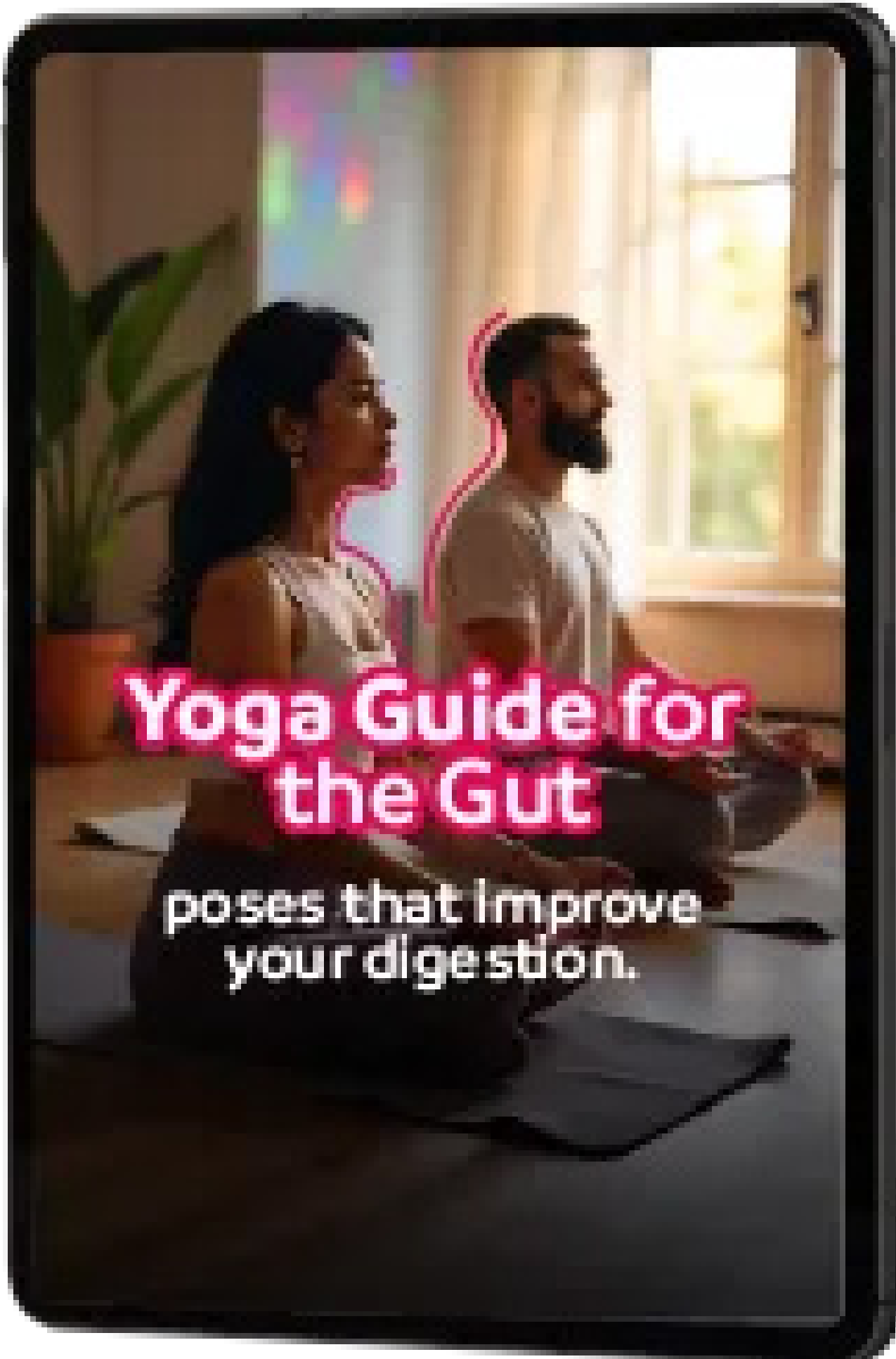


A man and a woman are practicing yoga in a room with a large window and a potted plant. The woman is in the foreground, wearing a white top, and the man is behind her, wearing a white t-shirt. They are both in a seated position, facing right. The room is brightly lit by natural light from the window. A potted plant is visible on the left side of the frame. The text "Yoga Guide for the Gut" is overlaid in a pink, stylized font.

Yoga Guide for the Gut

poses that improve
your digestion.