

Yoga Guide for the Gut

Poses that improve your digestion



*A Beautifully Illustrated Digestive
Flow Manual*



Your gut does not only respond to what you eat, it responds to how you breathe, how you move, and how safe your nervous system feels. This happens because digestion is not a purely mechanical process, it is neurological. The muscles of your intestines contract and release in response to signals from the brain and the vagus nerve. When stress is high, digestion slows, and when the body feels safe, motility improves, bloating decreases, and elimination becomes more regular.

This guide was created to support the work you are already doing with OMG! Probiotics.

While probiotics help restore microbial balance internally, gentle movement helps stimulate circulation, improve intestinal motility, and reduce abdominal tension externally. The two approaches work together.

- ✗ You do not need an intense workout.
- ✗ You do not need flexibility.
- ✗ You do not need to “burn calories.”

You need gentle compression, intentional breath, and rhythmic movement that encourages the digestive tract to function efficiently.

The sequences in this guide are designed to:

- ✓ Reduce bloating
- ✓ Stimulate bowel movement
- ✓ Improve gas release
- ✓ Support vagal tone
- ✓ Enhance circulation to abdominal organs

💡 Even 5–10 minutes can shift how your gut feels.

Before the Poses

General Guidelines:

- Move slowly.
- Breathe through your nose whenever possible.
- Never force compression or stretch.
- Stop if you feel strain.
- Consistency matters more than duration.

Even five intentional minutes can shift digestion when practiced calmly and repeatedly.

Suggested Timing

Held Poses

60–90 seconds

Up to 2 minutes if comfortable



Dynamic Poses (movement-based)

6–10 slow repetitions

Move with breath



Breathing Practices

1–3 minutes minimum

Longer if needed



How This Guide Is Structured

Digestion is not one single process. It changes throughout the day, and responds to stress, meals, movement, and even to your emotional state. That's why this guide is divided into four intentional sections. Instead of offering random poses, we organize the practices into Digestive Flows, each one designed to support a specific digestive need and a specific moment of the day.

- ✔ Some flows relieve pressure and bloating.
- ✔ Some stimulate intestinal movement.
- ✔ Some decompress the body after meals.
- ✔ And some calm the nervous system to support overnight repair.

You don't need to practice all of them. Just choose the flow that matches how your gut feels. Think of these sequences as physical companions to your internal reset.

These are the Digestive Flows you will find in this guide, each composed of four carefully selected poses:

- 1 Wind-Relief Sequence
- 2 Colon Activation Flow
- 3 Post-Meal Decompression
- 4 Evening Calm + Motility Reset

While probiotics support your microbiome from within, these movements encourage circulation, motility, and vagal tone from the outside.

Together, they create rhythm.



I Wind-Relief Sequence

For gas, bloating, and abdominal pressure

This sequence focuses on gentle compression and release, helping trapped gas move through the digestive tract. It is especially useful when you feel distended, uncomfortable, or heavy after meals.
Poses:

Wind-Relieving Pose (Pawanmuktasana)

Brings knees into the chest to gently compress the abdomen and encourage gas release.



Knees-to-Chest Rocking

A dynamic variation that massages the intestines and reduces abdominal tension.



Happy Baby Pose (Ananda Balasana)

Opens the lower abdomen and pelvic area, helping relieve pressure and stagnation.



Seated Forward Fold (Paschimottanasana)

Calms the nervous system while softly compressing the digestive organs.



👉 Best practiced mid-morning or when bloating appears unexpectedly.

2 Colon Activation Flow

For sluggish digestion and irregularity

This flow stimulates peristalsis, the natural wave-like contractions of the intestines, by combining twists and gentle spinal movement.

Poses:

Seated Spinal Twist (Ardha Matsyendrasana – gentle)

Twists gently massage the colon and improve intestinal circulation.



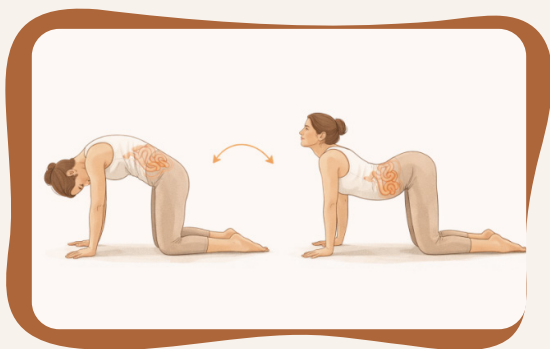
Supine Spinal Twist

A restorative twist that supports elimination and eases lower abdominal tension.



Cat–Cow Flow (Marjaryasana–Bitilasana)

Rhythmic spinal movement stimulates digestive organs and improves gut-brain communication.



Yogic Squat (Malasana)

Encourages natural elimination and pelvic floor relaxation.



☛ Ideal in the morning or on days when digestion feels slow or incomplete.

3 Post-Meal Decompression

For heaviness, reflux, and post-eating discomfort

This flow is designed to be done 30–60 minutes after eating, never immediately after meals. It supports digestion without overstimulation.

Poses:

Gentle Seated Twist

Encourages digestion without compressing the stomach aggressively.



Child's Pose (Balasana)

Calms the abdomen and reduces nervous-system-driven digestive tension.



Reclined Bound Angle Pose (Supta Baddha Konasana)

Opens the belly and promotes blood flow to digestive organs.



Legs Up the Wall (Viparita Karani)

Reduces heaviness, supports circulation, and eases abdominal pressure.



👉 Perfect after lunch or dinner when you want relief without effort.

4 Evening Calm + Motility

For nighttime digestion and gut-brain relaxation

This sequence prepares the body for overnight repair, when the gut naturally regenerates and rebalances.

Poses:

Supine Spinal Twist (Slow + Held)

Encourages gentle detoxification and intestinal movement before sleep.



Knees-to-Chest Hold

Soft compression helps settle digestion after the day's intake.



Diaphragmatic Breathing (Hands on Belly)

Activates the vagus nerve, improving gut-brain communication.



Savasana (Resting Pose)

Allows full nervous system downregulation and digestive recovery.



👉 Best practiced in the evening, especially if stress affects your digestion.

Integration & Ongoing Support

These flows are not about forcing digestion. They are about creating the conditions where digestion can happen naturally. When you move slowly, breathe deeply, and reduce nervous system tension, you allow your gut to shift from stress mode into repair mode and so, motility improves, inflammation softens, and signals become clearer.

But movement is only one layer of support. Your microbiome also responds to consistency through nourishment, through rhythm, and through ongoing microbial reinforcement. This is where OMG! Probiotics becomes a companion; not as a replacement for mindful habits, but as daily support for the ecosystem you are rebuilding.

- ✓ Yoga creates space.
- ✓ Food creates terrain.
- ✓ Probiotics help maintain balance.

Together, they form a sustainable foundation for digestive resilience. Return to these flows whenever you feel off rhythm.

Your body already knows how to regulate; you are simply reminding it.

