

# Yoga Lesson Ideas

## DIGESTION



Start in a seated position and introduce the 'Fire Breath'

This is very simple, it is a great cleanser for the lungs and helps to stimulate your digestive organs, metabolism, and energy movements in the body.

### Method

- Take a deep breath into the body for a slow count of four
- Retain the breath for a slow count of three
- Contract (snatch) the stomach muscles inwards towards the spine quickly expelling the breath
- Repeat 3 times
- Breath in sharply and exhale quickly (as before)
- Repeat 6 times

Repeat this full cycle 3 times altogether

Ask students to rub the hands together to activate the chakras in the hands before encouraging them to massage their stomachs over the digestive tract with hand movements in an anticlockwise rhythmic pattern.

Bring in gentle spinal twists, using different breathing approaches whilst in a full position,

Relaxing the stomach as they exhale and/or squeezing the stomach muscles back towards the spine as they exhale.

It is also great to perform the 'fire breath' whilst in Adho Mukha Svanasana (downward facing dog)

Ask them to raise arms up to the ceiling to open and give space inside the torso, then encourage a sway or movement with hands raised to stimulate the spine.

Introduce core conditioning such as bear or boat pose to help bring stability and balance to the lower chakra

Use hip opening poses to encourage the root chakra to let go of fear or emotional baggage.

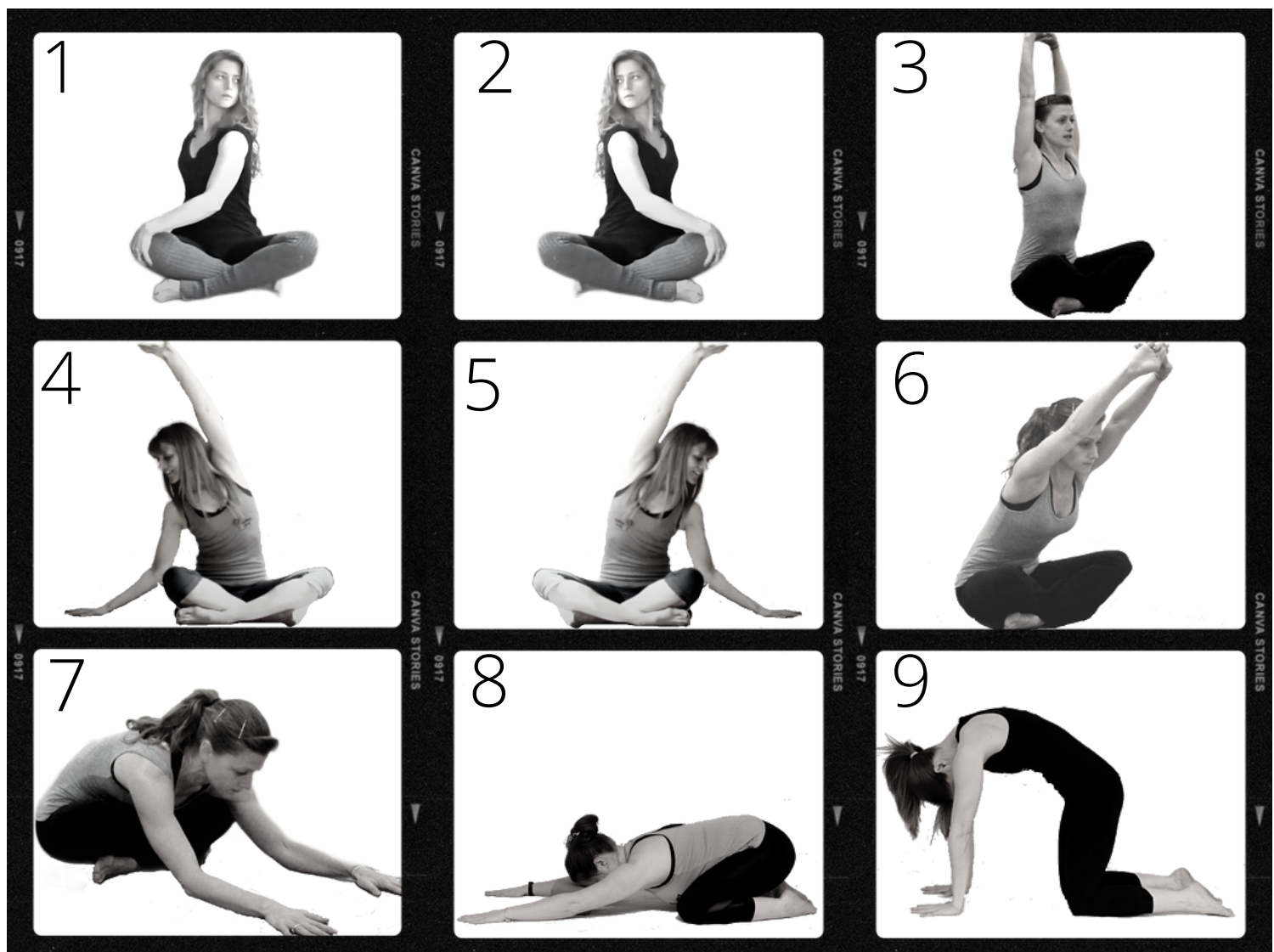
Use techniques to open the feet to bring a grounding energy into the body, this way the students will feel safe and able to let go of emotional burden.

Use upward facing dog or cobra to help with opening the entire front of the body, Do lateral stretches which will open up the sides of the body.

Warriors are always good here, because they bring stamina in and support the solar plexus. If there is better will power, there is security and willingness when making decisions, allowing students to recognise and accept only what is right for them.

This is a powerful class and it can often bring great shifts in the energy of the body. Always finish with soft tummies and stillness. Let the body 'digest' what has just happened.

Encouragement for students to rehydrate and flush the system with lots of water post session is advised. Also, encouraging them to have a detox day will help alleviate pressure from the digestive system and give the energetic body time to calibrate. Ideas for sequence below:



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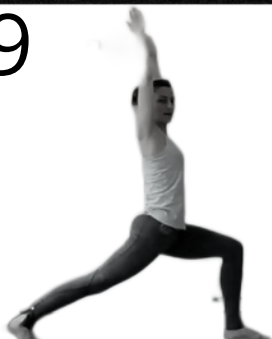
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