

## A Daily Sadhana for the digestive system composed by Valerie Crosse

Start your day with 500 mls of fluid made up from 1 teaspoon magnesium powder dissolved add cold water add lemon juice from one lemon and then add some boiled water until your drink is hot  
Consume and then begin postures (Avoid drinking fluids with any meal)

5 rounds of tadasana or (palm tree pose)

on tiptoe.

5 rounds of tiryaka tadasana (swaying palm tree)

5 rounds of kati chakrasana (waist rotating)

Lie down on floor.

5 rounds of kandharasana (the bridge pose)

Attempt sarvangasana (shoulder stand) use a wall for support if required. Hold for 1 minutes.....unless you have your period or high blood pressure or other heart ailments, enlarged thyroid, cervical spondylitis, slipped disc or pregnant

Rest then move onto advasana (lying on the stomach) and practise

5 rounds bhujangasana (cobra) avoid if you have peptic ulcer, hernia or hyperthyroidism

5 rounds of ardha shalabasana (half locust)

2 rounds of shalabasana (full locust)

Rest in Shashankasana (pose of a child) focus on breath

Practise yoga nidra when you come home from work

