

FLOWING WITH GUT INSTINCTS

Five gentle yoga poses you can introduce into
your day to support digestion, bowel regularity,
and overall gut health



 The Gut
Perspective

By Paridhi Garg

WIND-RELIEVING POSE

(PAWANMUKTASANA)



INSTRUCTIONS

- Lie on your back and gently draw both knees toward your chest.
- Wrap your arms around your legs and let your lower back soften into the mat.
- Hold for 30–60 seconds or 5–10 slow breaths.

GUT INSTINCT: Gently compresses the abdomen to support gas release and bowel movement.



DEEP YOGIC SQUAT

(MALASANA)



INSTRUCTIONS

- Stand with feet slightly wider than hips and slowly lower into a deep squat.
- Keep heels grounded (or supported) and bring palms together at your chest.
- Hold for 3-6 breaths, breathing slowly, and repeat 3-5 times.

GUT INSTINCT: Encourages natural bowel positioning and excretion and supports lower gut motility.



SEATED SPINAL TWIST

(ARDHA MATSYENDRASANA)



INSTRUCTIONS

- Sit tall with legs extended forward.
- Bend your right leg and place the right foot outside the left knee and fold the left leg inwards.
- Place one hand behind you and gently twist your torso to the opposite side.
- Hold for 3 breaths per side, then switch and repeat 5-7 times.

GUT INSTINCT: Supports digestion by internal intestinal movement and stimulation (recommended for IBS)



CAT-COW POSE

(MARJARYASANA-BITILASANA)



INSTRUCTIONS

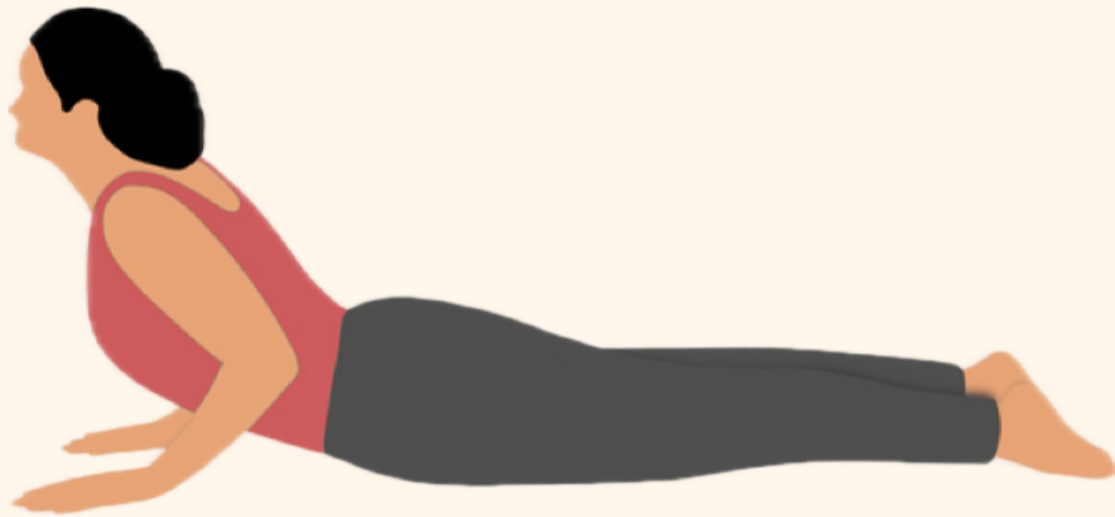
- Come onto hands and knees with wrists under shoulders and knees under hips.
- Inhale to arch your spine and look up; exhale to round the spine, drawing the belly in and bringing your chin to your chest.
- Move through 8-10 slow rounds, syncing movement with breath.

GUT INSTINCT: Improves gastric function by rhythmically massaging the abdominal organs



COBRA POSE

(BHUJANGASANA)



INSTRUCTIONS

- Lie on your stomach with palms under your shoulders and legs relaxed behind you.
- Inhale and gently lift your chest, keeping elbows soft and shoulders away from your ears.
- Hold for 20–30 seconds, repeat 5-7 times with slow breaths.

GUT INSTINCT: Massages stomach/pancreas and activates spinal nerve, which boosts gastric emptying.





A small note before you go.

Just know that every little step counts, and if this helped you take a step towards your gut health, I'm really glad you stopped by.

:)

For more gentle, real-life gut insights, find me at @thegutperspective

– Paridhi Garg

