

Digestion Yoga Flow Sequence



Cat-Cow pose



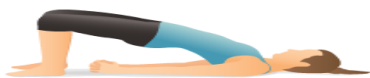
Downward facing dog



Extended wide squat



Triangle Pose



Bridge pose



Seated one legged spinal twist



Knee to face pose



One legged supine spinal twist



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