



## Constipation

During constipation, the backflow of bowels can lead to bloating, gas and can also create extra pressure on the pelvic floor and lower spine. Staying regular is important for the overall health of your body. These yoga poses with focus on forward folds and gentle twisting help to stimulate abdominal organs, improve digestion and to relieve gas. Hold each pose for at least 6-10 breaths, working into longer holds.

