

REST & DIGEST

Therapeutic Yoga and Lifestyle Techniques for Optimal Digestion
with Yoga Therapist, Bernadette Soler

**Ideas about food, eating, and digestion -
from Yoga Therapy and Ayurveda!**

***Pick one or two lifestyle practices below that resonate with
you and try them today!***

- Eat in a good frame of mind (you are HOW you eat!)
- Eat consciously and slowly (avoid multi-tasking while eating or distracted eating)
- Eat less (by eating slowly and mindfully, you'll easily sense when you are full, so you won't overload your digestive system)
- Don't be obsessed or dogmatic about food (the stress around food can be more destructive than the food itself)
- Eat locally and seasonally, when possible
- Our digestive fire is strongest and most effective mid-day (refer to book in suggested resources for more on this)

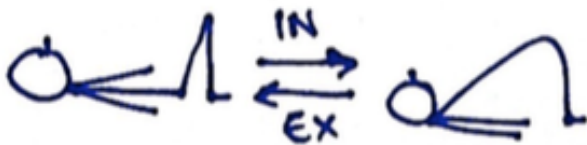
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AT-HOME YOGA PRACTICE
with Yoga Therapist, Bernadette Soler

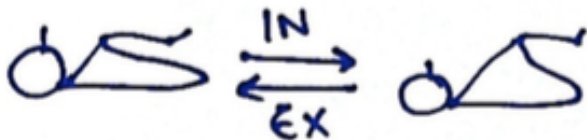
1. **Half Knee to Chest Pose (Ardha Apanasana):** 6x; then repeat other side



2. **Bridge Pose (Dvipada Pitham):** 6x – relax belly on inhale



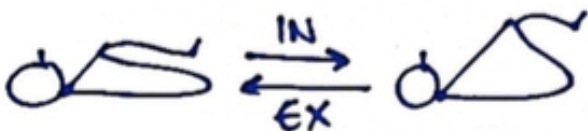
3. **Knees to Chest Pose (Apanasana):** 6x; Exhale = 6, 7, 8 counts



4. **Side Belly Stretch (Jathara Parivrtti – lateral adaptation):** 6 breaths – relax belly on inhale; then repeat other side



5. **Knees to Chest Pose (Apanasana):** 6x; Exhale = 6, 7, 8 counts



6. **Supported Rest (Savasana):** 5 minutes.



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Suggested Resources and FREEBIES!

SUGGESTED RESOURCES:

- Book: ***Change Your Schedule, Change Your Life*** - by Dr. Suhas Ksirsagar (available on Amazon)
- Free Seasonal Eating Guide from Ayurvedic Physician Dr. Douillard: lifespa.com/3seasondietguide
- Blog: ***You Are How You Eat*** - by Bernadette Soler: bernadettesoler.com/blog/you-are-how-you-eat

JOIN ME FOR A FREE ONLINE YOGA CLASS!

<https://bernadette-soler-yoga.mykajabi.com/first-class-free>

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