

Yoga Sequence for *Gut Health* & Digestion

INSPIRED BY @AYURVEDAGRAMBALI · SPECIAL THANKS TO YOGACHARYA SHASHIKANTH SHETTY

01

Poses

27 asanas recommended

ALWAYS Begin & end with 3× Omkara → Follow the sequence → Breathe with movement



01

Easy Seated Pose

Swasthikasana

Close eyes, breathe naturally. Grounds and prepares the mind.

10 BREATHS



02

Thunderbolt Pose

Vajrasana

Kneeling sit. Look straight, concentrate at one point.

5 BREATHS



03

Reclined Thunderbolt

Supta Vajrasana

Recline back from Thunderbolt. Close eyes and breathe.

5 BREATHS



04

Arms-Raised Thunderbolt

Urdhwa Vajrasana

From kneeling, inhale, lift and clasp arms overhead, gaze up at fingers.

5 BREATHS



05

Lion Pose

Simhasana

Kneeling, hands beside knees. Inhale, then roar — exhale forcefully with tongue fully extended.

5 ROUNDS

06



Mountain Pose — Arms Up

Tadasana 1

Standing, inhale and raise arms overhead joining palms. Gaze up. Exhale, lower from sides.

5 ROUNDS



07

Standing Forward Fold

Tadasana 2

Exhale, fold forward, palms beside feet, forehead toward knees. Knees straight.

5 ROUNDS



08

Belly Fire Breathing

Agnisara

Standing with hands on knees. Inhale normally, exhale deeply and forcefully. Activates digestive fire.

10 ROUNDS



09

Triangle Pose

Trikonasana

Wide stance, reach down to ankle, top arm extends up. Gaze at upper palm. Both sides.

5 BREATHS EACH SIDE



10

Revolved Triangle

Parivartta Trikonasana

Triangle with a twist — opposite hand to ankle. Gaze at upper fingers. Both sides.

5 BREATHS EACH SIDE



11

Side Angle Pose

Parsvakonasana

Lunge, forearm on bent knee, top arm extends diagonally. Gaze at upper palm. Both sides.

5 BREATHS EACH SIDE



12

Revolved Side Angle

Parivartta Parsvakonasana

Side angle with a twist — cross body to outside foot. Gaze at upper hand. Both sides.

5 BREATHS EACH SIDE



13

Intense Side Stretch

Parsvottanasana

Staggered stance, fold over front leg. Close eyes, forehead toward knee. Both sides.

5 BREATHS EACH SIDE



14

Wide-Legged Forward Fold

Prasarita Padottanasana

Wide stance, fold down, hands between feet. Close eyes and breathe.

5 BREATHS



15

Wind-Relieving Pose

Pavanamuktasana

Lying, hug knee(s) to chest. Close eyes. Repeat single leg, then both legs.

5 BREATHS EACH



16

Cobra Pose

Bhujangasana

Lying face-down, press up, spine arched, gaze upward. Keep shoulders loose.

5 BREATHS



17

Locust Pose

Shalabhasana

Face-down, lift legs off floor. Gaze straight forward. Strengthens lower back.

5 BREATHS



18

Bow Pose

Dhanurasana

Face-down, bend knees, grab ankles, lift chest and thighs. Gaze upward.

5 BREATHS



19

Crocodile Pose

Makarasana

Full body relaxation face-down. Close eyes. After 10 breaths, turn head to other side.

10 BREATHS EACH SIDE



20

Supine Spinal Twist

Jathara Parivartanasana

Lying, knees cross to one side, gaze at outstretched hand. Repeat both sides.

5 BREATHS EACH SIDE



21

Wide-Angle Seated Fold

Upavistha Konasana

Seated, legs wide open, fold forward. Try to touch chin to ground. Close eyes.

5 BREATHS



22

Butterfly Pose

Baddha Konasana

Seated, soles of feet together. Fold forward, forehead to floor. Close eyes.

5 BREATHS



23

Cat-Cow Pose

Marjalasana

On all fours. Cat: arch back, gaze to brow. Cow: dip belly, gaze at navel. Flow with breath.

5 BREATHS EACH



24

Bridge Pose

Setubandhasana

Lying, feet flat, lift hips forming a bridge. Close eyes and breathe freely.

5 BREATHS



25

Legs Up the Wall

Viparitakarani

Lying, legs extended straight up. Close eyes. A restorative inversion for circulation and calm.

10 BREATHS



26

Plough Pose

Halasana

From shoulderstand, lower legs overhead to floor behind head. Close eyes.

5 BREATHS

27



Raised Leg Pose

Uttana Padasana

Lying flat, lift both legs. Close eyes. Strengthens the abdomen.

5 BREATHS

02

Breathwork

5 pranayamas recommended

Victorious Breath

Ujjayi

21 ROUNDS

Sit in Easy Pose, both hands in Chin Mudra. Inhale through both nostrils. While exhaling, produce a soft hissing sound in the throat. Builds internal heat, focus and awareness.

Alternate Nostril Breathing

Anuloma Viloma

21 ROUNDS

Left hand in Chin Mudra, right in Mrgi Mudra. Close right nostril, inhale left. Close left, exhale right. Inhale right. Close right, exhale left. One round. Balances the nervous system and brings mental clarity.

Bellows Breath

Bhastrika

12 ROUNDS

Both palms on knee joints, fingers facing inward. Inhale normally, then exhale forcefully with jerks. Stimulates energy, clears channels and supports digestion.

External Breath Retention

Bahya Kumbhaka

10 ROUNDS

Inhale through both nostrils, exhale completely. After full exhalation, close both nostrils and hold for 5 counts. Release and repeat. Builds breath retention and deep calm.

Moon-Piercing Breath

Chandrabhedana

21 ROUNDS · LEFT NOSTRIL ONLY

Close right nostril with right thumb. Breathe through the left nostril only. Cooling and calming — especially beneficial for anxiety, overthinking and stress.

03

How to Practice

Important guidelines



TIMING

This sequence can be done at any time of day — but never directly after a meal. Allow at least 2 hours after a light snack and 3.5–4 hours after a full meal.



PLACE

A well-ventilated room. Avoid open grounds. Face east — or any direction except south.



GUT-FRIENDLY DIET

A gut-friendly diet supports and enhances the effects of this sequence. Favour warm, easy-to-digest foods. Reduce processed food, alcohol, caffeine and irregular meal timing — common triggers for crew.



ATTIRE

Comfortable clothing — not too loose, not too tight. Suited to your climate.



SHOWER

Practise after bathing — or at least wash hands, feet and face beforehand.



MENSTRUATION

Rest during menstruation, fever or serious illness. During pregnancy, practise only under guidance.



SEQUENCE

Always follow the given sequence. Begin and end every practice with 3 times Om chanting.



BREATH

Synchronise breath with movement always. Never force your body. Let the breath lead the pace.

04

Go Further

BREATHWORK & MEDITATION

*Calm the nervous system.
Enhance the effects.*

Adding breathwork and meditation after this sequence can significantly deepen its benefits. The gut and the nervous system are intimately connected — when we calm one, we support

the other. Pranayama techniques such as Anuloma Viloma (alternate nostril breathing) and Chandrabhedana (left nostril breathing) activate the parasympathetic nervous system, reduce cortisol and directly support healthy digestion. A short meditation or Yoga Nidra afterwards allows the body to fully integrate the practice.

05

Please Note

MEDICAL DISCLAIMER

This guide does not replace professional medical advice. If you have any known organic digestive conditions — including but not limited to IBS, Crohn's disease, ulcers, hernias or post-surgical restrictions — please consult your doctor before beginning this or any yoga practice. All exercises are performed entirely at your own risk.

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