

SEQUENCE TO CALM YOUR MIND

Improve your Gut - Brain Connection

By Daniela Luz



1 Balasana



**2 Bitilasana
(inhale)**



**3 Marjariasana
(exhale)**



4 Adho Mukha



5 Low lunge



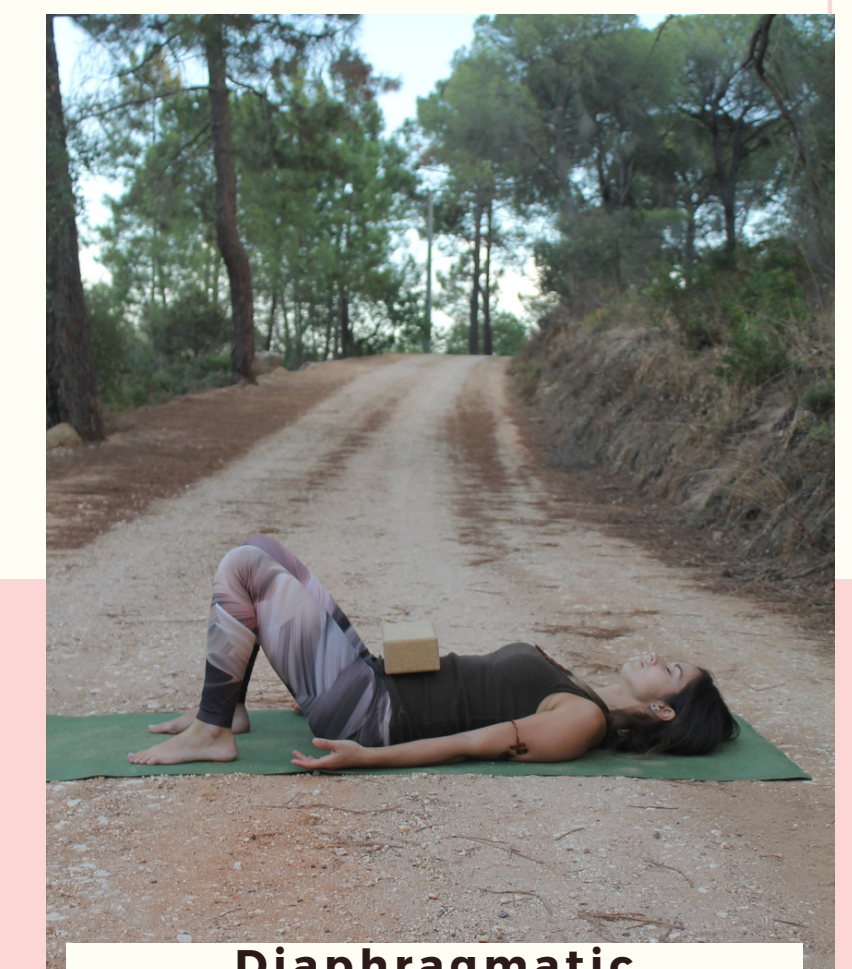
6 Setu Bandhasana



7 Legs up the wall



8 Supine twist



**9 Diaphragmatic
breathing/Savasana**

- Hold each posture for 5 to 10 slow breaths.
- Breathe in and out from nostrils.
- 7. Legs up the wall can be without a bolter underneath.
- Feel free to skip any posture. I highly recommend to do the diaphragmatic breathing every day at least for 5 rounds.



Luz Retreats