

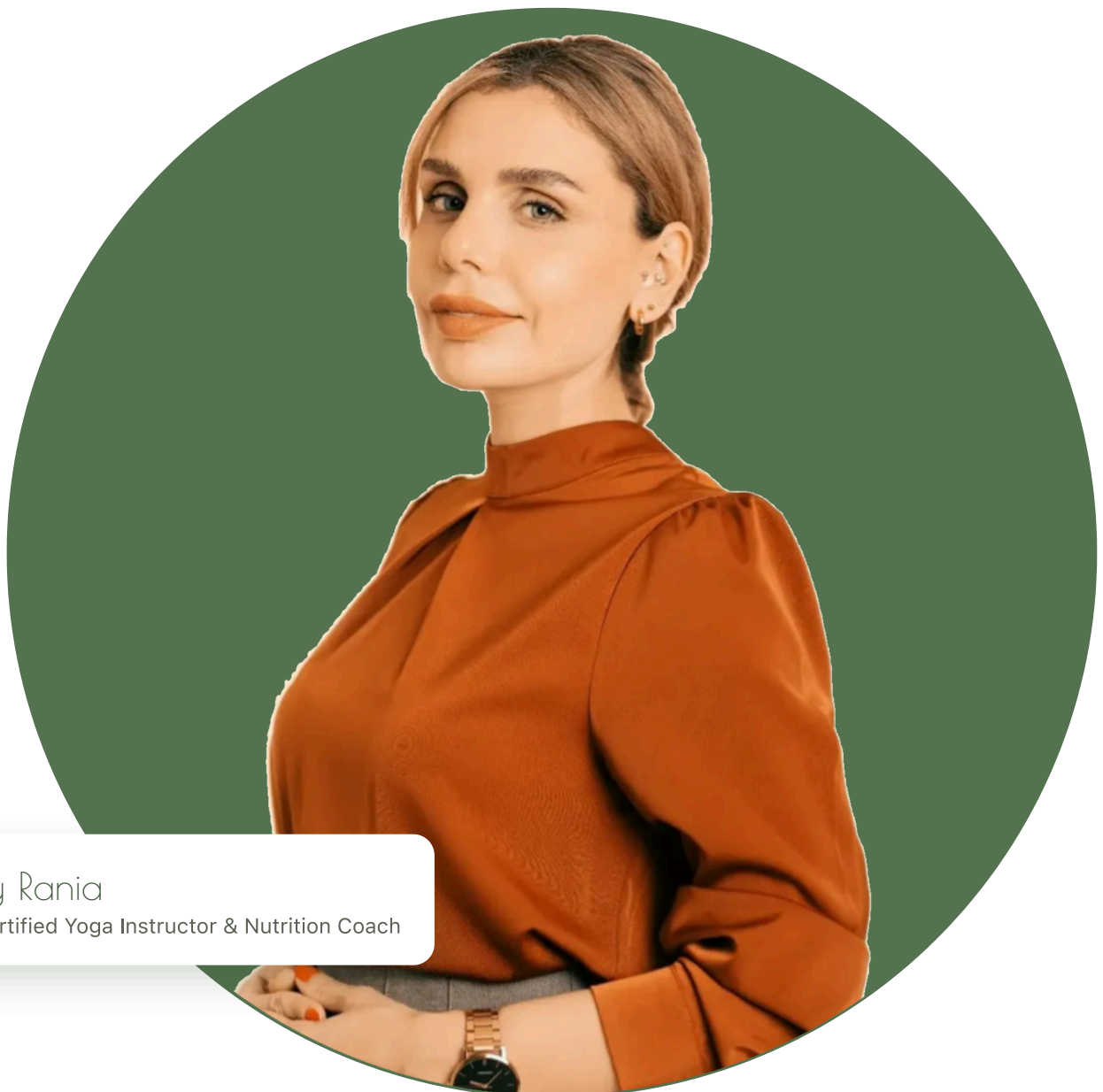


FREE GUIDE

— Where Yoga meets Nutrition

The Gut-Friendly Yoga Guide

Five poses and four daily habits to ease bloating, calm your mind and restore your energy, in just ten minutes a day.



By Rania

Certified Yoga Instructor & Nutrition Coach

The 10-minute flow

Practise daily · empty stomach

Move slowly and breathe through your nose. Stop if anything hurts. These poses should feel gentle, never forced.

01

Seated Twist

Ardha Matsyendrasana · 2 minutes

Why: twisting gently massages the abdominal organs and supports natural digestion.

How: sit tall, cross your right foot over your left knee and twist to the right. Hold 5 breaths, then switch sides.

02

Wind-Relieving Pose

Pavanamuktasana · 1 minute

Why: releases trapped gas and eases bloating.

How: lie on your back, hug both knees to your chest and rock gently side to side for 30–60 seconds.

03

Child's Pose

Balasana · 2 minutes

Why: lightly compresses the belly and quiets the mind.

How: kneel, bring big toes together and fold forward with arms extended. Breathe into your back for 1–2 minutes.

04

Cat–Cow

Marjaryasana–Bitilasana · 2 minutes

Why: mobilises the spine and stimulates the digestive tract.

How: on hands and knees, inhale as you drop the belly and lift your gaze; exhale as you round the back. Repeat 8–10 times.

05

Supine Twist

Supta Matsyendrasana · 3 minutes

Why: a soothing close that wrings out tension and aids digestion.

How: lie on your back, draw one knee across your body and keep both shoulders grounded. 5–8 breaths each side.

“Balance over restriction. Your gut heals when you stop fighting it.”

— Rania, Aurana Wellness

Then, nourish.

Stick this on your fridge. Tick each habit as you go this week.

Daily habit	M	T	W	T	F	S	S
Fibre Vegetables, legumes, whole grains	☐	☐	☐	☐	☐	☐	☐
Ferment Yogurt, kefir or sauerkraut	☐	☐	☐	☐	☐	☐	☐
Hydrate Warm water through the day	☐	☐	☐	☐	☐	☐	☐
Slow down Eat mindfully, away from screens	☐	☐	☐	☐	☐	☐	☐
10-minute flow All five poses	☐	☐	☐	☐	☐	☐	☐



Ready to reset your gut?

Join the Holistic Gut Reset Program at auranawellness.com

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