

RANJANA YOGA CLASS

Yoga for Digestion

A Beginner's Guide (Doctor First)

Gentle practices for comfort after meals, honest expectations, and warning signs

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What digestive comfort is

Digestive complaints such as bloating, constipation or heartburn are common, and they have many causes, including diet, stress, medicines and medical conditions.

Gentle movement and relaxed breathing may help some people feel more comfortable, but yoga does not treat digestive diseases. Ongoing symptoms should be checked by a doctor.

The short answer

Gentle walking, easy twists and relaxed breathing may ease mild discomfort for some people. Do not use yoga to treat persistent symptoms. See a doctor for blood in the stool, ongoing pain or weight loss.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

Please see a doctor if digestive symptoms are new, frequent or persistent. Do not do yoga on a full stomach, and avoid inversions and strong abdominal work if you have reflux, ulcers, hernia, are pregnant or recently had surgery.

Stop and get medical advice if you notice:

- blood in vomit or stool, or black stools;
- severe or persistent abdominal pain;
- unexplained weight loss or trouble swallowing;
- a change in bowel habits lasting more than a few weeks.

3. Gentle practices to try

Practice	How	Note
Slow belly breathing	Breathe into the belly, exhale slowly.	Eases tension.
Knees-to-chest	Lying down, hug knees gently.	Skip if uncomfortable.
Supine twist, gentle	Knees drop to one side.	Not right after a meal.
Cat and cow	Slow spinal movement.	Easy range.
A short walk after meals	Ten minutes at an easy pace.	Many people find this helpful.

4. A 12-minute routine, away from meals

Time	Practice	Notes
3 min	Belly breathing	Slow.
3 min	Cat and cow	Easy.
3 min	Knees-to-chest and supine twist	Gentle.
3 min	Rest	Calm.

5. Your four-week plan

Week	Focus	Length	What to notice
1	Belly breathing	5 min	Do you feel relaxed?
2	Add cat and cow	8 min	Any discomfort?
3	Full routine	12 min	Note symptoms and meals.
4	Practise daily, away from meals	12 min	Review with your doctor.

6. Choosing a class or teacher

Choose a gentle class and avoid practising within a couple of hours after a large meal.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

7. Practising at home

At home, keep a simple log of meals, practice and symptoms to share with your doctor.

8. Honest expectations

There is no good evidence that yoga poses "massage" or "detoxify" the organs. Stress reduction may help some people with functional symptoms, but diagnosis and treatment need a doctor.

9. Common mistakes and fixes

Mistake	Fix
Treating yoga as a cure	See a doctor for persistent symptoms.
Practising on a full stomach	Wait a couple of hours.
Strong abdominal work	Keep it gentle.
Believing detox claims	Not supported.
Ignoring warning signs	Seek care.

10. Questions people ask

Can yoga cure constipation?

No. Gentle movement may help some people, but persistent problems need a doctor.

Which poses help digestion?

There is no proven list. Gentle twists, walking and relaxed breathing are commonly used.

Is yoga good for acid reflux?

Avoid inversions and strong forward folds, and talk to your doctor.

Is it safe after meals?

Wait a couple of hours before yoga. A gentle walk is fine.

11. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

12. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

13. Glossary

Term	Plain meaning
Reflux	Stomach contents rising into the food pipe.
Bloating	A feeling of fullness in the belly.
Twist	A rotation of the spine.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Symptoms	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				