

IOLEBA Org - Daily Yoga Routine

Seated Forward Bend

Paschimottanasana

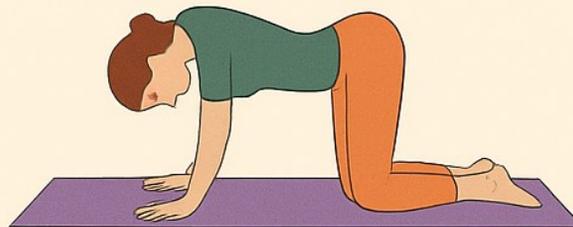


1-2 min

Stimulates digestion & vagal tone: calming start that can blunt post-meal spikes.

Cat-Cow Stretch

Marjaryasana–Bitilasana



8-12 rounds

Spinal mobility + diaphragmagnit breathing → autonomic balance; eases tension

Supine Twist

(*Supta Matsyendrasana*)



45-60s/sside

Gentle organ squeeze/soak aids digestion; promotes parasympathetic shift

Bridge Pose

Setu Bandhasana



3 x 5 slow breaths

Light strength + mild backbend → metabolic heat and circula-

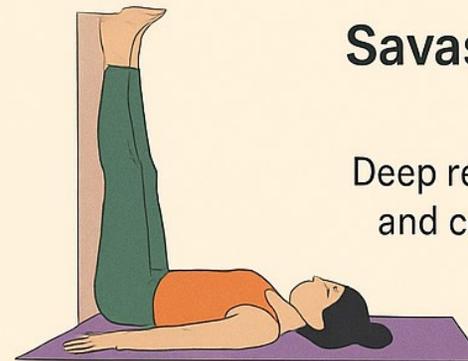
Boat Pose

Navasana



20-30s x 2 sets

Core activation increases muscle glucose uptake:



Savasana (Final Rest)

3-5 min

Deep relaxation lowers cortisol and consolidates benefits.

Down-shifts stress

improves venous return; calms breath and mind