

# Beat the Bloat in 10 Minutes: Daily Yoga Checklist

Your Quick & Easy Gut-Soothing Routine

✦ Use this checklist daily to stay consistent and feel lighter, happier, and energized from the inside out!

- ☐ **Cat-Cow Pose** (Marjaryasana-Bitilasana)
  - ✓ Relieves gas, stimulates digestion
- ☐ **Downward Facing Dog** (Adho Mukha Svanasana)
  - ✓ Boosts circulation, relaxes gut muscles
- ☐ **Half Lord of the Fishes** (Ardha Matsyendrasana)
  - ✓ Detox twist, tones abdominal organs
- ☐ **Wind-Relieving Pose** (Pawanmuktasana)
  - ✓ Eases trapped gas, supports elimination
- ☐ **Reclining Bound Angle** (Supta Baddha Konasana)
  - ✓ Relaxes pelvic region, calms nerves
- ☐ **Corpse Pose** (Savasana)
  - ✓ Deep relaxation, resets nervous system

## 💛 Bonus Self-Care Habits

Habit	Done? / Why Not?
<input type="checkbox"/> Start your day with warm water & lemon 	
<input type="checkbox"/> Avoid eating in a hurry—chew mindfully	
<input type="checkbox"/> Add gut-friendly foods: bananas, cumin, ginger	
<input type="checkbox"/> Limit carbonated drinks & heavy late-night meals	
<input type="checkbox"/> Journal how your belly feels each morning	

✨ **Track for 7 Days → Notice the difference!**

Print & stick on your fridge or mirror 

Please tag me on Instagram @VitalAkkoo when you complete it!