

8 – Digestive System

The digestive system begins at the _____ and ends at the _____.

What are the two main functions of the digestive system?

- 1)
- 2)

Which organ removes toxins from the body? _____

What direction should we turn to face FIRST when performing a twisting posture in yoga (knees/legs are in the opposite direction)? RIGHT / LEFT

Why should we turn to face this direction first?
