

Visceral Fascia & Enteric Nervous System Regulation: A Therapeutic Yoga & Myofascial Release Approach

2026 YOGA MEDICINE INNOVATION CONFERENCE

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Key Takeaways

- GI symptoms are high-burden and shaped by gut-brain-body communication; yoga therapeutics supports regulation and quality of life.
- Visceral fascia is mechanosensitive and innervated - a plausible sensory signaling interface influencing visceral sensitivity, guarding, and symptom perception.
- Pair breathwork + gentle self-MFR + supported postures + interoceptive awareness to create conditions for the ENS to recalibrate toward balance.

ENS Support Yoga Framework

The ENS integrates with autonomic and central pathways; visceral afferents shape pain, motility, and symptom perception in gut disorders.

Yoga application:

Frame yoga as nervous system regulation and symptom support. Teach the gut as a sensory organ and nervous system not just digestion.

Visceral Sensation & Gentle Compression is important. Supported sensation paired with safety can reduce protective guarding patterns in the body.

Use gentle compression-focused yin postures with props and gentle MFR.

Restorative Yoga Integration

Consolidates autonomic / ENS regulation; supports downregulation and relaxation response.

Finish with restorative support and interoceptive sensory awareness.

1. Breath downshift: diaphragmatic breathing and longer exhale
2. Gentle visceral self-MFR: blanket roll or soft ball; less pressure, sustained holds, and more breath integration
3. Compression / yin: supported child's pose, supported fold, supported twists
4. Intentional rest / restorative yoga