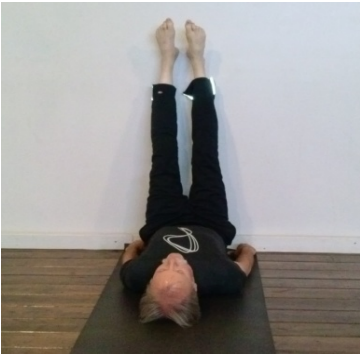


# Yoga for Sleep



**Legs Up The wall:** If sleeping arrangements allow, use headboard or wall while practicing focused breathing, hold the pose for 8 to 12 breaths. Let the body, especially the upper body, head, neck and arms, become heavy and relaxed.



**Happy Baby:** Turn the knees out and bring the feet in so you can hold your toes. Head, neck and upper body stays relaxed. Slowly rock side to side, gently massaging the back. Maintain focused breathing for 8-12 breaths.



**Double Knee Tuck:** Pull knees in tight towards your chest and bring your hands around the thighs or shins. Pull in gently on the inhale and relax legs slightly on the exhale while maintaining focused breathing. Repeat for 8 to 12 breaths, keeping your head and shoulders on the bed.



**Single Knee Drop Twist:** Straighten out the right leg and bring the left knee across the right leg. Bring both arms out into a "T" or bring the right hand to the left knee. Let the head roll gently to the left and practice focused breathing for 8 to 12 breaths.

Return to Double Knee Tuck and hold for 3 breaths before moving into to single knee Drop Twist with the right knee across the left.



**Bridge:** Roll onto your back bringing your arms along the hips and your feet in towards your glutes. On the inhale, bring the hips up being sure that weight is supported by the legs and shoulders, not the head or neck. Hold for the exhale and an inhale, and slowly bring the hips down on the second exhale. Repeat 3-5 times.



**Reclining Bound Angle:** Slowly bring your feet together with your knees wide. Bring both arms out into a “T”, or into goddess arms if you have limited space, and move into Reclining Bound Angle pose. Practice focused breathing for 8 to 12 breaths.



**Relaxation pose:** Stretch out your legs and move into relaxation pose. Continue focused breathing and enjoy a good night sleep!