

BEDTIME YOGA SEQUENCE

Evening Restoration & Mindfulness Checklist

01

IMG

Child's Pose Balasana

2 Minutes

02

IMG

Cat-Cow Stretch Chakravakasana

10 Breaths

03

IMG

Forward Fold Uttanasana

1 Minute

04

IMG

Legs Up The Wall Viparita Karani

5 Minutes

05

IMG

Supine Twist Supta Matsyendrasana

2 Mins / Side

06

IMG

Reclined Goddess Supta Baddha Konasana

3 Minutes

07

IMG

Corpse Pose Savasana

5+ Minutes

Focus on deep nasal breathing. Move slowly and mindfully between transitions.