

BEDTIME YOGA

A calming sequence for deep restoration and sleep

01

Child's Pose

Lower hips to heels, stretch arms forward, and rest your forehead on the mat.

2 MINUTES

02

Cat-Cow Stretch

Flow between arching and rounding your back to release spinal tension.

10 ROUNDS

03

Forward Fold

Stand or sit, hinging at the hips with soft knees to release the hamstrings.

1 MINUTE

04

Reclined Twist

Lie on your back, drop knees to one side, and gaze in the opposite direction.

1 MINUTE PER SIDE

05

Legs Up The Wall

Rest your back on the floor and extend legs vertically against a wall.

5 MINUTES

06

Savasana

Lie flat, palms up, eyes closed. Focus entirely on your natural breath.

5+ MINUTES

Focus on slow, deep nasal breathing throughout the sequence.