

Yoga Sequence for Restful Sleep

1. Half-Sun Salutation sequence (performed slooowwwly...)



Perform this sequence 3 or 4 times, slowly, coordinating deep, full breaths with the movement: e.g. inhale as arms come overhead, exhale into forward bend, inhale as you rise up into half forward bend, etc....

2. **Wide Angle Forward Bend** ~ with head on a block or low chair
(Outside edges of feet parallel to edges of mat. Hold for 3 -4 full breaths)



3. **Cat-Cow** ~ slowly, coordinating breath & movement (inhale as belly moves down, exhale as you round the back)



4. **Child's Pose** ~ relax and take several deep full breaths. Stay as long as you like!





5. **Hero Pose** ~ sit on heels, take several deep breaths. Heels should rest in the crease between thighs and buttocks.



6. **Rabbit Pose** ~ variation: hands on floor on either side of knees, roll from forehead to crown of head several times.



7. **Bound Angle Pose** ~ keep focus in low belly, relax, take several deep breaths, release tension in hip joints

8. **Reclining Spinal Twist** ~ turn head the opposite direction of knees. Hold for several deep, full breaths. Repeat on opposite side.



9. **Savasana** ~ final resting pose. Use an eye pillow, rolled blanket under knees, or lower legs elevated on a chair or sofa. Get comfy, stay for at least 5 minutes, up to 15.



Bonus Restorative Pose (do this mid-day, as a transition from work day to home time, before bed, whenever feeling stressed or low energy)



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Legs Up the Wall