

Bedtime Yoga



Forward Fold

1. Take a deep breath in, lifting your arms above your head.
2. Exhale while lowering your arms towards the ground and releasing the tension from your head, neck and lower back. **Hold for 30 seconds—1 minute.**



Child's Pose

1. Kneel on the floor, touch your big toes together while sitting on your heels. Separate your knees as wide as your hips.
2. Exhale while laying your torso between your thighs.
3. Lay your hands on the floor above your head, palms down, and release the tension from your back and shoulders. **Hold for 1—2 minutes.**



Happy Baby

1. Lay on your back. Exhale while bending your knees into your belly.
2. Inhale, hold the outside of your feet with your hands. Open knees slightly wider than your torso, then bring them up toward your armpits.
3. Position ankles slightly over knees. Push your feet up into your hands as you pull your hands down creating resistance. **Hold for 15—30 seconds.**

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Winding Down Twist



1. Sit cross legged and exhale as you place your right hand on your left knee and left hand behind your tailbone.
2. Slowly twist your torso to the left, allowing your gaze to follow looking over your left shoulder. Breathe in deeply then return to the center and repeat on the opposite side.

Continue for 1 minute.

Supine Twist



1. Lay on your back on the floor. Inhale while raising your right knee towards your chest. Place your left hand to the outside of the right knee and extend the right arm out to the side palm facing upward. Look to the right.
2. Exhale while guiding the right knee over the left leg towards the ground. Keep your left leg straight while breathing deeply. **Hold for 15-30 seconds on each side.**

Upward Dog



1. Lay face down on the floor with your legs extended behind you and feet a few inches apart. Keep the tops of your feet rested on the ground and do not tuck your toes.
2. Place your hands on the floor next to your lower ribs. Hug your elbows close to your ribcage. Inhale while pressing your hands to the floor. Straighten your arms while lifting your torso and legs a few inches off the ground.
3. Drop your shoulders away from your ears and press your chest towards the ceiling, keeping your neck relaxed. **Hold for 30 seconds.** Exhale slowly while lowering your torso to the starting position.