

YOGA ROUTINE for SLEEP

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Hold each pose for 3-5 breaths. Repeat on the other side before Savasana.

1 Easy Seat



2 Easy Seated Forward Fold



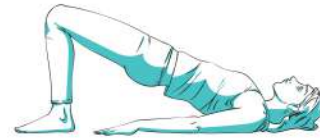
3 Seated Side Bend (both sides)



4 Seated Head to Knee (both sides)



5 Bridge



6 Reclined Bound Angle



7 Savasana

