



Help ease your body into relaxation to promote restful sleep and encourage the subconscious mind and dream states to become active.

Find your flow in these poses. Staying for a minute or longer. In each pose really focusing on your breath. Start by inhaling for four counts, holding for four, exhaling for four and holding for four. Allow this flow into your nature breath, as your body relaxes. Feeling the breath in your belly.

Feel where you hold tension and seeing if it will relax, if not, that is okay. Just notice the tension. Notice where you feel relaxed, at ease, softer, not as tense. See if you can move these ease to the tension. Again, where you are is okay. If you are still tense bring your attention back to where you feel the most ease or less tense.

Allow yourself to create your own flow through these poses. Skip any, stay longer. Listen to your body. What pose does your body crave? Struggle in? In those difficult poses, adjust so your body feels more supported, add a blanket, a pillow.



1. Wall Straddle Pose Wall
Upavistha Konasana



2. Hero Pose Virasana



3. Reclining Hero Pose Supta
Virasana



4. Reclining Hero Pose Variation
One Leg Straight Supta
Virasana Variation One Leg
Straight



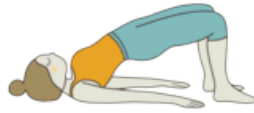
5. Reclining Hero Pose Variation
One Bent Leg Raised Supta
Virasana Variation One Bent Leg
Raised



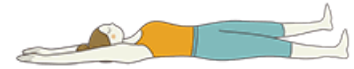
6. Reclining Hero Pose Variation
One Leg Straight Supta
Virasana Variation One Leg
Straight



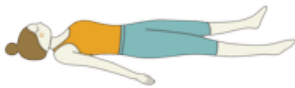
**7. Reclining Hero Pose Variation
One Bent Leg Raised** Supta
Virasana Variation One Bent Leg
Raised



8. Bridge Pose



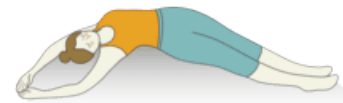
**9. Corpse Pose Variation Arms
Up Toes** Savasana Variation
Arms Up Toes



10. Corpse Pose Savasana



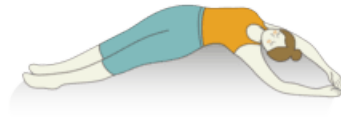
11. Bound Reclined Easy Pose
Baddha Supta Sukhasana



12. Banana Pose



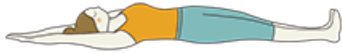
**13. Supine Spinal Twist Eagle
Legs Pose Variation** Supta
Matsyendrasana Garuda Pada
Variation



14. Banana Pose



**15. Supine Spinal Twist Eagle
Legs Pose Variation** Supta
Matsyendrasana Garuda Pada
Variation



16. Full Body Stretch Pose
Supta Utthita Tadasana



17. Reclining Bound Angle Pose
Supta Baddha Konasana



18. Corpse Pose Savasana