



Night time Yoga & Mindfulness Practice

The following suggestions will give you a stronger foundation for a longer more restful & rejuvenating sleep. Please ensure you give yourself at least 15 minutes to complete.

1. Start by sitting in an easy comfortable seat on a cushion, on the floor or on your bed.
2. Sitting tall, close your eyes & begin to simply feel your breath. Keep your attention and awareness on your breath for a couple of minutes.
3. Let go of the events of your day. As you begin to feel everything slow down, turn your attention inward.
4. Release tension in the neck and shoulders by dropping one ear to your shoulder, gently moving the head back and forth, take 5 deep breaths, repeat on the other side.
5. Sitting tall, relaxing the shoulders, twist the spine & reach one hand over to the opposite knee and grab a hold, hold for 5 deep breaths, repeat on the other side.
6. Fold forward with legs still crossed, take 5 deep breaths, come up, switch legs and repeat.
7. Extend legs out straight in front of you. Bends the knees slightly (or as much as you need) and fold forward. Hold for approximately 3 minutes. Breathing deeply.
8. Come back to sitting and bring the soles of your feet together as you let your knees relax, take 5 deep breaths.
9. Find a wall, or use the back of your bed and put your legs up for approximately 5 minutes.
10. End with sitting for a minute or two, acknowledging yourself and how you're feeling and give thanks or take the time in gratitude.