

Short sequence to practice before bed to assist with sleep

Breathe in Cow Pose



Breathe out Cat Pose



Breathe in push-up



Breathe out Child Pose



Repeat the sequence 5-8 times allowing your breath to guide you

Rest in Child Pose and imagine breathing in and out through the centre of the eyebrows

Seated Forward Bend Pose

Find a gentle place to hold (not going too far)
and breathe there.



In bed practice Alternate Nostril Breathing

(If you haven't practiced this in class, ask your instructor or see the website: www.bodymindyogaperth.com.au/home-practice/)

Alternate Nostril Breathing Benefits

- Alternate nostril breathing is a great balancer. It balances the left and right brain hemispheres, the nervous system and the hormonal system.
- It clears the mind and improves concentration and memory.
- It is a very calming technique and can help to reduce feelings of stress and anxiety, while at the same time increasing vitality.
- Alternate nostril breathing can help to clear the nose and sinuses, however if really blocked don't force the breath and do the imaginary practice instead.
- It's a wonderful practice for insomnia; just 5 minutes before bed may help to rebalance and calm your nervous system and help you get to sleep.