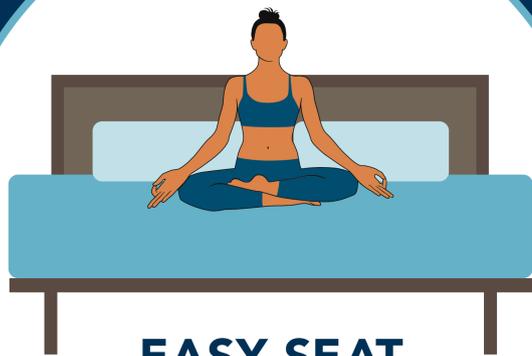


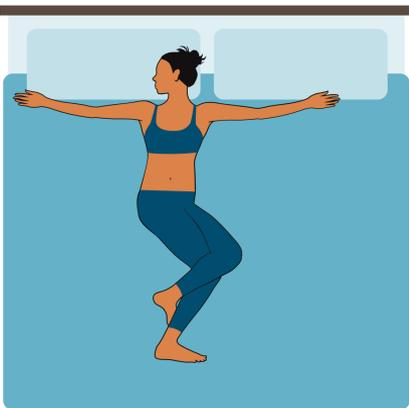
RESTORATIVE YOGA POSES FOR BEDTIME

Hold each pose for 5-10 breaths, or even longer to prepare your body for sleep.



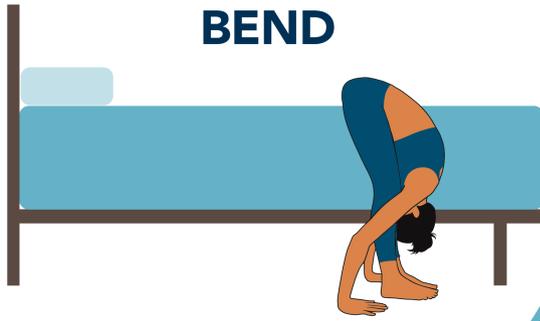
EASY SEAT

**RESTED
STARGAZER**

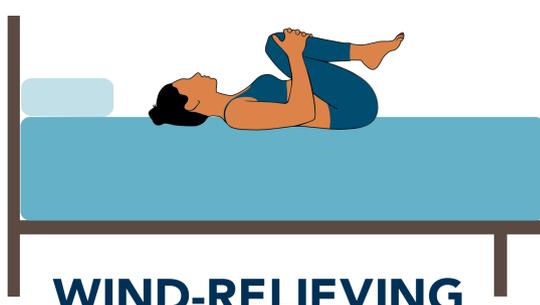


**RECLINED
TWIST**

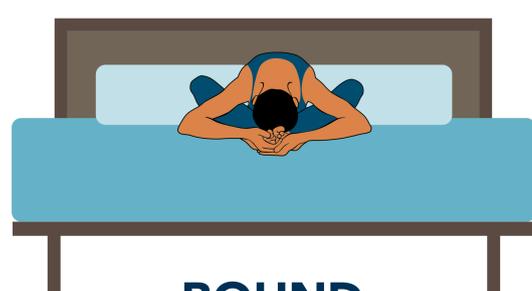
**STANDING
FORWARD
BEND**



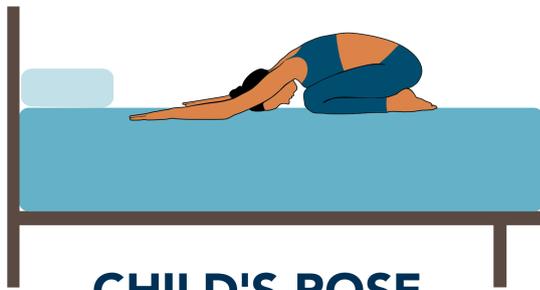
**HEAD-TO-KNEE
FORWARD
BEND**



**WIND-RELIEVING
POSE**



**BOUND
ANGLE POSE**



CHILD'S POSE

The slow stretches help to **calm your mind and signal that it's time to rest.**