










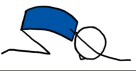



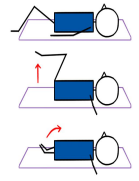
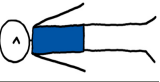


Yoga For Sleep | Forward Folds

Benefits: Great to do before going to bed ♦ calms the brain ♦ Relieves stress and mild depression ♦ Stimulates liver & kidneys
 ♦ Stretches hams, calves & hips ♦ Strengthens thighs & knees ♦ Improves digestion ♦ Helps relieve symptoms of menopause
 ♦ Reduces fatigue ♦ Relieves headache & insomnia ♦ Therapeutic for asthma, HBP, infertility, osteoporosis & sinusitis

Evening Yoga Sequence				
1. Mountain 	2. Forward Bend 	3. Down-Dog 	4. Lunge & Prayer Twist 	5. Plank 
6. Cobra 	7. Down Dog 	8. Forward Bend 	9. Mountain 	Repeat to Opposite Side
10. Wide Leg Forward Bend 	12. Stand Twist 	13. Child's Pose 	14. Forward Fold 	15. Butterfly 
16. Knees to Chest 	17. Reclined Twist 	18. Savasana (Relaxation) 		

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