

This sequence prepares us for sleep by gently stretching out areas of tension, lowering our heart rate and helping our nerves to settle. It is all done on the ground.

You do not need a yoga mat - but you could put a blanket underneath you for softness. Pillows, folded towels or blankets are used to support the body in each position, allowing you to rest deeply without any strain. Do poses 3, 4, 5, 6 and 7 lying on one side first, and then roll over and do them on the other side.

1



Shoulder release

Lie with a tightly rolled towel placed under your head and upper spine. Stay 5 mins.

2



Supported back bend

Lie with folded towel placed under your upper back. Stay 5 mins.

3



Flowing twist (a)

Lie on side with knees tucked and arms straight out in front.

4



Flowing twist (b)

Slide top hand over chest to open out arms and upper body. Return hands together. Repeat x5.

5



Supported arm circles (a)

Lying on side, sweep top arm in large circles above head and around body. Repeat x5 in one direction.

6



Supported arm circles (b)

Repeat arm circles in the other direction x5.

Cautions

- Go gently - do not push
- Move within pain-free range of movement
- If something hurts, ease off!
- At the end, roll gently onto your side before sitting up again

7



Side rock

Lying on side, gently rock by pressing a hand against the ground.

8



Seated forward bend (a)

Sit on ground with bent knees supported by pillow(s), then rock forwards.

9



Seated forward bend (b)

Place more pillows or folded towel or clothes on lap to support your upper body. Rest for 5 mins.

10



Table top

Press into hands and feet to lift body away from the ground. Stay 5 breaths.

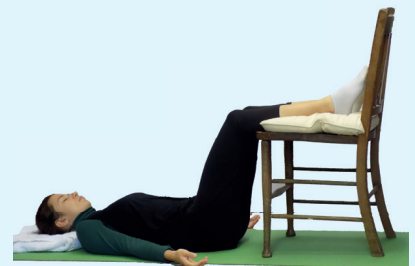
11



Floating egg

Sitting, hug knees into chest, lift feet off floor, closing eyes if comfortable. Stay 5 breaths.

12



Legs up rest

Lie on your back with lower legs supported by chair or bed. Rest for 5 mins.

Tips

- For shoulder release, rolled towel goes no lower than the bottom of your shoulder blades
- For supported back bend, head and tops of shoulders are on ground above the folded towel
- When lying on side, place pillow under head for comfort
- When circling arm, let its weight rest into the ground
- For table top, head can stay lifted or rest back