

Sweet Dreams



Getting adequate sleep is imperative for good health. Sleep occupies a significant position in our lives because it aids the body in gathering the required energy to function properly. Practicing yoga before bedtime is a wonderful way to release everything you're holding onto mentally and physically. Yoga stimulates the parasympathetic nervous system, which in turn helps people to feel relaxed in the mind and body, resulting in a deep sleep.

An added benefit of practicing yoga before bed is it helps with ridding of snoring and sleep apnea.

Create a healthy environment by choosing a comfortable temperature, turning off the electronics, relaxing sounds, affirmations or music and using an essential oil diffuser or candle to create a relaxing aroma.

Hold each pose for at least two minutes. Always remember the breath.



Supine spinal twist stretches the back and spine helping to release stress. This position quiets the mind and stimulates the kidneys, intestines and abdominal organs. ***Whichever variation suits you, Perform on both sides***



Viparita Karani is a powerful night yoga pose. Helping relieve insomnia, stress, anxiety, menstrual cramps, menopause, headaches, tired and cramped legs. Besides improving blood circulation, it stretches the back of the legs and torso. * **There are various variations to execute this pose***



Supta baddha konasana is a restorative pose which calms the nervous system and improves blood circulation. This pose stimulates the heart and in turn relieves symptoms of stress, mild depression, menstruation and menopause. These symptoms contribute to sleep deprivation.



Balasana is all about calming the brain and relieving stress and fatigue. It lengthens and stretches the spine, relieves neck and lower back pain, aiding in a better sleep. ***Avoid this pose if you are pregnant, experiencing diarrhea or have a knee injury***





Savasana rejuvenates the body, mind and spirit by letting go of all tension. This pose promotes and enhances inner awareness and rids of stresses of the day. Corpse pose decreases blood pressure, metabolic rate and oxygen consumption, increases focus, concentration and energy levels.



Set at least 10 minutes a night aside to practice your bedtime yoga. Choose a slower type of yoga such as yin, hatha or restorative. Focus on postures that are calming, restorative and inward focused.