

# Bedtime Yoga Sequence

15-20 minutes

- Easy Pose - *Sukhasana*
- Lord of the fishes - *Matsyendrasana*
- Butterfly Pose with side stretches - *Baddha Konasana*
- Neck stretches
- Thunderbolt Pose (Heel sit) with bind - *Vajrasana*
- Camel Pose - *Ustrasana*
- Puppy Pose - *Anahatasana*
- Cat/Cow Flow - *Bitilasana Marjaryasana*
- Child Pose with pillow - *Balāsana*
- Cobra Pose - *Bhujangāsana*
- Pigeon with pillow - *Ardha Kapotasana*
- Seated forward fold - *Paschimottanasana*
- Bridge Pose - *Setubandha Sarvangāsana*
- Supine Butterfly Pose - *Supta Baddha Konasana*
- Knees-to-chest Pose – *Apanāsana*
- Supine Pigeon Pose - *Sucirandhrāsana*
- Shoulderstand - *Sarvangāsana* or leg-up-the-wall with pillow - *Viparita Karani*
- Knees-to-chest Pose - *Apanāsana*
- Supine twist Pose
- Happy Baby - *Ananda Balāsana*
- Corpse Pose - *Savasana*

