



## 3 Best Yoga Postures For Before Bed:

*Thank you for downloading my guide on yoga postures to ease your mind before bed! I don't know about you, but my life is so fast paced that it's hard to slow down my mind. There's nothing worse, then getting into bed, and then watching your mind run through the million things that you need to do the next day.*

*Whenever that happens, the first thing I do is make a list. Get your whole to-do- list out of your mind and onto paper so you can start checking it off and sleep soundly. Then, I do these three postures to start to slow down and calm my mind. This whole sequence can go anywhere from 5 minutes to 30 minutes. Follow each posture in the sequence, and you'll know when it's time to move on to the next one when you feel your body release, and your mind relax.*

**Disclosure: This guide contains affiliate links. I do make a small commission from these items if purchased. However, I am recommending these items because I have tried them and find them helpful, not because of the earnings I would make.**

*You can click all pictures for links to purchase products!*

*Good luck and sweet dreams!*



# Legs Up The Wall Pose :

## Ease Stress



### How To Do It:

- Lay down so your back is flat on the floor. Then lift your legs and inch closer and closer to the wall until you're making a perfect "L" shape with your legs resting against the wall.
- Close your eyes
- Keep a steady and controlled breath
- Hold for 30 breaths, or more as needed to find relaxation

# Bridge Posture:Foam Roller:

## Let Go



### How To Do It:

- Lay down on flat surface
- Take the foam roller in your hands and place it under your lower back
- Close your eyes
- Keep a steady and controlled breath
- Let your back muscles and joints just release over the roller - 10 deep breaths
- Move your back over the roller to your mid-back - 10 deep breaths
- Move your back over the roller to your upper back - 10 deep breaths
- Move your back over the roller to your neck - - 10 deep breaths
- Move the roller down the same way
- Repeat as many times as needed, and hold for more breaths as needed
- When you feel relaxed and released, move onto meditation posture

# Meditate – Clear Your Mind

## How To Do It:

- Sit in your home shala on your meditation cushion, or two if needed
- Sit in a comfortable cross legged position. *The point is to be comfortable, so no need to sit in lotus. It may be beneficial to not let the legs overlap as well to avoid the foot falling asleep.*
- The best way to keep your mind from distractions is to focus on steadying the breath, and to count each breath
- Start by picturing your breath from the base of the spine
- Visualize the breath moving up through the spine like a snake
- Visualize the breath moving up through the crown of the head
- Bring the breath down the same way
- Visualize the breath moving through the base of the spine into the earth
- Only breathe in and out through the nose
- Breathe from the back of the throat ([Link Here](#)), so you can hear your breath
- After about five breaths like this, the breath should be steady and controlled
- Begin to count each inhale, and each exhale.
- Try to breath to the count of 40, and keep going if you feel the need!
- If you lose count or the mind wonders, no problem, just start back at “1”.



# Benefits:

- Eases anxiety and stress
- Therapeutic for arthritis, headaches, high blood pressure, low blood pressure and insomnia
- Eases symptoms of menstrual cramps
- Relieves tired or cramped feet and legs
- Relieves lower back pain
- Calms the mind

*If you enjoyed this, and you found it to be helpful, I'd love to work with you closer. I teach online yoga instruction through Google Helpouts.*

*I'd love to help you:*

- *build your at home practice*
- *Lead you through guided meditation*
- *Work with you on techniques to slow down the mind.*

**Here are my listings:**

**[Build Your Home Practice](#) (First one FREE!)**

**[Guided Meditation & Meditation Tips](#)**

**Thank you for reading! You can distribute this if you found it helpful, and think it would help out a friend! All that I ask is that you do not reproduce this as your own.**

**Thanks for reading all the way to the end! It means the world to me!**

**Namaste, Monica**

