

EVENING YOGA FOR RELAXATION & SLEEP

15 MIN



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1 Mountain

2 Torso Rotations w/ Swinging Arms

3 Standing Side Bend •

4 Open Twist •

5 Standing Forward Bend w/ Shoulder Opener

6 Halfway Lift

7 Downward Dog

8 Child's Pose

9 Downward Dog

10 Standing Forward Bend

11 Yogi Squat

12 Revolved Yogi Squat •

13 Butterfly

14 Revolved Head-To-Knee

15 Head-To-Knee

16 SWITCH SIDES 14-16

17 Reverse Tabletop

18 Windshield Wipers

19 Happy Baby

20 Legs-Up-The-Wall

21 Alternate Nostril Breathing

CLICK HERE for step-by-step instructions

• repeat on the other side

alternate between sides X number of times; move with the breath