

Evening Yoga Flow

This yoga flow is great to do right before bed. This sequence will take less than 10 minutes, flow one breath to one movement or hold each posture for a few breaths.



Easy Pose
(10 breaths)



Exhale Side Body Stretch
(Right Arm Lifts)

Inhale to Center



Exhale Side Body Stretch
(Left Arm Lifts)



Table Top



Inhale Cow Pose

Cat/Cow
2-3 times



Exhale Cat Pose



Sphinx Pose (2-3 breaths)



Child's Pose (2-3 breaths)



Table Top



Inhale Cow Pose



Exhale Cat Pose



Thread the Needle
(Right Side then Left)



Seated Forward Fold
(2-3 breaths)



Happy Baby Pose
(2-3 breaths)



Supine Twist
(Right Leg Over First)



Shavasana
(10 breaths)

And/Or



Legs Up the Wall
(scoot as close to the wall
as you can)

This flow is not intended for women who are pregnant. Be sure to talk to your doctor before starting a new workout regime. And listen to your body. If something doesn't feel right then back out of the posture.