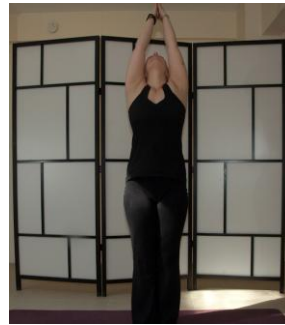


## Yoga Sequence To Help With Sleep

Struggle to get to sleep or keep waking up during the night? Knowing just a few yoga tools can really help. Not sleeping properly isn't something that you have to accept as it is totally within your own ability to alter your sleeping patterns.

**The science** . . . in every brain there is a core of neurons in the lower brainstem. This collection of neurons is referred to as the waking centre of the brain. Stimulation of the waking centre arouses from sleep and also prevents sleep onset. So the best yoga tools are the ones that can affect the waking centre and shut them down long enough for you to get a good 7-8 hours sleep.

- 1) From standing, start by focusing on your breath and counting the inhale and the exhale so both last for the count of 3. Then with an inhale reach the arms out wide and up as your palms touch above your head and with the exhale draw your hands down the centre line of the body. Repeat 5-10 times.



- 2) Cat / Cow. From all four, inhale to arch the spine and look up and exhale round the spine, stretching out the upper back. Perform this slowly linking the breath and the movement. Repeats 5-10 times.



- 3) Sit back into child's pose, make a pillow with the hands and rest your forehead down. Stay here for 5-10 breaths.



- 4) Come up to seated for Chandra Bedhana single nostril breathing. Using your right hand, fold in the index finger and middle finger. Place the right thumb onto your right nostril, blocking the flow of air. Inhale through the left nostril, release your thumb and exhale through both nostrils. Repeat 12-16 times.



- 5) Supported Bridge Pose. Lie down on your back, feet hip distance apart. Lift the hips high to the ceiling and place a block, bolster, cushion, rolled up towels or similar under your hips, to keep your hips elevated without requiring any muscular work. Place your hands either on your belly or on the floor over your head. Stay here and breath gently for 3-5 mins.



After completing this sequence or part of it, go straight to bed. Keep practising it, and each time it will get more and more effective. Let me know how you get on or if you need any more help.