

# Bedtime Yoga Routines

Left Nostril Breathing -- 10 to 20 breaths, about 2 to 4 minutes total

Child's Pose -- 2 to 3 minutes

Winding Down Pose -- 1 minute per side

Standing Forward Bend -- 2 to 3 minutes

Nighttime Goddess Stretch -- 3 to 5 minutes

Corpse Pose -- 3 minutes