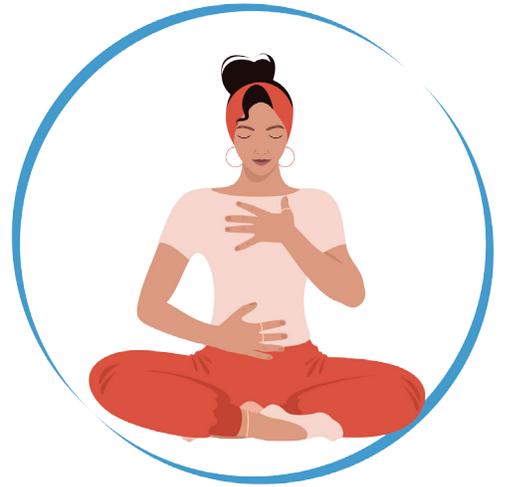


Before Sleep YOGA POSES



Practicing yoga before bedtime is a great way to help you wind down and lower stress levels after a busy day. Here are some recommended poses to help you sleep better.



Hero Pose



Bridge Pose



Knee to Chest



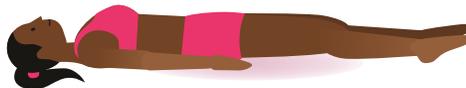
Child's Pose



Upward Dog



Supine Twist



Corpse Pose

If you have questions about these exercises, email 15forme@enrichvisits.com, where a certified health coach is available to provide you with additional support.