

# 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](mailto:15forme@enrichvisits.com), where a certified health coach is available to provide you with additional support.