EVENING YOGA FOR BETTER SLEEP

Yoga to Wind Down

Three all-levels sequences to release the day and ease into sleep



How to use this guide

These sequences are designed for the last few minutes of your day. Do them in bed or on the floor beside it, using what you already have: pillows, a blanket, and a scarf or belt. Each takes about 8-10 minutes. Choose one that suits your energy, or link all three for a longer unwind. Holds are longer than in an active practice, so let props take your weight, breathe slowly with a longer exhale, and let go of any effort.

The three sequences

1 Unwind in Bed

~10 min | Lying down

Gentle movements and stretches lying down, ending in a fully supported final rest.

2 Supported Rest

~10 min | Restorative

Restful, prop-supported shapes that let your body fully let go.

3 Quiet Mind

~8 min | Seated

Slow breath and soft seated stretches for the neck, shoulders and spine.

Tips for a restful practice

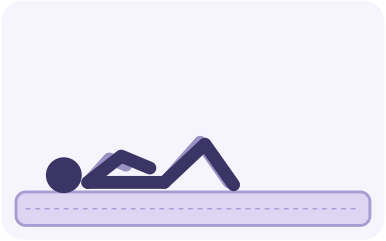
- Dim the lights and put your phone on Do Not Disturb before you begin.
- Every pose should feel easy. Add more pillows or blankets until there's no strain, and skip anything that hurts.
- Breathe out longer than you breathe in (for example, in for 4, out for 6) to help your body relax.
- If you're pregnant, recovering from an injury, or managing a health condition, check with a healthcare provider before starting a new routine.

YOGA TO WIND DOWN | SEQUENCE 1 OF 3

Unwind in Bed

~10 min • Lying down • Pillows, a blanket and a scarf or belt

1

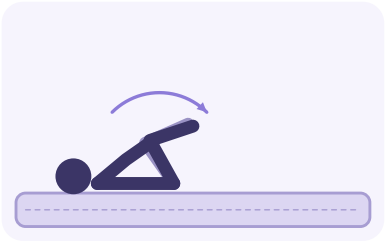


Belly Breathing

8 breaths

Lie on your back with knees bent. Rest one hand on your chest and one on your belly. Breathe in for 4, feeling your belly rise, and out for 6. A longer exhale signals your body it's time to rest.

2

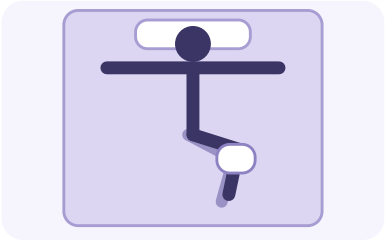


Knees-to-Chest Rock

6 breaths

Hug your knees in and rock slowly from side to side, letting the bed massage your lower back. Keep the movement small and soothing.

3



Twist with a Pillow

8 breaths / side

Knees bent, arms in a T. Squeeze a pillow between your knees and let both knees fall to one side, resting on the bed. Turn your head the other way if comfortable. Switch sides.

4

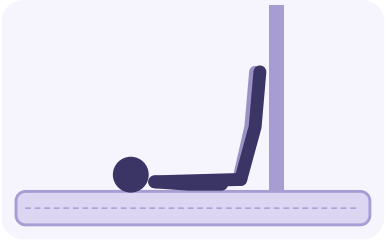


Hamstring Stretch with a Strap

6 breaths / side

Loop a scarf, belt or the edge of a blanket around one foot. Extend that leg toward the ceiling, holding the strap with both hands. Keep a soft bend in the knee. Switch sides.

5

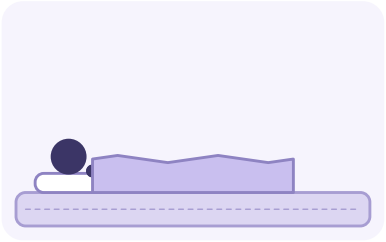


Legs Up the Headboard

1-3 min

Scoot your hips close to the headboard or a wall and rest your legs up it. Let your arms relax by your sides. Place a pillow under your hips for extra support. Wonderful for tired legs.

6



Final Rest Under a Blanket

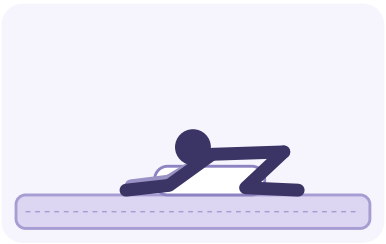
2-5 min

Pillow under your head, another under your knees, and a blanket over you. Let your whole body be heavy. Scan from toes to head, softening each part. Stay here, or roll over and drift off.

Supported Rest

~10 min • Restorative • 2-3 pillows and a blanket

1

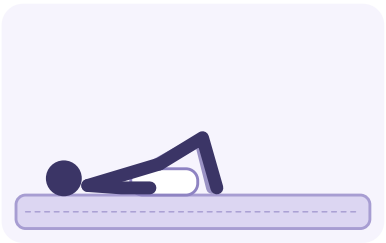


Supported Child's Pose

1-2 min

Kneel with knees wide and place a pillow (or two) lengthwise in front of you. Fold forward and rest your chest and cheek on the pillow. Turn your head halfway through.

2

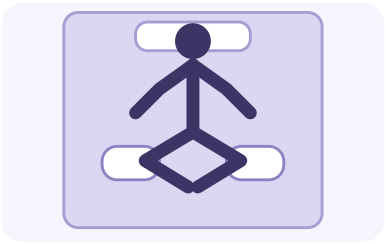


Supported Bridge

1-2 min

Lie with knees bent. Lift your hips and slide a firm pillow under your low back (sacrum), then rest your weight down onto it. Arms relax. Remove the pillow and lower slowly to come out.

3

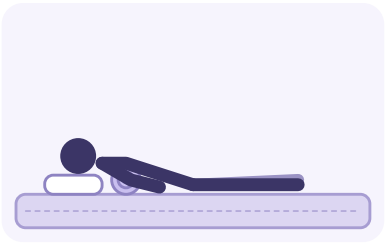


Reclined Butterfly

1-2 min

Lying on your back, bring the soles of your feet together and let your knees fall open. Tuck a pillow or rolled blanket under each knee so your hips can fully relax.

4

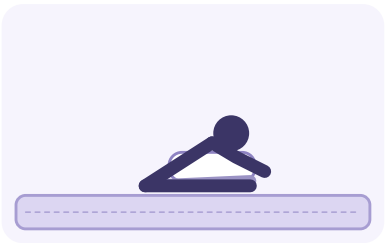


Supported Heart Opener

1-2 min

Roll a blanket or towel and place it across the bed under your shoulder blades. Lie back over it with a pillow under your head. Let your arms open out to the sides, palms up.

5

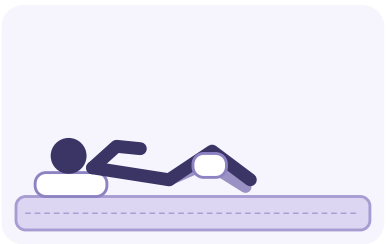


Forward Fold onto a Pillow

1 min

Sit with legs extended (knees can bend). Stack a pillow or two on your legs and fold forward, resting your chest and forehead on them. Let your back round naturally.

6



Side-Lying Rest

2+ min

Roll onto your side with knees bent. Place a pillow between your knees and another under your head so your spine is level. Hug a pillow to your chest if you like. Breathe slowly.

YOGA TO WIND DOWN | SEQUENCE 3 OF 3

Quiet Mind

~8 min • Seated • A folded blanket and a pillow

1



Seated Calming Breath

6 breaths

Sit cross-legged on a folded blanket so your hips are slightly raised. One hand on your heart, one on your belly. Inhale for 4, hold for 2, exhale for 6. Let your shoulders drop.

2

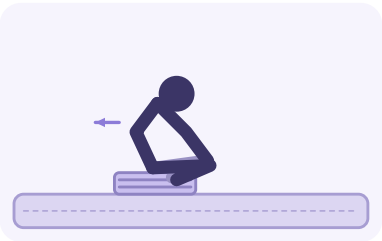


Neck Release

4 breaths / side

Drop your right ear toward your right shoulder. For a deeper release, rest your right hand lightly on your head (no pulling). Let the weight of your hand do the work. Switch sides.

3



Seated Cat & Cow

5 slow rounds

Hands on your knees. Inhale, gently lift your chest forward (cow). Exhale, round your back and let your chin drop (cat, shown). Keep it slow and small, matching the movement to your breath.

4



Gentle Side Stretch

4 breaths / side

Rest your right hand on the bed or blanket. Reach your left arm up and over to the right, keeping both hips grounded. Breathe into your ribs. Switch sides.

5

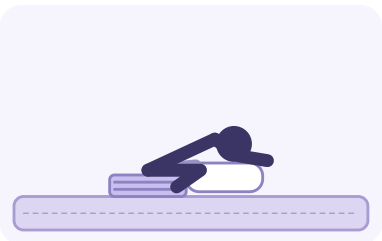


Easy Seated Twist

4 breaths / side

Place your right hand on your left knee and your left hand behind you. Inhale to sit tall; exhale to turn gently left. Keep it soft. This is a release, not a wring. Switch sides.

6



Butterfly Fold onto a Pillow

1-2 min

Bring the soles of your feet together, knees wide. Place a pillow on your feet and fold forward to rest your forehead on it. Stay as long as it feels good, then lie back and sleep well.