



Bedtime Yoga



Try out these calming yoga poses to prepare for sleep!



Take a deep breath and think of three things you are grateful for today.



Reach up to the sky and say goodnight to the moon.



Stretch to each side as you push all your worries away.



Stretch out your arms and paint a rainbow in the sky.



Flutter your knees like a calming night breeze



Fold into a cloud as you imagine drifting through the sky.



Close your eyes and picture a place that makes you happy.



GRATEFUL HEART



Place your hands on your chest over your heart. Take a deep breath and think of three things you are grateful for today.

GOODNIGHT MOON



Spread your feet apart and put your arms out to your sides. Bend to one side and reach up to the sky and say "goodnight" to the moon.

QUIET THOUGHTS



Spread your feet apart and reach your arms out to the side. Bend one knee and stretch to each side as you push all your worries away.

RAINBOW PAINTING



Sit on the floor with one leg straight and the other bent in so your foot touches your inner thigh. Reach your arm over your head and stretch slightly to the side, visualize painting a rainbow in the sky.

NIGHT BREEZE



Bend your knees and put your feet together. Flutter your knees like a calming night breeze

HAPPY PLACES



Sit up tall with your legs crossed and your hands pressed together at your heart. Breathe in and sit as straight and tall as you can. Close your eyes and picture a place that makes you happy.

STAR STRETCH



Spread your legs and arms apart. Stretch as far as you can, imagining you a star shining bright in the night sky.

DRIFTING CLOUDS



Kneel on the floor, then sit back on your heels and stretch your arms forward on the ground, resting your forehead down. Imagine you're folding into a cloud as you drifting through the sky.