

bedtime yoga



to relax at the end of the day
do each pose on each side before moving on



Sukhasana
with crossed leg



Gomukhasana



Parivrtta
Sukhasana



Baddha
Konasana



Baddha
Konasana



Mārjāryāsana



Bitilasana



Bālāsana
with arms extended



Bālāsana