

# EVENING YOGA TO UNWIND



## Single-leg Forward Fold

Start seated, extend one leg, bend knee opposite leg. Hinge from hips to lower chest.



## Supine Butterfly

Lay on back, bring feet together, knees wide. Arms by your side or place palms on belly.



## Supine Twist

Lay on back, cross right leg on-top of left. Bring knees to left side of body. Keep shoulders on mat. Repeat otherside.



## Happy Baby

Lay on back, bring knees to armpits. Reach hands for feet or lower legs. Rock.



## Legs Up the Wall

Lay on back near a wall. Extend legs against wall. Stay for atleast 5 minutes.



Goodnight, sleep tight! :)

