

Bedtime Practise

Alan Bondy



1. **Easy Pose** • Sukhasana



2. **Square Breathing** • Sama Vritti



3. **Cat Cow Pose** • Bitilasana
Marjaryasana



4. **Wide Child Pose** • Prasarita
Balasana



5. **Thread the Needle Pose** •
Urdhva Mukha Pasasana



6. **Butterfly Pose Variation
Forward Bend** • Tarasana



7. Supine Windshield Wiper Pose Variation One Leg On Top

- Supta Sucirandhrasana Variation
One Leg On Top



8. Supine Windshield Wiper Twist Pose

9.

Half Bow pose laying on one
side, bending upper leg, heel
towards hip



10. Bridge Pose • Setubandha Sarvangasana



11. Easy Pose • Sukhasana