

5 EASY POSES FOR *Better Sleep* YOGA FOR INSOMNIA



**EASY POSE
FORWARD BEND**
Hold 2 min



SEATED SPINAL TWIST
1 min per side



HAPPY BABY
Hold 2 min



PLOW POSE
Hold 1-2 min



SUPTA BADDHA KONASANA
5 min

by **Kelly Collins**

Kelly wanted to share her passion for an active lifestyle with others and became a Mad Dogg Certified Spinning Instructor and a NASM Certified Personal Trainer.



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Aurora Cooper



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that you're looking for Yoga and meditation stem from an ancient medical system that has helped people with sleep disorders and other chronic conditions find relief for thousands of years Working with yoga and meditation help get to the root causes of insomnia which is the best way to banish sleep problems and finally get the rest that you so need Inside this book you'll discover the seven steps the author took that led to her recovery from insomnia including Understanding sleep Understanding the science behind yoga and meditation Creating a healthy sleep environment Mindfulness meditation for sleeping Breathing exercises for sleep disorders The best yoga for insomnia sequences Building a lifestyle to promote healthy sleep When you use yoga and meditation to find the root cause of your sleep problems you will Fall asleep at bedtime and sleep through the night Wake up feeling refreshed and full of energy for the day See an increase in cognitive functioning at work at school and in your daily life Strengthen your immune system reducing the amount of time you spend catching colds or the flu Improve your mood relationships and wellbeing What others have said about the book For me this has been such a lifesaver I have slept so much better and more I have felt better Dr Patricia Eroh Kayla blends personal experience research practical tips yoga and ayurveda with usual sleep hygiene recommendations in this concise easy to read book Melissa I was able to give the steps in this book a try to help me sleep better and it really did help a lot It felt great to go to bed at a normal hour and wake not so tired and groggy the next morning Lagina The book includes several different yoga and meditation practices as well as links to videos readers can try from home

Yoga Nidra Cassidy Wilson, 2018-01-02 Yoga nidra is a great practice that helps with sleep meditation Through this book you can learn valuable information about how to utilize sleep meditation and how yoga nidra plays a part in this Through this you'll be able to live a more fruitful life and understand what stress and lack of sleep does to the body and to the spirit Yoga nidra is a very helpful sort of means to help you improve your life Do you have trouble truly tapping into yourself improving your own personal wellness and the general happiness that you want to feel but just can't This is often something that is elusive to many people and while improving your sleep schedule and the ability to sleep is something that we all want it's also important to look at it from a deeper much more spiritual viewpoint The mind does affect the body as much as many of us don't want to believe We want to live up to our full potential to be the people that we want to be and we want to harness this energy in a fitting rightful manner But how do we do that How do we manage to achieve this level of potential within ourselves Well you certainly can work to achieve this and not only that sleep meditation can help you improve your sleeping habits allowing you to actually get sleep when you couldn't have before Lots of times we believe sleep is in the amount of time that we spend doing it There is the adage that a solid eight hours is the recommended amount But it actually is the quality that changes everything You need to have quality sleep in order to have a much better life and this is why yoga nidra is so important and why sleep meditation can help you with sleep In this book you'll learn the following about sleep meditation and how yoga nidra plays into this What is sleep meditation and why it matters The benefits you get from sleep meditation The different stress related issues and how sleep

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interesting Yoga journey with me Get this book today scroll up and click the buy now button **Yoga Nidra Made Easy**
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