

Age Less Move More

Chillax & Sleep Well Movement Sheet

Wide-legged Rest Pose

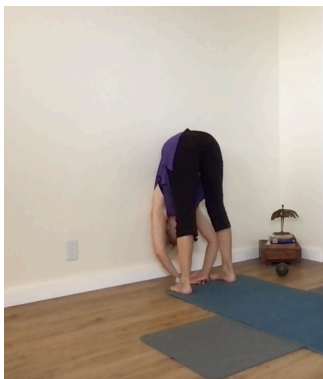


Walk your legs wide-apart. Take a bolster, pillows or a rolled up blanket in the space between your legs. Have a block handy and when ready fall forward and rest your head on pillow fists or your block. Hold and breathe.



When ready come up, remove the bolster and walk the soles of your feet together and bring your heels as deep in toward your pubic bone as possible. Fall forward and rest your head on the bolster, pillow fists or block. These Poses will help you relax and sleep.

Sleeping Bat Pose



Come into a standing forward bend in front of a wall. Walk your upper back into the wall with knees bent. Attempt to straighten your knees and allow your upper back to slide down the wall.

Hold and breathe. As you rest here you will be able to slide down the wall a bit. Keep hanging and breathing in this upside down position.

This pose will cleanse and calm your brain and release the tension in your upper back which will help you relax and sleep.