



Video Transcript

Relaxation Stretches For Peaceful Sleep

Hi, friends. It is time to wind down. It's likely been a long day. And if you're like me, I take my sleep preparation very seriously. You may have had like a 30-minute whole skincare potion routine, or you may have not. But as soon as you are ready in your cozy comfies, it's time to prepare your body for a deep, restful night's sleep. And it actually takes some work to really get yourself into this moment.

of deep rest the ability to surrender so save this practice toggle it on is something that you revisit whenever you just need some time for your nervous system to decompress to unwind and get some really good z's let's start in child's pose we're going to start a little differently in this child's pose than our traditional child's pose

our knees are going to be together our toes are going to be together we're going to rest our forehead down some may call this pucky pose you're going to let your palms fall facing up at your sides and just let yourself soften here you should feel like a really tiny little tired ball and that is perfect so once you've gotten cozy and comfy and you've found your little tight ball imagine this is your moment to recoup to tuck everything inside

to plug in and rest. It's time to shed the layers of your day and allow your body and mind to let go. Your breath during this practice should be just easy and simple without forcing or manipulating or changing anything. Just simply showing up to that inhale breath in and exhale breath out. Feel the shoulder blades rolling forward, letting the forearms be heavy.

Noticing the third eye, the forehead connecting to the mat, letting that be a massage for the mind, a connection point. Anything you wanted to accomplish today but didn't, that's okay.

Anything that's still on your mind, allow it to soften as we move through this flow and this practice. Taking one more big breath in here. And a long breath out. You're going to slowly inch the palms forward.

and creep yourself all the way down onto your belly. Good. Stacking your palms together like a little pillow for your head, letting your forearm rest here. Wiggle your hips side to side, almost like you're ready to fall asleep. We're going to take a belly facing frog pose. So you're going to bring your left knee out to the side, flexing your foot, making sure that your knee is in line with your hip. For my stomach sleepers, you're probably very much used to this. You can keep your palms stacked.

Then you can rest onto your right cheek, letting your gaze follow towards your knee. And we're just going to rest here. We're going to take about five or six deep intentional breaths and notice this connection between your hip and your outer glute, really letting yourself soften. Fully surrender the weight of the leg. Imagine that almost as if the muscles could fall off of the bone. Every ounce of effort is just dripping away. Big breath in.

And the easy breath off. Notice if resistance creeps in and you're trying to fight the pose. And you let the knee get heavier. Soften that connection of the hip. Enjoy that there's nothing left to do. Nowhere to go. Nothing to cross off of your to-do list. Just being right here. Taking one more big breath in. Exhale, bring your head back to center. Slowly straighten your left leg out. Wiggle from side to side. And then we'll reverse. Sweep your right knee out. Flex your right toes. You're going to rest onto your left cheek facing your knee. Let your hips fall. Keep your belly button parallel. Try to keep your hip bones parallel. And just as good as it feels, that's how easy it should be. Just simply putting the body into a deep restful state. Easy breath in. Slow breath out. Heavy in the hips.

Really just letting the mind wander if it wants to. Just enjoying sensation. One more big breath. Exhale, the head returns to center. You can tuck the toes under, sweep the right leg back, wiggle the hips one last time. Good. When you're ready, press the palms up, lift the chest, pass through into your table pose. Giving the spine and the chest a little wiggle, take your cat-cow as you inhale and arch.

And you exhale and round. You can rock back a little. Let it feel good. Shake away the day and the spine. Inhale, arm. Exhale, push the floor around the belly, around the shoulders. Last one. Inhale, opening up. Exhale, hollowing out. Coming back to neutral, nice and easy. Tuck the toes under. A little down dog. Giving the heart a little moment to rest.

A big breath in here. As you gaze forward towards your palms, you're going to step your right toes forward. Lower your left knee into a low lunge. All we're going to do here is braid our fingertips, and then we're going to press into the middle part of our thigh. Press the thigh and knee away. Lift the heart up. Feel this nice big stretch. If you were sitting at a desk or had a long commute, this might feel a little sticky. This is definitely a nice place to open up before we lie down for the night.

So press and open the chest. Take one more big breath in. And then exhale. Bring your palms down to bring the foot. Tuck the back toes under. Step the feet together right away into a forward fold. A forward fold is like a baby inversion. It's a great place to cleanse the heart, to soften the forehead. So really a rad doll pose. Grab at the elbows, the forearms. Sway side to side. Wiggle the toes.

Before we lie down, we get length in the legs so they can rest a little bit deeper, get a little bit more heavy.

Come let the palms fall. Take three more breaths here. Soften and bend the knees. Straighten the knees. Let this be exploration. Exploration of sensation from your day. When you're ready, relax the neck. You're going to step your right foot back so that we're now in our left side low lunge. Untuck the right toes. Palms are going to walk back up the thigh. Breathe the fingertips. Press the knee away.

Good. Open up the chest. Open up that heart. Relax the shoulders down. Nice. I always like when I'm scratching people asleep to close my eyes. It's a way of noticing sensation in the body, but not quite falling asleep yet. Bring the palms down. Tuck the back toes under. We'll take our forward fold one more time. You can inch the toes in. Hip-width distance. Grab at the elbows. Again, sway side to side.

Feel the spine get longer. Feel the space from the low back to the middle back to the shoulders heavy. Notice any tension in the neck. Let that go. You're going to let your palms fall. This time you're going to heel until your feet all the way to the width of the mat. You're going to take your right hand to your left ankle or to the ground and you're going to slice your left hand behind your low back, taking a nice little twist. Good. Let it be easy and free.

Stretching our hamstrings before we go to bed and just letting breath move through our hips and legs is a great way to lower your cortisol levels and really start to bring the body into a quiet slow plank. In the exhale, bring the palms back down to center. We'll take the opposite side. Left hand goes to the outer edge. Slice the right hand behind your low back. Beautiful. Come back to center here. You can just step the feet cross one underneath.

The other until you come back down to seated. Wiggle your butt all the way back down to your back. Shimmy through the knee. Give the legs a nice big squeeze. Rocking side to side. Good. We're going to let the legs fall all the way to the left side for a little spinal twist. Bringing up the back, preparing the backs. Let your eyes fall to the right. If it feels good, you can even place a pillow between your knees or a block.

It's always nice for the hips, so it's a very gentle stretch. You don't want it to be too deep. You just start to feel the weight of the shoulders, the palms, the elbows. Really just letting go and gravity being your guide here. Two long breaths. Take a nice big inhale. We exhale, come back to center. You can keep the palms into a T and then right away, letting it fall to the right side. Your eyes can stay now to the left fingertips.

And you can place a pillow or move your pillow or blanket between your knees to this side.

Resting the eye and just enjoying this calm, quiet, and still space you created for yourself.

Taking two more of that. Coming back to center. Giving the knees a nice big squeeze into the chest one last time. You can end with a little frog pose, letting the feet kiss, letting the knees come wide.

Letting the palms fall at your side. We'll rest here for about five to ten breaths. Letting this be the moment to bring your breath down to its natural resting pace. And I'll guide you out of it. So let the body get heavy. And enjoy a little moment of stillness. Notice where the mind has wandered. Slowly inviting back in that subtle sensation. And brush the thumb to the pat of the finger.

Using the palms, gently bringing the knees back in. Give them one more little squeeze. Falling to the right or left side into a fetal position. And taking your time to slowly rise up to a comfortable seat. Adjusting yourself, you can place just one hand on your upper belly and one

hand on your lower belly. Keeping your eyes closed. We'll send you off to a beautiful night's rest.
Put just one deep breath in the nose.
And a long breath out and out. Fluttering the eyes open when you're ready. Thank you