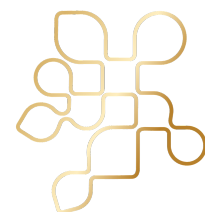




# *Insomnia Sequence*

@the\_yogini | [www.theyogini.co](http://www.theyogini.co)







# *Welcome to* **THE YOGINI CIRCLE!**

There are many reasons why you may be having issues with sleep. Make sure you are addressing them as well. This sequence calms the nervous system and helps you relax and unwind. It can be used at any time. It is particularly helpful to do it right before going to bed.

This is just a template. You can leave out poses or include others. Just make sure you follow the sequence.

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# ADHO MUKA SWASTIKASANA

## *seated forward bend*

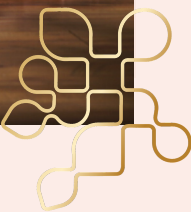
Sit on a height that allows you to comfortably extend your body forward.

Have support for your head. You can use a chair. The important part is to have your body soft and relaxed.

On the pictures I have one blanket, add as many as you need.



*Allow the forehead to rest on the support. On all forward bends here the skin of the face should descend towards the heart. If there is a pull towards the hairline, add more height.*  
*THIS IS IMPORTANT to relax the nervous system.*

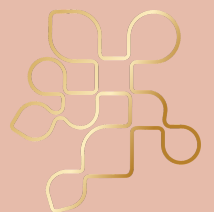


# PARSVA ADHO MUKA SWASTIKASANA

## *Sideway Seated Forward Bend*



- Rest the head over the Right knee, then over to the left knee.
- Change the crossing of the legs and repeat.
- Start and End going forward like the first pose above.

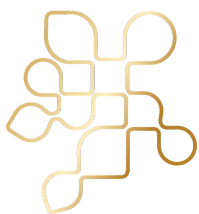




# JANU SIRSASANA

## *Head of the Knee Pose*

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# Ardha Padma Paschimotanasana

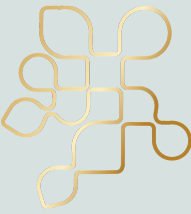
## *Seated Forward Bend in Half Lotus*

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# Triang Muka Eka Pada Paschimotanasana

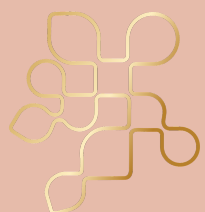




# MARYCHYASANA I

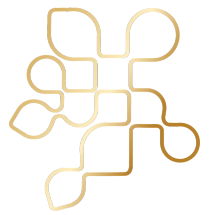


You may hold your foot, relax the hands on the head support or bind as below.





# PASCHIMOTANASANA

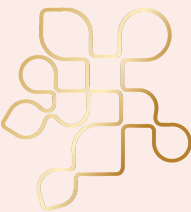


You may choose to keep feet together or apart.

The important thing is to be able to keep the brain soft and the body relaxed.

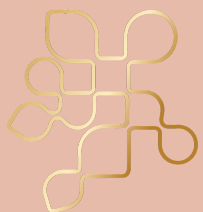
# PARSVA PASCHIMOTANASANA

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# BARADJASANA I

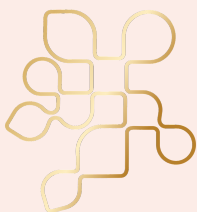




# SUPTA BADHAKONASANA

## *Supine Bound Angle*

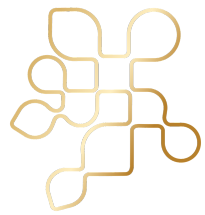
With or without support





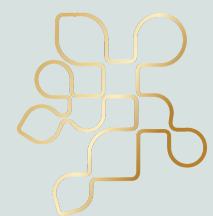
# SUPTA BADHAKONASANA

## *Supine Bound Angle*





# SIMPLE VIPARITA KARANI





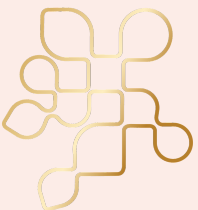
# SWASTIKASANA IN VIPARITA KARANI

## *Legs Crossed on Inverted Lake Pose*

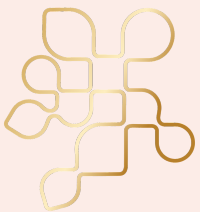
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With or without support



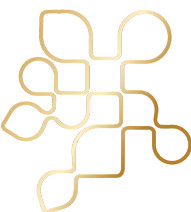
# SUPPORTED VIPARITA KARANI





# SAVASANA

## *Corpse Pose or Final Relaxation*



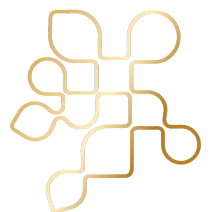
# NAMASTE!

NOTE: all forward bends depicted should have had a  
higher head support!

Do what feels good for your body.

Surrender to the Divine Within.  
All credits go to the Iyengar Family.

Photos by Ana Black



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