

Quick Bedtime Relaxation

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1. Easy Pose

Sit in bed in a comfortable easy pose. Take several deep breaths in through your nose and let them out slowly through your mouth. When you breathe in, count slowly to four. As you breathe out, count slowly to six.



2. Easy Pose Variation Arms Up

Stretch your arms up overhead. Remember to keep taking slow, deep breaths.



3. Easy Pose Variation Side Bend

Slowly lean over to one side. Take a deep breath and release it. Then slowly switch to the other side. Repeat until you feel ready to move on.



4. Seated Cat Cow Pose

Sitting in your comfortable easy pose, let your chest and stomach come forward as you take a deep breath in. As you release the breath, slowly round your back and let your head fall forward. Repeat 3-4 times.



5. Seated Shoulder Rolls

When you are back in your comfortable seated pose, slowly roll your shoulders forward. Continue to take slow, deep breaths. Repeat the shoulder rolls forward 2-3 times, and then switch and roll your shoulders backwards 2-3 times. Then let your shoulders relax and let your hands drop comfortably to your lap or wherever else feels comfortable.



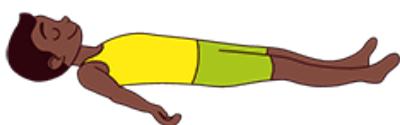
6. Seated Neck Rolls

Let your ear drop to your shoulder. Slowly roll your head in one direction and then in the other direction. Continue taking slow, deep breaths as you roll your head.



7. Corpse Pose (IRT)

Lay flat in your bed. Get comfortable. Take 2-3 slow, deep breaths as you lay there.



8. Full Body Stretch Pose

Lift your arms above your head and stretch out long. When you feel ready, bring your arms back down to where they are comfortable.



9. Corpse Pose

Continue taking slow, deep breaths as you lay comfortably.

