



SEASONAL FITNESS CHALLENGE

FALL TIP 1

Winding Down-Bedtime Yoga Routine



We typically think of yoga as a daytime activity to increase energy and decrease tension. While this is true, the right sequence and proper breathing also make yoga an ideal activity for your bedtime routine. Try this *Winding Down* sequence an hour before bedtime to decompress the body and mind, preparing for a great night of sleep.

Hold each pose for 40 seconds (per side if applicable), for 2 rounds.

Reclined Twist	Reclined Hand to Toe	Reclined Hand to Toe-Side
 <p>Lie on your back, knees tucked in to the chest. Gently lower your knees to the right side of your body and place on the floor. Hold the arms straight out to the side, gaze toward the left hand. Complete on both sides.</p>	 <p>Lie on your back with both legs straight and flat on the mat. Straighten the left leg and raise it up until you are able to hook the big toe with your right hand. It is okay if you need to bend the knee slightly to do this. Complete on both sides.</p>	 <p>Lie on your back with both legs straight and flat on the mat. Hook the right big toe with your right hand, then extend the leg out to the right side. It is okay if you need to bend the knee slightly to do this. Complete on both sides.</p>
Reclined Cross-Body Hand to Toe	Child's Pose	Hero Pose with Reverse Prayer
 <p>Lie on your back with both legs straight and flat on the mat. Hook the right big toe with your left hand, then extend the leg over the body to the left side to rest the heel on the floor. It is okay if you need to bend the knee slightly to do this. Complete on both sides.</p>	 <p>From the hands and knees, sit back until you are sitting on the heels. You can keep the toes tucked or untucked. Reach the hands forward, above the head. Let the chest sink down toward the mat, relax the neck.</p>	 <p>Sit on the shins in prayer pose, back straight and sitting tall. Bend the elbows to bring the hands behind the back, palms together in the middle of the back. Alternately, you can grab the elbows with the opposite hands.</p>



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<p>Downward-Facing Dog Pose</p>  <p>From hands and knees, exhale as you tuck your toes and lift your knees off the floor. Gently begin to straighten your legs, but do not lock your knees. Bring your body into the shape of an "A." Press the floor away from you as you lift through your pelvis. Now press down equally through your heels and the palms of your hands. Breathe and hold for 30 seconds.</p>	<p>Lizard Pose</p>  <p>From a plank position, drop the left knee to the floor and untuck the toes. Bend the right knee and plant the right foot beside the right hand. Lengthen the back and straighten the arms, you can sink the hips toward the mat for more stretch. If comfortable, you may lower down to the forearms to really intensify the stretch. The knee can push out to the right side to make more space for the upper body. Complete on both sides.</p>	<p>Pigeon Pose Forward Bend</p>  <p>From a plank position, bend the right knee and place it by the right hand. Untuck the left toes and lower the body down until you are resting on top of the right leg. Lower down to the forearms. If this is too intense, straighten the arms and prop yourself up so that you are not resting on the right leg. Complete on both sides.</p>
<p>Head to Knee Forward Bend</p>  <p>Sit on the mat with right leg extended, left knee bent and the foot pressing against the inner right thigh. If this is too much knee pressure, move the foot lower on the right leg. Straighten the back, then hinge at the hips until you feel a stretch in the hamstrings. Now relax the back, folding over the right leg. You do not have to touch the toes. Complete on both sides.</p>	<p>Half Lord Of the Fishes</p>  <p>Sit cross-legged. Bend your right knee and cross it over your left leg. Hook your left elbow around your right knee and twist looking behind you. Remember to stay tall.</p>	<p>Legs Up the Wall</p>  <p>Lie on your back close to a wall, straighten both legs and prop them vertically on the wall. Flex the feet, rest the arms palm down by your side. If you do not have a wall available, simply hold the legs straight up in the air, making sure the feet are flexed.</p>

