

wake me when
it's over



YOGA FOR
better sleep





TIPS FOR
BEDTIME BLISS

Count Breaths – Not Sheep

Wake Me When It's Over

Schedule

Yoga for Better Sleep

&

A Better Life



Wake Me When It's Over

Daily Emails

- Daily Tips for Bedtime Bliss
- Zoom Links for Restorative Yoga
Classes: Tues & Thurs
- Pre-Recorded Bedtime
Practices/Meditations
- Yoga Nidra
- Reiki Relaxation
- Playlists & Bedtime Stories
- Science of Sleep & Natural
Supplements

Wake Me When It's Over

Weekly Schedule

Monday

Breath Meditation

Tuesday

Zoom Turn Down/Yin Yoga

Wednesday

Hump Day/Restful Habits

Thursday

Zoom Tuck-In/Restorative Yoga

Freaky Friday

Pillow Talk/Audio Meditation

Saturday

Sound Meditation

Sunday

Bedtime Story



LIVING FOR
BETTER SLEEP

How to spend your waking hours

A woman with dark hair is lying on her back on a light-colored, quilted mattress. She is wearing a white t-shirt tied at the waist. Her eyes are closed, and her right hand is resting on her forehead. A tattoo is visible on her left forearm. The background is dark and out of focus. Large, semi-transparent quotation marks are positioned at the top left and bottom right of the image.

*“Sleep is the best
meditation.”*

- DALAI LAMA