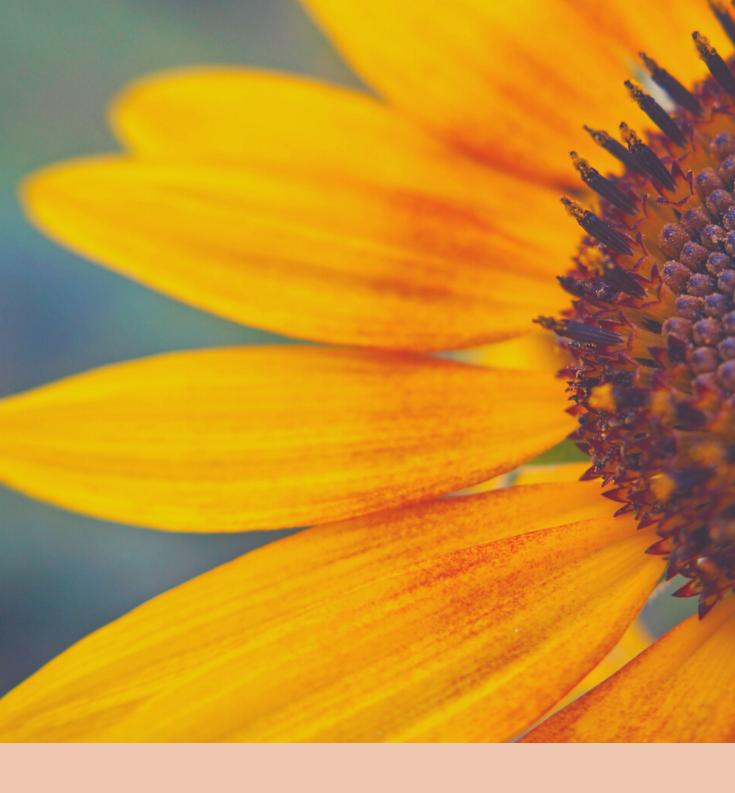
wake me when it's over



yoga for better sleep





TIPS FOR

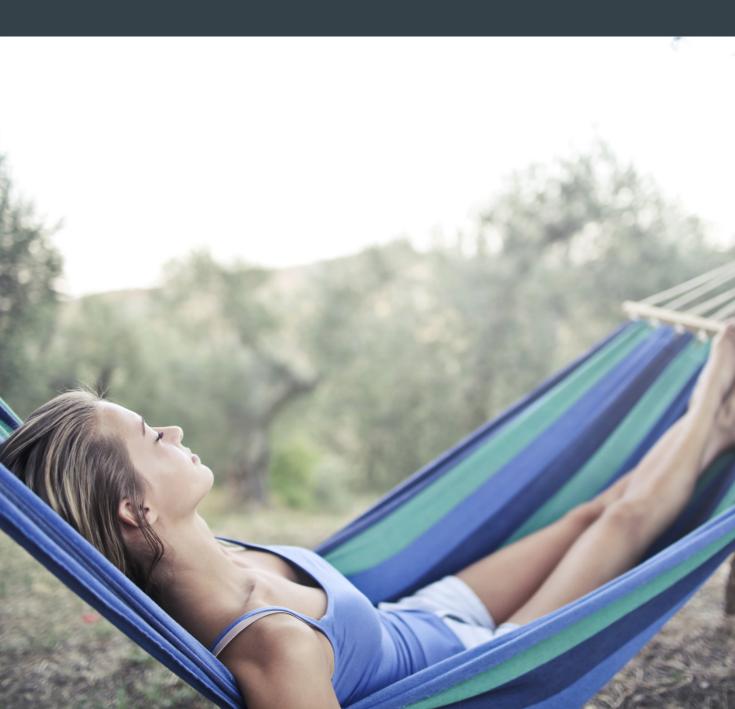
BEDTIME BLISS

Count Breaths - Not Sheep

Wake Me When It's Over

Schedule

Yoga for Better Sleep & A Better Life



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

<u>Monday</u> Breath Meditation

<u>Tuesday</u> Zoom Turn Down/Yin Yoga

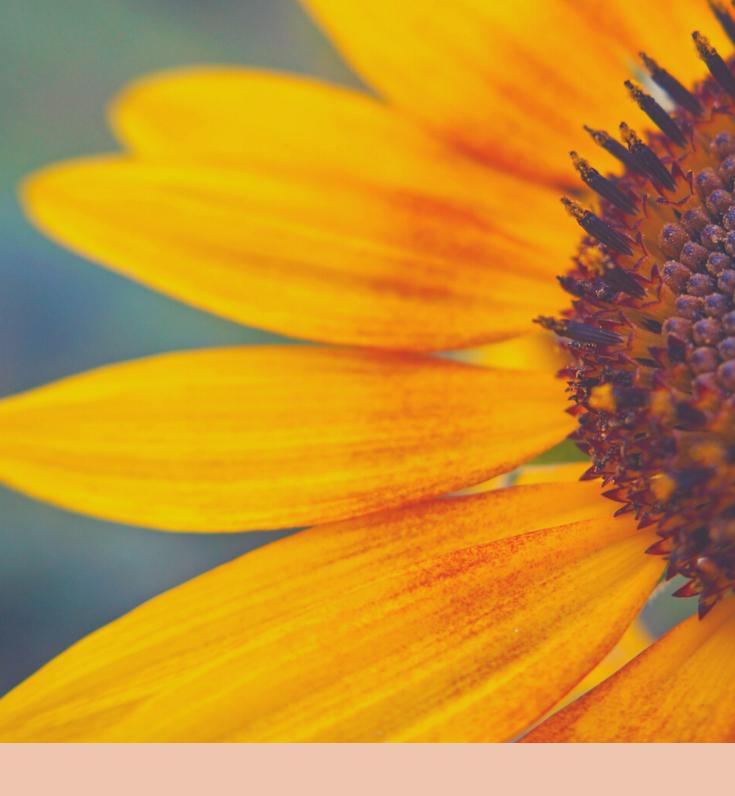
<u>Wednesday</u> Hump Day/Restful Habits

<u>Thursday</u> <u>Zoom Tuck-In/Restorativ</u>e Yoga

<u>Freaky Friday</u> Pillow Talk/Audio Meditation

> <u>Saturday</u> Sound Meditation

<u>Sunday</u> Bedtime Story



LIVING FOR

BETTER SLEEP

How to spend your waking hours

