**Wording to go in flyer**

**Yoga for Sleep Workshop**

**Restorative Yoga Sleep Sequence**

Use this sequence to relax and unwind at the end of a day or before bed. Settle comfortably into each posture for about 5-7 minutes. Set a timer to let you know when it is time to change position, and you can also listen to any music you find relaxing at the same time. The audio recording from the Yoga for Sleep Workshop can also be used to recreate the practice at home.

In the middle of the night when you can’t sleep, you might like to try getting up and resting in any one of these postures for about 5-10 minutes before heading back to bed.

**Posture 1 – Supported Chest Opening with Knee Support**

*Props* – 2 x bolsters (or towels rolled up lengthways), 1 x cushion for head support (optional)

*Set up notes* – Position the props in a T-position with one bolster/towel running parallel to the yoga mat and one bolster towel running horizontal to the mat underneath the knees. Position yourself so your buttocks is on the floor and the parallel bolster runs from the lower back up to behind the head.

Caution – If any lower back pain is experience adjust the parallel bolster height by using a towel. If using a towel, the height of the parallel support prop can be adjusted by either using a thinner towel or loosely rolling the towel. Do not us any parallel support prop if pain continues.

**Posture 2 – Supported Bound-Angle Pose**

*Props* – 1 x bolsters (or towel rolled up lengthways), 2 x yoga blocks/bolsters (or pillows), 1 x cushion for head support (optional)

*Set up notes* – Similar to Posture 1 without the bolster behind the knees. Instead, the soles of the feet are together with knees wide being supported by either blocks, bolsters or pillows.

Caution – If any lower back pain is experience adjust the parallel bolster height by using a towel. If using a towel, the height of the parallel support prop can be adjusted by either using a thinner towel or loosely rolling the towel. Do not us any parallel support prop if pain continues.

**Posture 3 – Elevated Legs-Up-the-Wall Pose**

*Props* – 1 x bolsters (or towel or blanket densely folded to a width of about 15-30cm), 1 x cushion for head support (optional)

*Set up notes* – To enter the posture sit at 90 degrees to the wall with the side of your hip about a hand width away from the wall, and the bolster/folded towel or blanket close by. Lie down on the mat on your side then roll onto your back and extend feet up wall. The feet can push into the wall to elevate the hips slightly so the bolster/folded towel or blanket can slide underneath the hips. The prop should be positioned underneath the sacrum (flat bony structure at the base of the spine).

*Caution* – If any lower back pain is experience adjust the height the hips are elevated by using a towel or blanket that is folded to a lower height.

**Posture 4 – Supported Child’s Pose**

*Props* – 1-2 x bolsters (or 3-4 bed pillows)

*Set up notes* – Position bolster or stacked pillows under torso. Rest the head in one direction and remember to turn to the head to the other side half way through the time you spend in this posture.

*Caution* – If any knee or hip pain is experience, increase the height of the support under the torso by adding more bolsters, folded blankets or pillows.

**Posture 5 – Basic Relaxation Posture with Knee Support**

*Props* – 1 x bolsters (or 1 x bed pillows or rolled up towel)

*Set up notes* – Reclining on back, position bolster or pillows under knees.

**About the teacher…**

Tash Connew is a current serving RAN Officer, Yoga Therapist (C-IATY) and iRest Level 2 instructor. Natasha’s classes are about using the practices and teaching of Yoga to come to the essence of your true self and learning to tap into the internal wisdom which is always present. Tash is dedicated to making the resilience developing practices of Yoga accessible to all Australian Military personnel and their families.

**Potential quotes to go in the brochure if there is some room**

“Posture should be steady and comfortable” —*Yoga Sutras of Patanjali*

“Tension is who you think you are, Relaxation is who you actually are”

“Life isn’t as serious as the mind makes it out to be” —Eckhart Tolle

“Watch your thoughts, they become words  
Watch your words, they become actions  
Watch your actions, they become habits  
Watch your habits, they become character  
Watch your character, for it becomes your destiny” —*Upanishads*