



Yoga for Insomnia

In this video you will learn a sequence of postures to relax and have a peaceful sleep.

Hold each pose for thirty seconds to a minute or as long as you are comfortable.

Remember to repeat the pose on the other side whenever possible.

Do take time to rest between the different asanas as required, assuming either the corpse pose or the staff pose .

Start with the standing forward bend.

Reach down as far as possible while keeping your knees locked.

The following pose is the wide legged forward bend.

Try and bend down as far as you can with the back straight.

Move on to the cat pose.

Round your back and tuck your chin in.

Hold for a few seconds and then arch your back and look up.

Next sit down in the hero pose.

Relax your mind and concentrate on your breathing.

Move on to the reclining hero pose.

Lie down on your back.

You could use a cushion if required.

" The following asana is the bound angle pose.

Try and push your knees as close as possible to the ground.

" Move on to the reclining bound angle pose.

Lie down on your back.

You could use a cushion if required.

The following asana is the locust pose.

Hold for as long as you can.

The following pose is the reclining big toe pose.

Extend your leg to the side making sure your hips remain grounded.

Next do the half lord of the fishes pose.

Keep your back straight and look behind.

Next do the gas release pose.

Raise your chin to touch the bent knee.

Follow up with the seated forward bend.

Keep your back straight.

The following asana is the plough pose.

Try and touch the ground with your feet behind the head.

Move on to the monkey pose.

Twist your torso so your knees are facing one side and your face is towards the other.

Next do the head to knee pose.

Reach out as far as you can while keeping your back straight.

Rest in the child pose for a minute.

Lie down for a few minutes in the corpse pose.

Relax and concentrate on your breathing.

Regular practice of these recommended asanas will effectively help you sleep well.

<https://www.sikana.tv/en/sport/yoga/insomnia>