

Insomnia Soothe Yourself to Sleep



Seated Forward Bend

Paschimottasana

15 to 45 seconds

Props

- ✓ One blanket or block
- ✓ One strap

Instructions:

Sit with your legs extended out in front of you holding onto your feet with your hands. If you can't reach your feet, place a strap around them. Sit up straight and slowly release forward. Hold for 15 to 45 seconds.

Modification: If you have tight hamstrings that prevent you from bending forward with ease, sit on the edge of a folded blanket or block