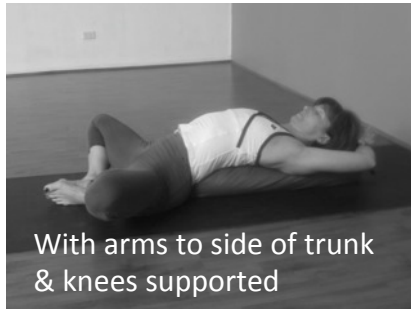
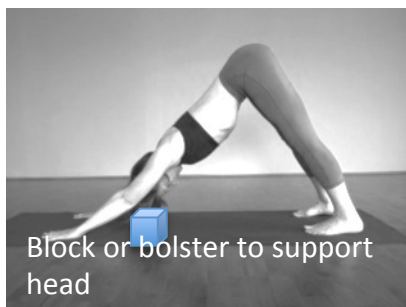


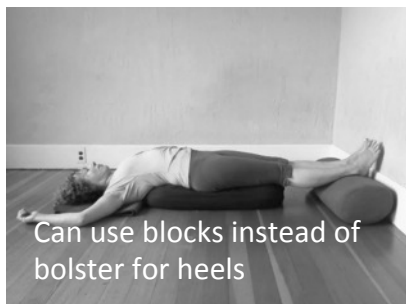
# Practice for insomnia



With arms to side of trunk & knees supported



Block or bolster to support head



Can use blocks instead of bolster for heels



Deep breathing & breath awareness



Stay up to 5 minutes in each pose.

Use other props if you do not have a bolster or block.

Can be practiced before bed time.