



BEDTIME AT BATEMAN'S BAY

3m 17s



Prepare your mind and body for a restful night's sleep with this short, soothing yoga routine

Movement	Seated modifications	Other modifications	Progressions	Watch points
Elephant Trunk Swing	Sit up tall and lift your left arm (your elephant trunk) to shoulder height. Twist your upper body to the left and reach your arm as far around to your left as you can. Then twist to the right and reach as far across to the right as you can. Repeat 3 times, then switch arms.		Lift your opposite leg off the floor (when your left hand is off the floor, lift your right leg). Keep it still and straight (off the floor) while you do the Elephant Trunk Swing. When you switch arms, switch the lifted leg too.	* Pelvis/hips still, and upper body twisting
Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as your can.		While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Sloth Snooze	Sit on a chair and curl your body forward into a "C" shape. Move one foot forwards, straighten that leg & flex your toes towards you.	Do the Sloth Snooze with... Just one leg at a time stretching up into the air Your legs up against a wall	While doing the Sloth Snooze, flex your toes back towards you	* Bottom ideally against the wall * Legs straight * Neck and upper body relaxed