

5 EASY POSES FOR *Better Sleep* YOGA FOR INSOMNIA



**EASY POSE
FORWARD BEND**
Hold 2 min



SEATED SPINAL TWIST
1 min per side



HAPPY BABY
Hold 2 min



PLOW POSE
Hold 1-2 min



SUPTA BADDHA KONASANA
5 min

by **Kelly Collins**

Kelly wanted to share her passion for an active lifestyle with others and became a Mad Dogg Certified Spinning Instructor and a NASM Certified Personal Trainer.



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Marco Cascella



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