

## Evening

There is nothing better than a calming practice in the evening. It relaxes the body and helps you process the day's events. It will help you get a good night's sleep by preparing your mind for rest. This is a shorter routine. Please allow time for about five breaths per pose. As with other routines, please feel free to refer back to the posture chapters to add variations. Be sure to keep your substitutions at the same length and exertion level. This is a routine meant to calm and soothe the body. Avoid practicing inversions and backward bending postures in the evening, as they tend to excite the nervous system and awaken the body.

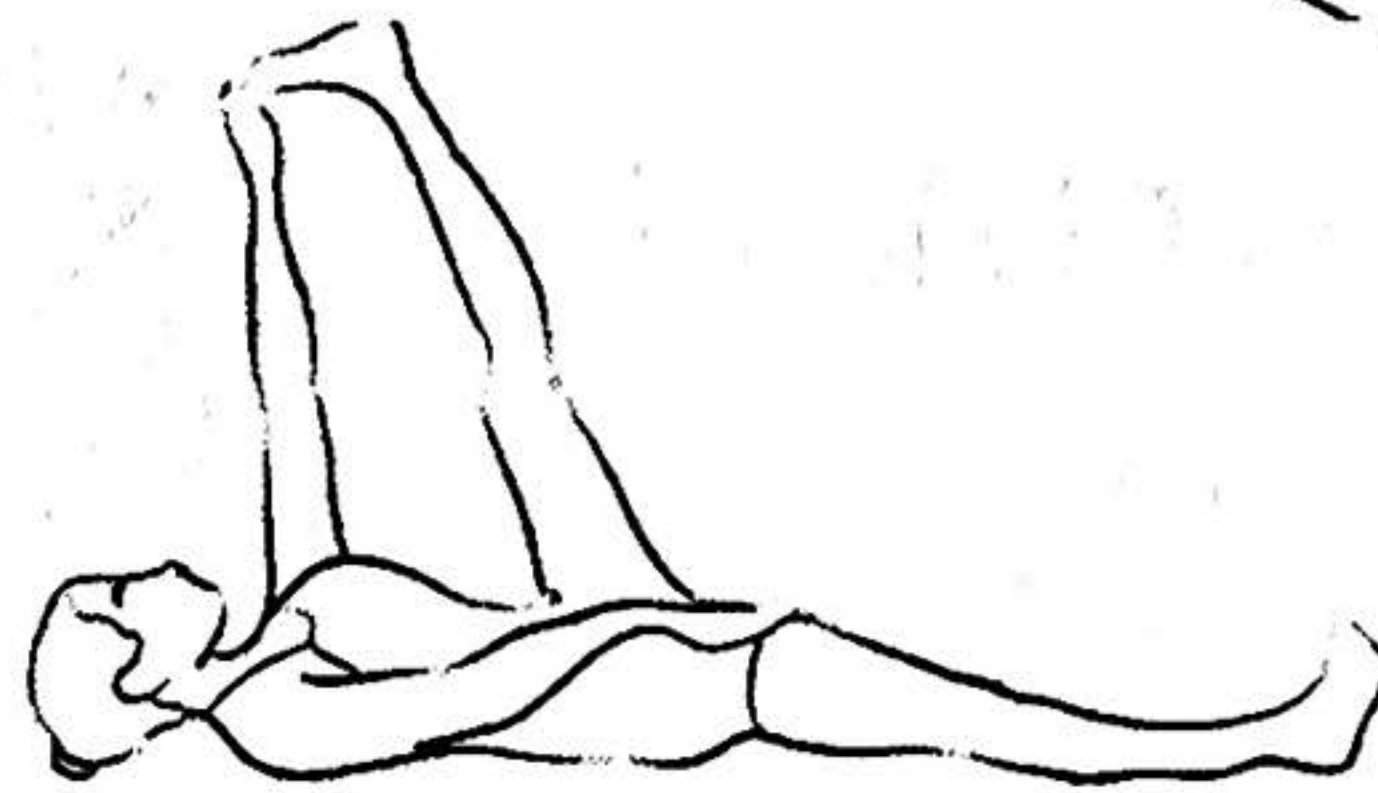
- Start lying in Corpse Pose



- Knees to Chest



- Reclining Big Toe Pose, right then left



- Bridge Pose (just to work out the kinks in the lower back)



- Lying Twist to right and left

