

HOME PRACTICE SEQUENCE

Quiet Down Sequence

Sequence: *Tina Tetz*

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Model: *Kathy Prekoski*

Photos: *Tina Tetz*

Perfect for the winter, a time for quiet and calm.

This is a sequence I do often to calm down at bedtime or in the middle of the night when I wake up and cannot get back to sleep. I learned from Yoko that the back side of our body aligns with the moon (the front aligns with the sun) so the more poses you can do with your back open and up the calmer you will be.

Poses 1 and 2: Wide-legs allow you to relax in the pose. Most times, one is stiff in the middle of the night. The focus is bringing support and relaxation to the chest and head; not the stretching of the legs.



1. Wide – leg down dog with arms extended and supported on the bed. Also, your forehead is supported just on the edge of the bed.



2. Wide-leg forward bend on a lower support, like a chair or ottoman, with the crown of your head supported



3. Legs up the bed; like legs up the wall but the bed is handy. This will quiet the nervous system



4. Supported Child with bolster, large pillow or folded-up blanket



5. Fetal pose to both sides. Really curl in on yourself. Be sure to do this on both sides for balance.



6. Crawl back into bed, lie on your back with a heavy pillow or sandbag on your upper chest. The weight will calm anxiety. This reclining pose will also serve as savasana