

Bedtime Series

A wonderful way to let go of the cares of the day for peaceful, rejuvenating sleep.



Sit with legs together, knees straight, extended in front of you. Bend forward from your hips and hold onto toes, ankles or legs (stretching deeply without straining).

Eyes are closed and focused at the brow point.

Hold the position for 1-3 minutes with long, deep breathing through the nose.



Sit with hands on floor slightly behind hips, knees bent, feet flat on floor, hip-width apart. Inhale and raise hips off floor, allowing head to gently relax backward.

Keep sternum lifted and thighs parallel to each other.

Eyes are closed and focused at the brow point.

Hold the position for 1-3 minutes with long, deep breathing through the nose.



Lie on back with arms reaching straight up, fingers spread apart.

Eyes are closed and focused at the brow point.

Hold the position for 1 minute with long, deep breathing through the nose.



Then inhale deeply, suspend the breath and make fists with your hands.

Pull fists slowly toward chest with tension.

Exhale slowly and release the tension in the arms when the fists reach the sternum.

Repeat 2 more times.



Shabd Kriya:

Sit with a straight spine. Rest your hands in your lap, right hand resting in left, tips of thumbs touching.

Eyes are slightly open and focused toward the tip of the nose.

Inhale in 4 distinct parts mentally saying the words "Sa Ta Na Ma."

Suspend the breath while mentally saying the words "Sa Ta Na Ma" 4 times.

Then exhale in 2 distinct parts mentally saying the words "Wahay Guru."

Continue for 3-11 minutes.

Sa Ta Na Ma means Life, Birth, Death, Rebirth.

Wahay Guru means the Ecstasy of Enlightenment.