










Night-Time Yoga Workout Plan

Exercise	Hold Time	Rest	Pose
Hero Pose	60 Seconds	20 Seconds	
Child's Pose	60 Seconds	20 Seconds	
Upward Facing Dog	60 Seconds	20 Seconds	
Camel Pose	60 Seconds	20 Seconds	
Butterfly Pose	60 Seconds	20 Seconds	

Supine Spinal Twist	60 Seconds	20 Seconds	
Bridge Pose	60 Seconds	20 Seconds	
Wind-Relieving Pose	60 Seconds	20 Seconds	
Corpse Pose	3 Minutes	20 Seconds	

For help follow the links below:

<https://www.exercise.co.uk/learn/how-yoga-can-help-you-to-sleep-better/>