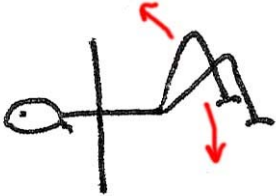



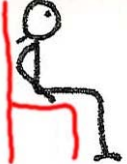




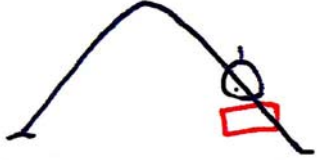
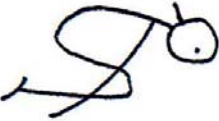
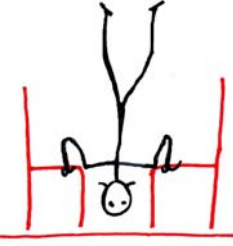



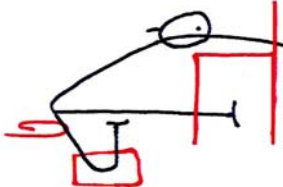
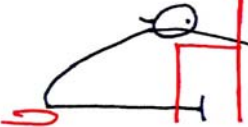





# Winding Down

Mudras, inversions, pranayama, and supported forward bends that help to reduce activity in the mind and induce sleep when practiced before bed.

 <p>Windshield Wipers</p>	 <p>Apanasana</p>	 <p>Extended Thread the Needle</p>	 <p>Shoulder Shrugs</p>	 <p>Ujayi Pranayama (long exhalation)</p>
<p><b>Sedating, Energetic Clearing</b></p>  <p><b>Prajna Prana Kriya</b> (Touch thumb nail to first joint of thumb, extend all other fingers)</p>	 <p>Chair Uttanasana</p>	 <p>Salamba Uttanasana (forehead on chair)</p>	 <p>Chair Down Dog</p>	 <p>Salamba Adho Mukha Svanasana</p>
 <p>Balasana</p>	 <p>Chair Sirsasana</p>	 <p>Chair Viparita Karani</p>	 <p>Salamba Halasana</p>	 <p>Salamba Sukhasana</p>
 <p>Salamba Janu Sirsasana</p>	 <p>Salamba Pascimottanasana</p>	 <p>Ujayi Pranayama (long exhalation)</p>	<p><b>Clears the Head</b></p>  <p><b>Mahasirs Mudra</b> (Tuck ring fingernail inside palm, touch thumb, index and middle tips together, extend pinkie)</p>	 <p>Savasana</p>