

Health Repair Yoga Program Course Option:

Sleep Better

Learn simple postures and breathing techniques to switch off the mind and prepare the body for sleep.



Why

Need a simple mind and body work out with great returns for sleep and wellbeing? Try yoga. It's claimed that, on average, for every minute you put into yoga you'll need one minute less sleep. This makes yoga an excellent time investment!

"Yoga is an effective treatment because it addresses insomnia's physical and psychological aspects," says assistant professor of medicine at Harvard Medical School. Researchers at Harvard investigated how a daily yoga practice might affect sleep for people with insomnia and found broad improvements to measurements of sleep quality and quantity.

How

Yoga benefits your sleep in some key ways. Here's how:

- Sleep quality improves due to the stimulatory effect yoga has on the nervous system, in particular the brain.
- Certain yoga postures increase blood circulation to the brain's sleep

centre that has the fantastic effect of normalising the sleep cycle.

- Yoga increases the elimination of toxins from the body and rejuvenates the entire body right down to cellular level. This means you'll actually need less sleep!
- Breathing techniques allow for more oxygen in the brain providing clarity of the mind and therefore the ability to fall asleep more easily.

What you will learn

- A Sleep Better series of specific poses and breathing techniques to train you to get to sleep more quickly and more deeply.
- A practice that can be learnt easily and completed at home before bed and even in bed!

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