

# AID RESTFUL SLEEP

01



BEND FORWARD FROM WAIST

SLIGHT BEND IN KNEES

HOLD ELBOWS

02



SIT ON FLOOR

INHALE & OPEN CHEST

EXHALE & REST RIGHT HAND ON LEFT KNEE WITH LEFT HAND ON FLOOR

REPEAT BOTH SIDES

03



LIE ON BACK

LEGS AGAINST WALL WITH FEET UP

HANDS RESTING BY SIDES

04



LIE ON BACK

SOLES OF FEET TOGETHER

LET KNEES RELAX OUT TO SIDES



**DMC**  
**NETWORK**  
DESTINATION MANAGEMENT CONSULTANTS

*We're here for you!*