

Chair Yoga for Sleep

7 Relaxing Poses to Unwind Before Bed

Instructions:

- Use a sturdy chair without wheels
 - Practice in dim light, preferably an hour before bedtime
 - Breathe slowly and deeply in each pose
 - Hold each pose for 3–5 breaths or 30 seconds
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1. Seated Forward Fold

Gently fold forward over your legs, arms dangling, and rest your head on a pillow if needed.

Benefits: Relieves lower back tension and calms the nervous system.

2. Neck Side Stretch

Drop right ear to right shoulder, gently stretch opposite hand downward. Repeat both sides.

Benefits: Loosens neck tension and improves circulation.

3. Shoulder Rolls

Inhale shoulders up to ears, exhale and roll them back and down.

Benefits: Releases stress stored in the upper body.

4. Seated Spinal Twist

Twist gently to one side, hand on opposite knee. Repeat both sides.

Benefits: Aids digestion and relaxes the spine.

5. Seated Butterfly

Place feet together and let knees open outward. Hold ankles or feet.

Benefits: Opens hips, eases pelvic tension.

6. Seated Moon Reach

Lift arms overhead and stretch side-to-side in a crescent motion.

Benefits: Creates space in the spine and relaxes the body.

7. Hands on Heart Breathing

Place both hands on heart. Close eyes. Inhale deeply through nose, exhale through mouth.

Benefits: Calms the mind and activates rest mode.

Quick Routine Summary:

Pose	Duration
Seated Forward Fold	30 sec
Neck Side Stretch	30 sec each

Shoulder Rolls	5–10 reps
Spinal Twist	30 sec each
Butterfly	1 min
Moon Reach	30 sec each
Heart Breathing	1–2 min

Tips for Better Sleep:

- Avoid screen time 1 hour before bed
- Try warm chamomile tea or turmeric milk
- Use lavender oil or calming music

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