

Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

eatwellenjoylife.com

Gentle Nighttime Routine

Whether it's breathing to slow the heart rate or a yoga pose to calm the mind, a simple routine can be effective for a better night's sleep.

Your Timing: Institute a regular bedtime before 10pm. Maintaining consistency will help keep your circadian rhythms- those biological change that happen every 24 hours- steady. Eventually, your body will naturally understand and crave sleep during these hours.

Create a wind-down period: Create space between your busy day and sleep time. Honor your time in the evening and play relaxing music or light candles. Think of the yoga precept of Pratyahara: Withdraw your senses in order to turn inward

Choose the right pose: Notice how you feel before doing a nighttime yoga pose. Are you wired or tired? If you are amped up, do poses like twists or standing poses to burn off excess energy. If you are tired, do some restorative poses until you feel more refreshed.

Get warm: Remember to stay toasty while practicing your nighttime poses – have a blanket, socks and sweater nearby. Drink a warm cup of herbal tea or take a bath after your pose.



Bedtime Yoga Poses

Viparita Karani (Legs-up-the-Wall Pose)



Benefit: Triggers relaxation response, slowing heart, breath, and brain waves. Honestly, this has got to be one easiest ways to deeply rest your body. Not to mention the health benefits for your adrenals, circulation, organs, heart, aching legs and nervous system.

Try this restorative yoga pose and experience it for yourself. After 5 minutes of relaxing with your “legs up the wall”, you’ll feel so much better. All you need is a floor and a wall. Blankets and cushions are handy optional extras.

1. Bring a folded blanket or a bolster about 6 inches away from a wall (or farther away if your hamstrings are tight).
2. Sit sideways on the support, with the right side of your body against the wall.
3. On an exhalation, slowly turn to your right, lowering your shoulders down to the floor as you swing your legs up the wall.
4. Adjust yourself so that your sitting bones drop down slightly between the support and the wall, the back of your pelvis rests on the bolster, and your shoulders rest on the ground. Bring your arms into a position that supports the opening of the front of your chest, whether out to your sides or reaching overhead on the floor.
5. Relax your legs, face, and jaw. Stay here for 5 to 15 minutes.
6. To come out, slide back off the support, turn to the side, and stay here for a few breaths before sitting up.
7. You can do this right before bed or earlier in the evening. Make sure you don't fall asleep in the pose; save your sleep for when you are in bed.

The key is for your stomach and pelvis to be even with each other and your lower ribs and kidneys on the pile of blankets and head lower than heart.

Health benefits of Legs Up The Wall pose:

It's a super easy way to help alleviate many of the symptoms which come from leading a stressful life. Here's a list of the main health benefits that you can expect when you practice this posture regularly.

- * Calms your nervous system
- * Brings fresh blood & lymph fluid into your abdomen & organs – very refreshing
- * Relieves tension in lower back & sacrum
- * Helpful for minor depression & anxiety
- * Relaxes your adrenals
- * Calms your mind
- * Reduces swelling in your feet and legs
- * Releases tension and stress from your legs – they will feel lighter
- * Rests your heart as your feet are above the heart – reversing effects of gravity



Childs Pose-Balasana:

Before you start, remember the aim of any restorative yoga pose is to be extra comfortable and not restrict your breathing at all. Restricted breathing means your body needs more space and you'll need to come out of the pose a little and modify.

1. Begin by sitting on your heels with knees together or slightly apart whatever feels more comfortable
2. Gently bend forward so your head rests on the ground in front of your knees
3. You may feel more comfortable placing one or two pillows under your forehead or resting your arms above your head. Comfort is the key.
4. Place your hands, palms up on either side of your body and next to your feet. If this feels uncomfortable then simply stretch your hands out in front of you.
5. Close your eyes and focus on your breath
6. Breath slowly and deeply by imaging you are gently pressing the belly against the thighs on your inhale

How to let go of any fear:

According to Chinese Medicine your kidneys are known to hold fear. Being fearful of the past or future can often keep us awake at night. I can vouch for that.

So, sometimes I place my hands over my kidneys (whilst in child pose) and breath and smile into them, using my exhale to let go and soften my kidneys. It makes a huge difference.



Variations on child's pose -Balasana:

Modified child pose with bolster and/or blankets (picture 1 above)

Modified child pose with chair (picture 3)

I love child pose with my forehead resting on the floor, as it gives my back and spine a lovely stretch. On the days when I'm feeling fragile leaning forward in child pose over a bolster is incredibly soothing. There is something deeply nurturing when you allow your whole body to be fully supported by the bolster.

Don't worry if you don't have a bolster simply use a few pillows or pile of blankets to get the same effect.

Benefits of child's pose:

- * Helps you let go of your day, as you are energetically turning your back to the world
- * Encourages you to breath into your back and kidneys (breathing into your kidneys will help release fear which may be keeping you awake)
- * Great for relieving tightness or tension in the lower back
- * Relieves tension in your shoulders
- * Quiets the mind
- * Helps dissolve stress and fatigue
- * Gentle stretches hips, thighs and ankles
- * More blood flows to the mind (this can help with dizziness and headaches)
- * Increases flexibility in the knees
- * Calms the central nervous system
- * Releases any heaviness in the body
- * Relaxes your breathing

Crocodile Pose



Don't be fooled by the seemingly simple relaxation exercise pictured above. It's one of the most effective ways to calm yourself down and trigger the feeling of deep rest. Crocodile pose (makarasana – as shown above) is a deeply restorative yoga pose. It calms the mind, soothes the nervous system, and focuses the mind.

This is a great pose for connecting with and really feeling your breath. It helps quickly identify any anxious or nervous feelings you might have around your stomach area and gives you the opportunity to let go and relax this area of your body.

Lay down on your tummy, rest your forehead on folded arms, close your eyes and follow your breath. The rest will happen automatically



Reclined twist

- Lie on your back and bring the knees into the chest.
- Extend the left arm to the side at shoulder height, palm facing up.
- Keeping the knees high, slowly bring them out to the right until they reach the floor.
- Place the right hand on top of the right knee. You may want to use the right hand to massage the outer left leg and hip.
- Gaze straight up at the ceiling or slightly to the left.
- Repeat on the other side.

Make it easier: Place a cushion or other support under the lowered knees to decrease the range of motion.

Positions to Sleep Soundly

Side Sleeping

Benefits: Helps keep spine aligned and reduces snoring.

Get into bed and turn to one side. Put a pillow between your knees and another under your head for support. Your head pillow should be just high enough to prevent your neck from side bending up or down; your whole spine should be straight when viewed from the side. Draw your bottom elbow and shoulder forward far enough so you do not lie directly on your arm.

Optionally, place a third pillow in front of you and support one or both hands on it.



SARAH KEHOE

Zero-Point Release

Benefit Releases craniosacral tension.

Caution Don't use this position if you are prone to snoring or sleep apnea.

Lie on your back in Savasana (Corpse Pose). Bring your hands behind your head with the right hand touching the back of the head and the left hand on top of the right. The hands should be underneath the occipital ridge (the prominence at the base of the skull). Allow your elbows to rest on the bed and let your neck release into your hands so that your head is in slight traction. This is a great position to fall asleep in, although you don't want to stay here all night with pressure on your hands and your shoulders stretching upward.

