



Recommended Equipment



Rest and Restore Program

Good sleep is essential for overall health and wellbeing. This 2-week program consists of 4 classes per week, aiming to support better sleep and help you wake up feeling refreshed each morning. You can choose between restorative yoga, stretching, or calming meditation to unwind and prepare for a restful night's sleep.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<div>Sleepy Time Yoga (Mindful Movement) 22 min</div> <div>OR</div> <div>Bedtime Meditation (Meditation) 9 min</div>	No Class Today	<div>Deep Body Scan (Meditation) 33 min</div> <div>OR</div> <div>Guided Meditation (Meditation) 11 min</div>	No Class Today	<div>Yoga for Sleep (Yoga) 27 min</div> <div>OR</div> <div>Meditation for Winding Down (Meditation) 11 min</div>	No Class Today	<div>Bedtime Yoga (Mindful Movement) 16 min</div> <div>OR</div> <div>Meditation for Switching Off (Meditation) 10 min</div>
WEEK 2	<div>Wind Down Stretch (Recovery) 6 min</div> <div>OR</div> <div>Yoga Nidra Meditation (Meditation) 28 min</div>	No Class Today	<div>Mudras at Night (Mindful Movement) 25 min</div> <div>OR</div> <div>Yoga Nidra (Yoga) 25 min</div>	No Class Today	<div>Breath & Yoga (Yoga) 23 min</div> <div>OR</div> <div>Sound Healing (Meditation) 10 min</div>	No Class Today	<div>Yoga with Nidra Mudra (Yoga) 29 min</div> <div>OR</div> <div>Essential Yin (Mindful Movement) 16 min</div>