

This technique is great before bed, it gets you in a rest state before attempting to fall asleep which, over time of consistent use, can help you fall asleep better with better quality of sleep. Often we are in sympathetic mode even though we are sleeping, which means we do not go deep into REM, and we may wake feeling groggy, tired, or slow to get up, not as mentally sharp or well rested.

This technique focuses on the pelvis to help retrain the breathing cycle. Do this right before sleep, so make sure everything you need to do before bed is done before you continue on with this technique.

- 1) Lay down and bend both knees so that your feet are flat on the bed, hip width apart. Be aware of your abdomen and pelvis while taking slow breaths.
- 2) On the inhalation, the pelvis should press downward onto the bed, causing the abdomen to rise and an arch to form under the low back.
- 3) On exhalation, the pelvis should move upward toward the ceiling, the abdomen sinking and the low back to rest against the bed.
- 4) Do 5 exaggerated breaths with the rocking sequence with your legs bent.
- 5) Do 5 exaggerated breaths with the rocking sequence with your legs down.
- 6) Then spend two minutes breathing naturally, while focusing on the subtle rocking of the pelvis.
- 7) Go to sleep.

Precautions – do not overdo the exercise, and do not do without the okay from a medical professional, especially if there are any spinal issues.

What this can improve:

*Blood circulation

*Lymph circulation

*Nerve conduction

*Digestive function

*Liver detoxification

*Brain function and clarity

Take notes and be aware of how you breathe. If you decide to do this – take note of how you're feeling physically, how your sleep is, how you feel waking up and check in once a week minimum to see how it is changing for you.

You may think your sleep is good because it is what you're used to, so be aware! Increased energy and clarity might happen even if you think it is good right now!