

This Yogi Mama's Ultimate Guide to Sleep

from Heather Reeves Yoga



Heather Reeves
Yoga



WHY IS SLEEP SO IMPORTANT?

A good night's sleep sets us up for success throughout our entire day. Everybody is different in the amount of sleep they need

The positive effects can range from improvements in mental and physical health, increased immune systems, weight loss, and so much more!

HEATHER'S ADVICE...

The following are Heather's Keys to get your deepest sleep each night and to gain all of these amazing benefits for yourself!

HEATHER'S #3 TIP

USE ESSENTIAL OILS

Diffusing the perfect blend of essential oils in your bedroom 20 minutes before bed will create a sanctuary to fall asleep peacefully each night.

SWEET DREAMS DIFFUSER BLEND

In your diffuser place:

- 2 Drops Balance Blend
- 1 Drop Patchouli
- 1 Drop Vetiver
- 1 Drop Juniper Berry

This combination will lighten the scent of the room while bringing in calming energy to help you dream peacefully after a long day.

HEATHER'S #2 TIP

A BREATH PRACTICE FOR SLEEP

Your mind has such a deep connection to the breath.
Choosing the right breathing patterns can help you
come down from stress and massive to do lists.

A breath and meditation practice will calm the mind
and body to help you relax before bed.

TRY THIS MEDITATION FOR SLEEP AND EASE:



HEATHER'S #1 TIP

RESTORATIVE YOGA POSES

Much like breathing can help calm the mind, a great sequence of movements before bed can release the tension in your muscles and allow your body to relax into a deep sleep.

**TRY THIS QUICK YOGA FOR
SLEEP VIDEO:**



LASTING CHANGE CAN HAPPEN *OVERNIGHT*

The changes that come to your body after a good night's sleep are truly mind blowing but like any other change, it takes consistency to see the results. You won't magically fall asleep perfectly every night but by following these tips you can create change that lasts in your life.

Habit changes are like taking vitamins. It's something you have to keep at daily to really reap the benefits so keep at it mama, your best life is already on its way!



LEARN MORE HOLLISTIC APPROACHES TO CREATE BETTER HABITS THAT FIT YOUR LIFE

Join us in 2021 for The Evolve Coaching Program. Go beyond sleep and into every aspect of your daily habits to Reform your health and well being.

LEARN MORE

HEATHER REEVES

UNIT #1 179 NORPARK AVE,
MOUNT FOREST, ON
N0G 2L0

HEATHERREEVESYOGA@GMAIL.COM
519-323-9295