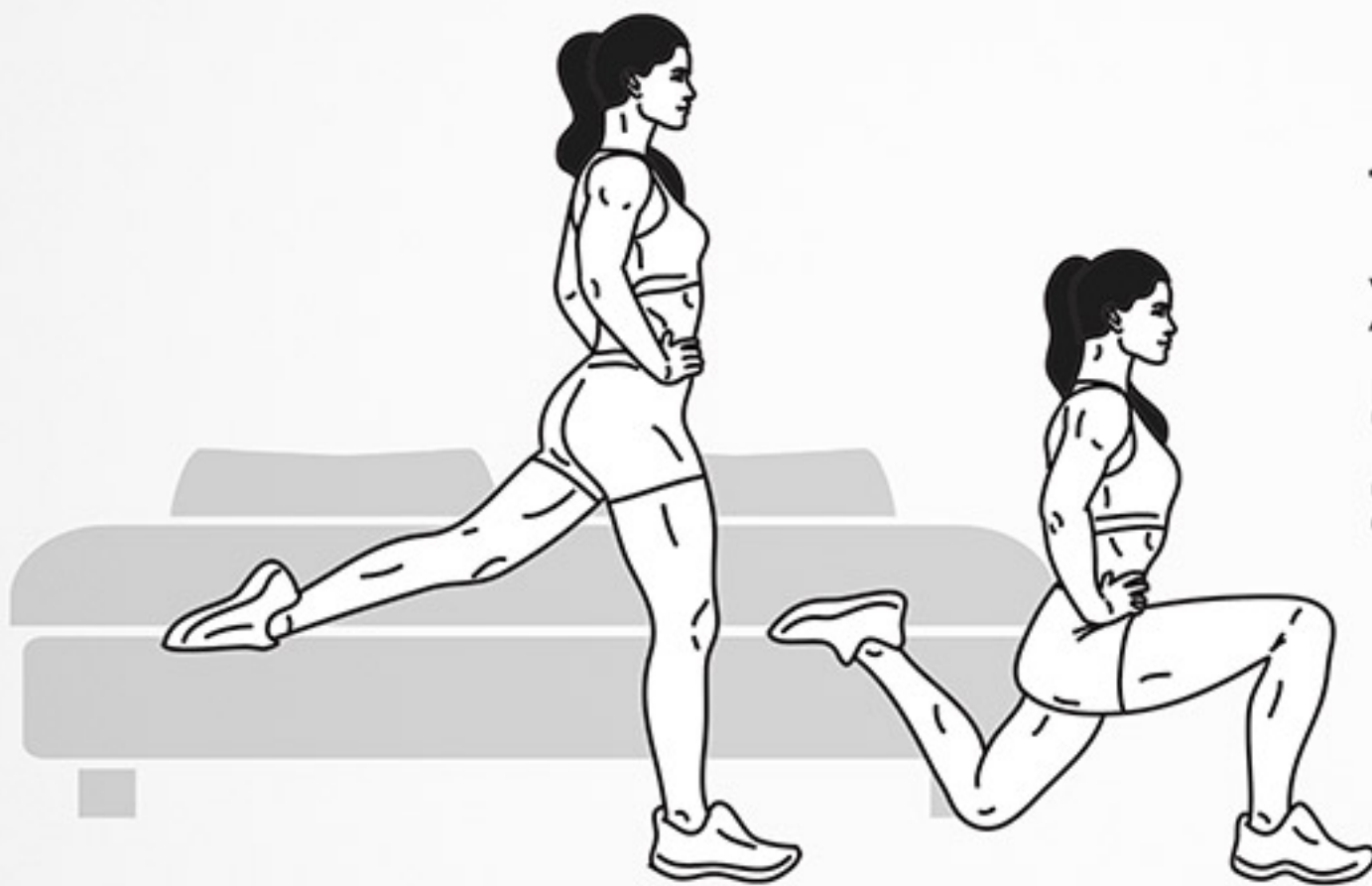


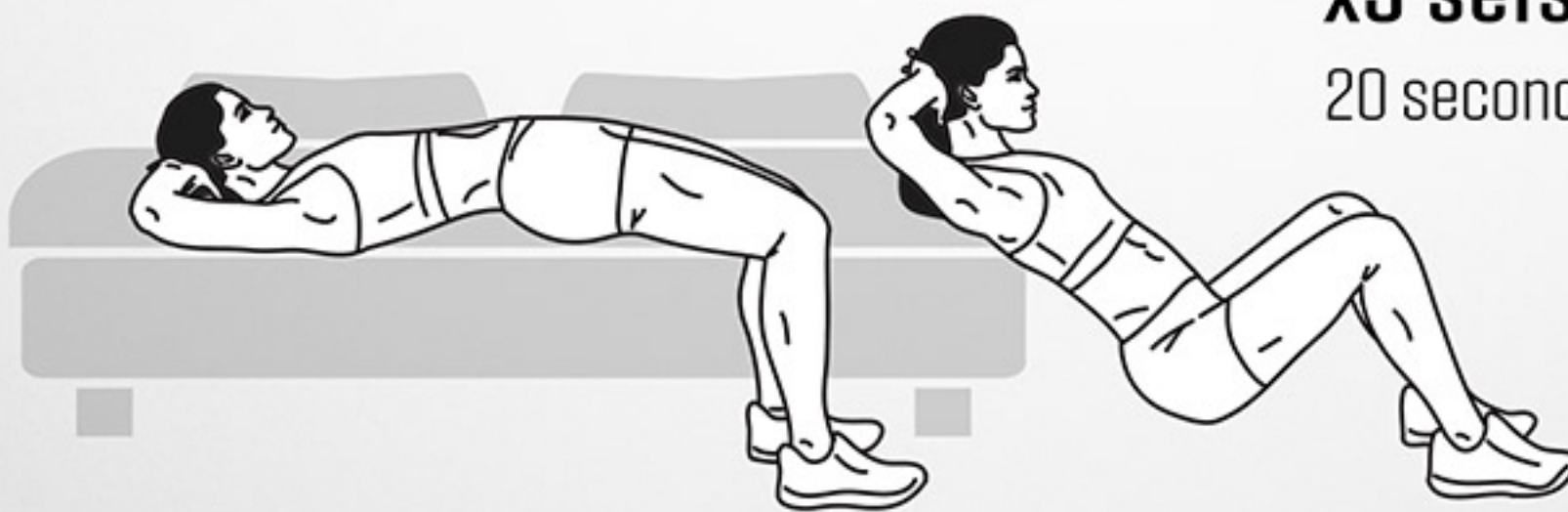
# bedtime **GLUTES**

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



**10** split squats  
**x3 sets**

5 repetitions per leg  
20 seconds between sets



**10** raised bridges  
**x3 sets**

20 seconds between sets

# better sleep

DAREBEE YOGA WORKOUT

@ [darebee.com](https://darebee.com)



**20sec** hero pose



**20sec** child's pose



**20sec** upward dog



**20sec** camel pose



**20sec** butterfly fold



**20sec** supine twist



**20sec** bridge



**20sec** knee-to-chest



**20sec** corpse pose

# Dream Catcher

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.

1



2



3



4



5



6



# INSOMNIA YOGA

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Hold each pose for 30 seconds then move on to the next one.

1



2



3



4



5



6



7



8



9



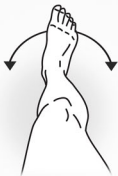
# sore **feet**

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

20 seconds each exercise.



up and down tilts



side-to-side tilts



rotations



calf raises



toe curls

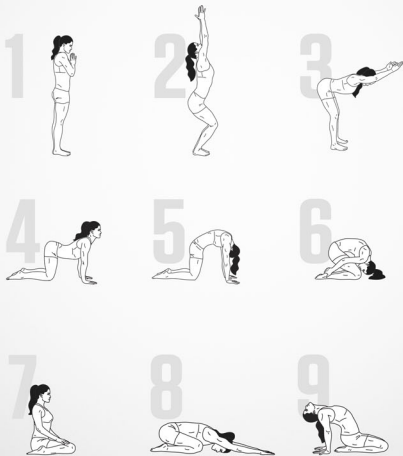


side tilts

# TUNE OUT

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Hold each pose for 60 seconds then move on to the next one.



# UNPLUGGED

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

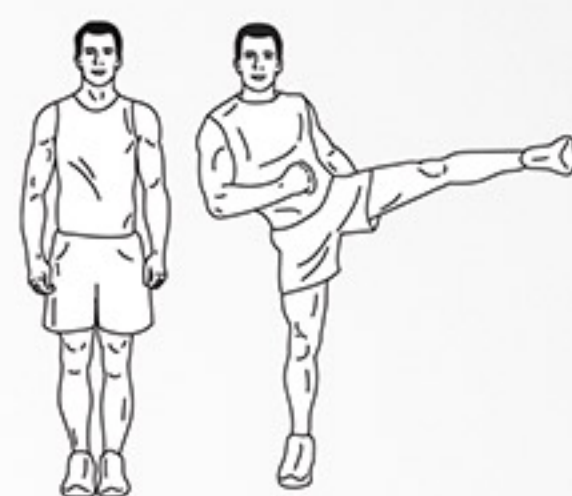
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** chest expansions



**10** shoulder stretches



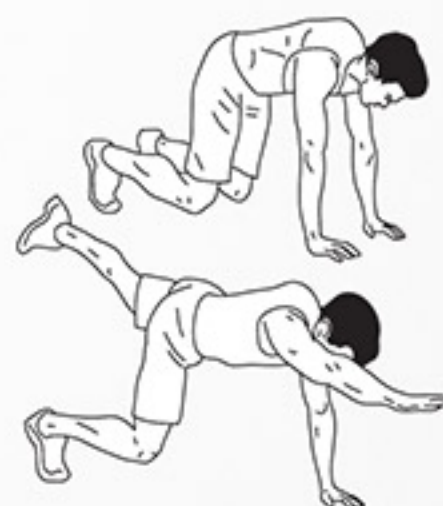
**20** side leg raises



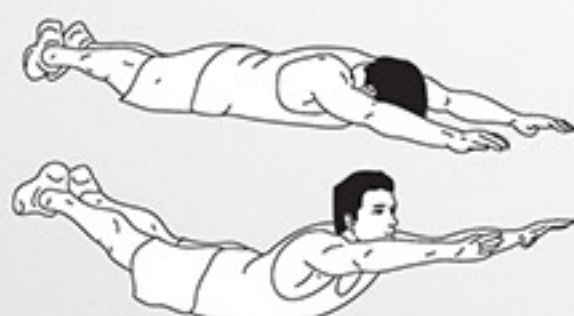
**10** back rotations



**10** back arches



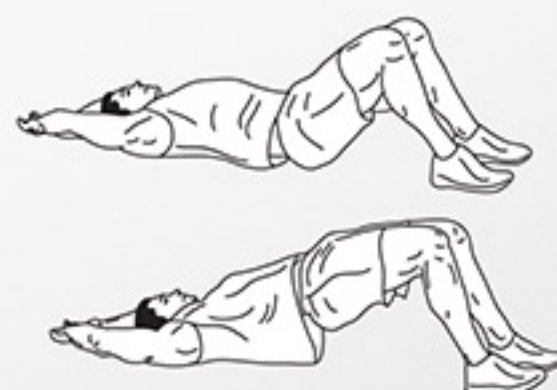
**10** cat stretches



**10** supermen



**10** body folds



**10** bridges

# UNWIND

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

#1 Slowly shift from *Cat Pose* to *Cow Pose* continuously for 30 seconds.

#2 Breathe out quickly 5 times then hold the pose.

Hold each pose after #2 for 30 seconds.

