

MAGIC MOVE

# Sleep better

Get more zzz's with this relaxing pose.

BY SARA IVANHOE

- The next time you find yourself lying awake at night, grab your yoga mat—research suggests this ancient form of exercise can help combat insomnia. Easy-to-hold Iyengar yoga inversions, which send blood to the head, are particularly effective. (Note: If you have glaucoma or high blood pressure, stick to upright poses.) My favorite is the gentle **Supported Standing Wide Leg Forward Bend** (shown at right), a pose that is easy to relax into and will help still your thoughts. For best results, put on your pj's first and do this move right before you turn in for the night.

**How-to:** Stand with hands on hips and feet approximately 4 feet apart, toes slightly turned in. Place a block or short stack of books on the floor in front of you. Breathe deeply; exhale, fold forward, and place hands on floor shoulder-distance apart with fingers



**YOUR OWN YOGI:** Sara Ivanhoe has been teaching yoga for more than a decade. She's the featured yoga instructor on VH1's *Celebrity Rehab*. To let Sara know what trouble spot you'd like to target or ask her your yoga questions, e-mail her at [sara@saraivanhoe.com](mailto:sara@saraivanhoe.com).

spread. Lengthen spine forward and place crown of head on block so both head and neck are fully supported. Draw shoulders away from ears and hug elbows in. (If you feel a hamstring stretch, widen legs and raise block.) Close eyes; breathe slowly in and out through nose. Hold up to 5 minutes, then come out of pose slowly. ●



# GOOD GRACIOUS.

Enjoy golden honey, real strawberries, or a touch of frosting. All made with the goodness of 100% natural whole grain wheat. Post Shredded Wheat. Breakfast never tasted so good.