

# better sleep

DAREBEE YOGA WORKOUT

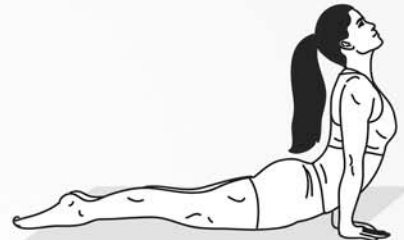
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**20sec** hero pose



**20sec** child's pose



**20sec** upward dog



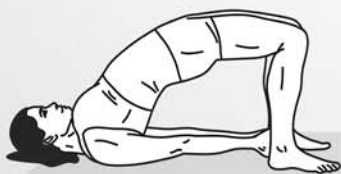
**20sec** camel pose



**20sec** butterfly fold



**20sec** supine twist



**20sec** bridge



**20sec** knee-to-chest



**20sec** corpse pose