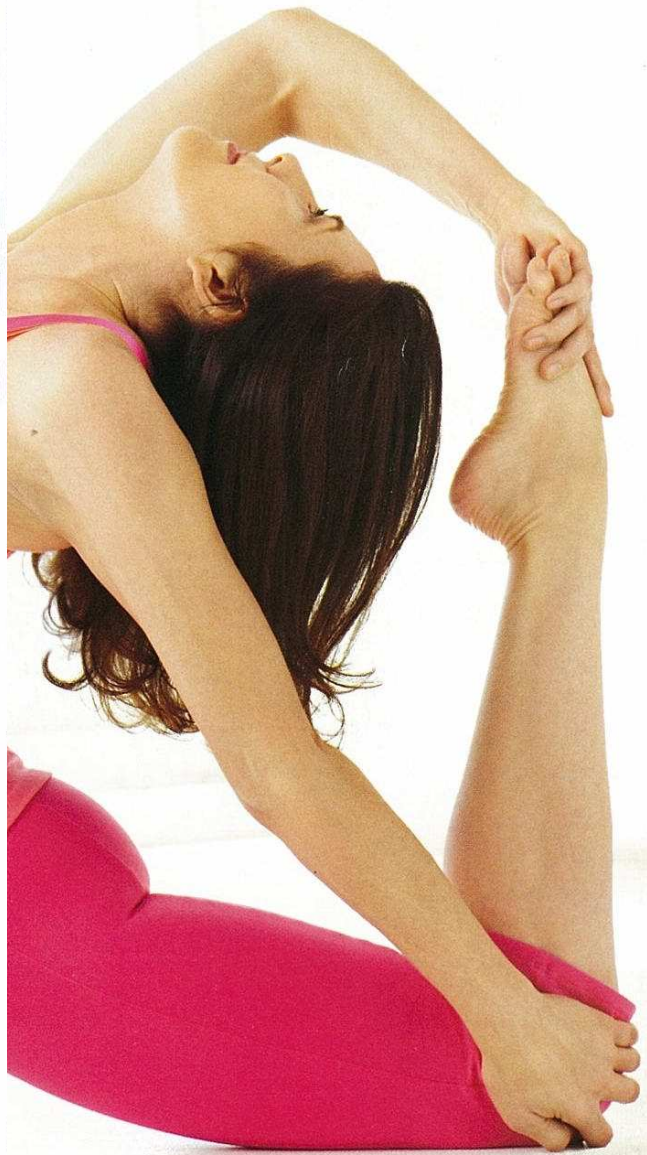


yoga

JOURNAL

Bedtime yoga
for a **good**
night's sleep



GOOD NIGHT (top left) Let the scents of organic lavender and bergamot in Badger Sleep Balm (\$10) soothe you to sleep, badgerbalm.com. For occasional sleeplessness, try Bach's Rescue Sleep spray (\$11.95 for 7 ml.), made with flower essences, rescuemedey.com. Block out the light for a restful night with the Natura Organic Sleep Mask (\$39.95), dreamessentials.com. Relax before bed with a cup of soothing organic herbal tea like Choice Organic's Chamomile Citrus, Numi's Organic Sweet Meadows, Traditional Medicinals' Organic Nighty Night, or Organic India's Honey Chamomile Tulsi Tea.