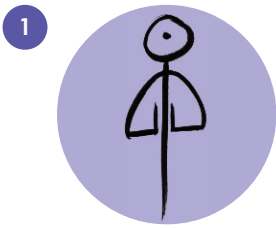
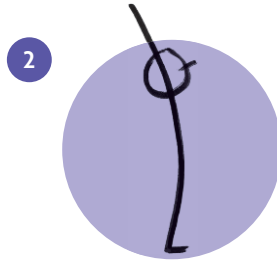


Moon Salutation

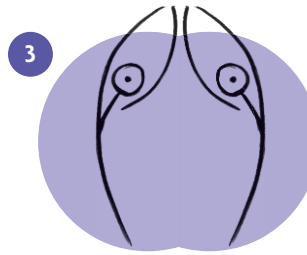
This **Moon Salutation (Chandra Namaskar)** variation pays homage to the lunar energy in nature & within. Cooling & quieting, this sequence is helpful in calming the mind & drawing awareness inward.



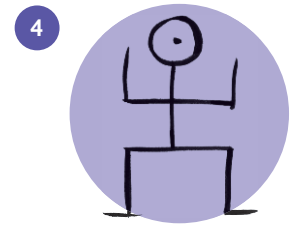
1
Tadasana (Mountain)
w/ hands in Namaste



2
Urdhva Hastasana (Upward Salute)
bending back



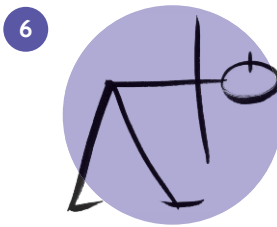
3
Crescent Pose
(side bend to your right,
side bend to your left)



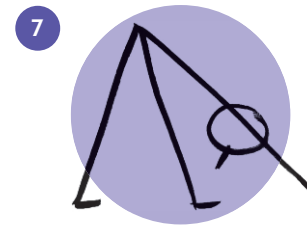
4
Goddess Pose
or **Victory Squat**



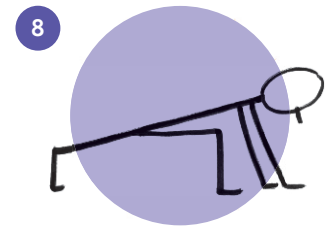
5
Five-Pointed Star



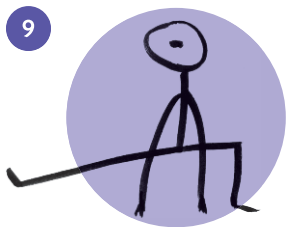
6
Utthita Trikonasana
(Triangle – to your right)



7
Parsvottanasana
(Intense Side Stretch)



8
Lunge



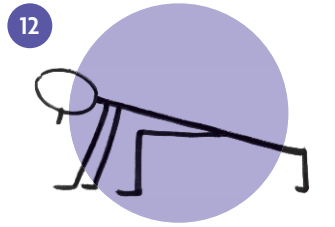
9
Extended Leg Squat



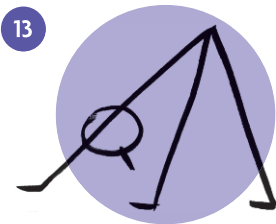
10
Malasana
(Monkey Squat)



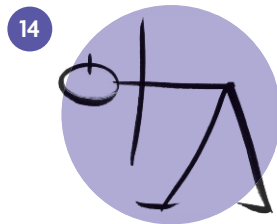
11
Extended Leg Squat



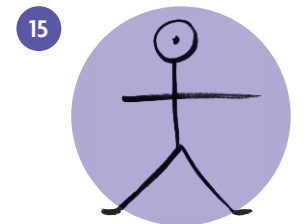
12
Lunge



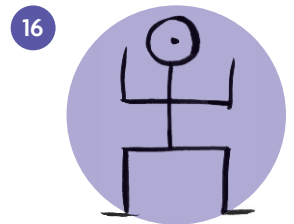
13
Parsvottanasana
(Intense Side Stretch)



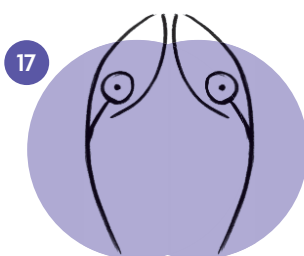
14
Utthita Trikonasana
(Triangle – to your left)



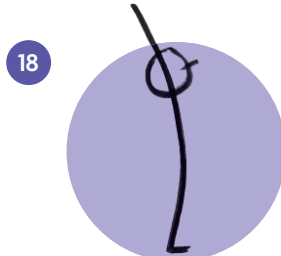
15
Five-Pointed Star



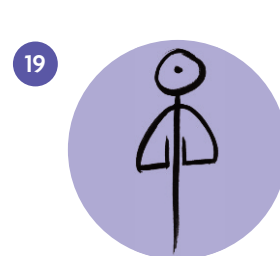
16
Goddess Pose
or **Victory Squat**



17
Crescent Pose
(side bend to right & left)



18
Urdhva Hastasana (Upward Salute)
bending back



19
Tadasana (Mountain)
w/ hands in Namaste

by Tracy Southard, C-IAYT, RYT500 | TracySouthard.com

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