



Moon Salutation

(Chandra Namaskar)

by Tracy Southard, RYT500
www.TracySouthard.com

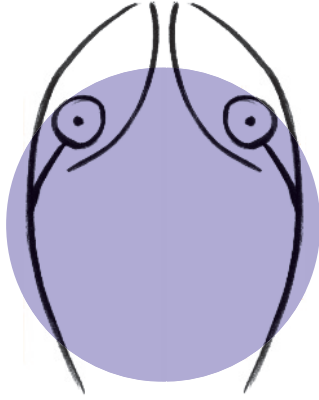
Moon salutations pay homage to the lunar energy in nature and within. This sequence is cooling and quieting and is helpful in calming the mind and drawing awareness inward. Start this sequence in the center of your mat lengthwise.

1



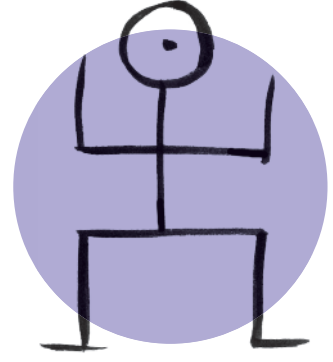
Tadasana
(Mountain Pose)

2



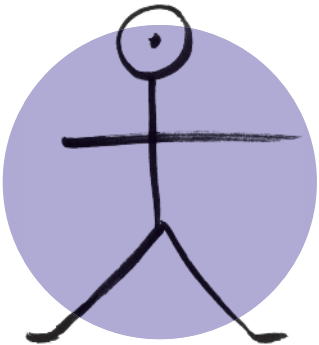
Crescent Pose

3



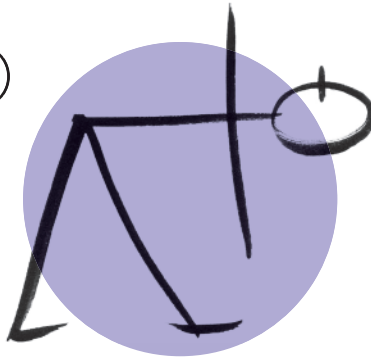
Victory Squat

4



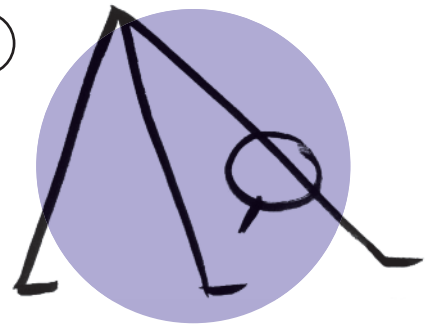
Five-Pointed Star Pose

5



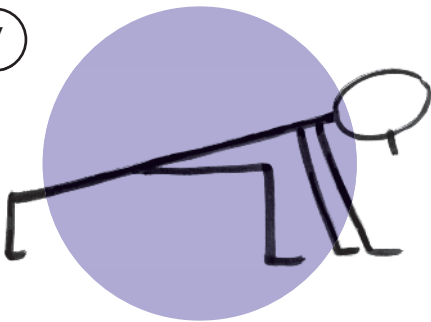
Utthita Trikonasana
(Triangle Pose)

6



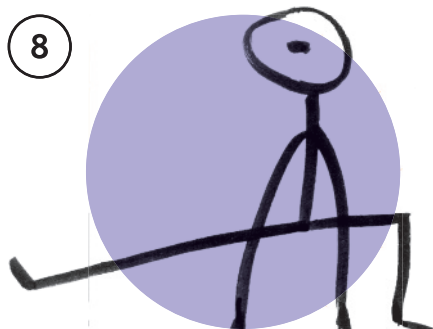
Parsvottanasana
(Intense Side Stretch Pose)

7



Lunge

8



Extended Leg Squat

9



Malasana
(Garland Pose or Yoga Squat)





Earth Salutation

(Prithvi Namaskar)

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