



Moon Salutation

(Chandra Namaskar)

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

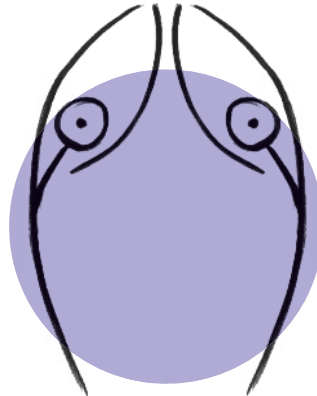
Moon salutations pay homage to the lunar energy in nature and within. This sequence is cooling and quieting and is helpful in calming the mind and drawing awareness inward. Start this sequence in the center of your mat lengthwise.

1



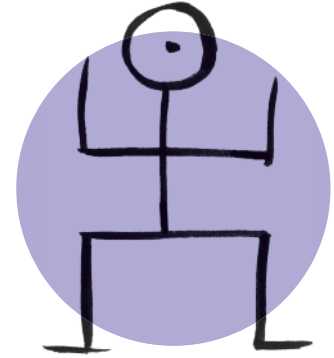
Tadasana
(Mountain)

2



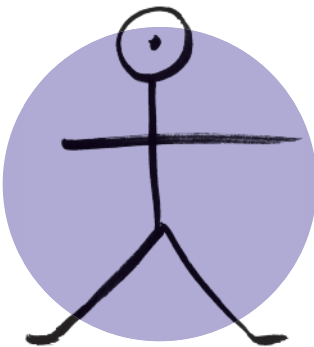
Crescent Pose
(side bend to your right,
side bend to your left)

3



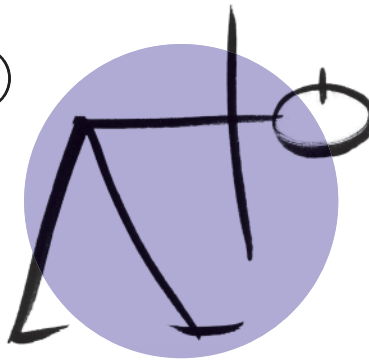
**Horse Stance
or Victory Squat**

4



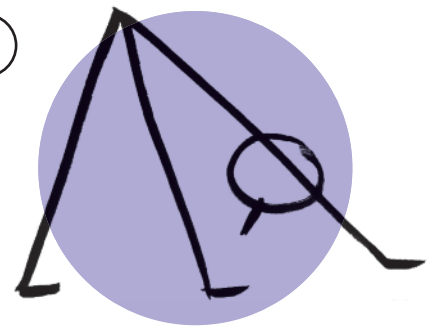
**Five-Pointed
Star**

5



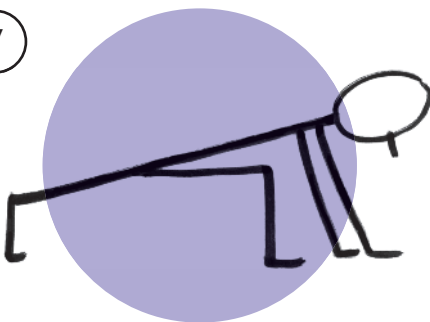
Utthita Trikonasana
(Triangle - to your right)

6



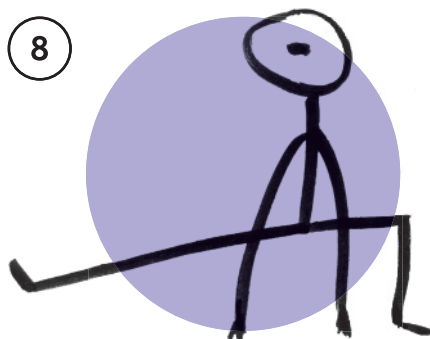
Parsvottanasana
(Intense Side Stretch)

7



Lunge

8



Extended Leg Squat

9



Malasana
(Monkey Squat)



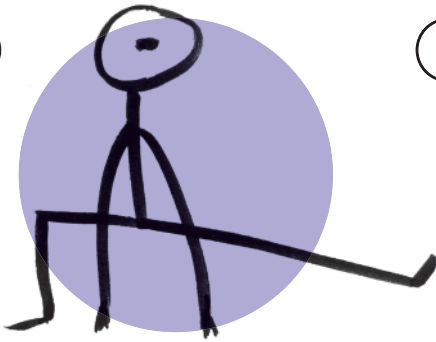


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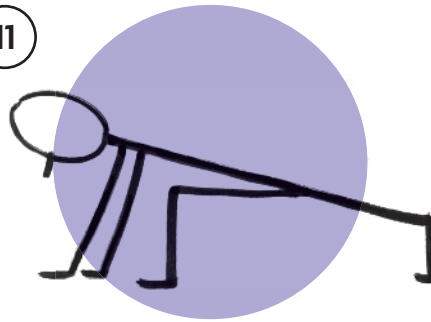
Y O G A
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10



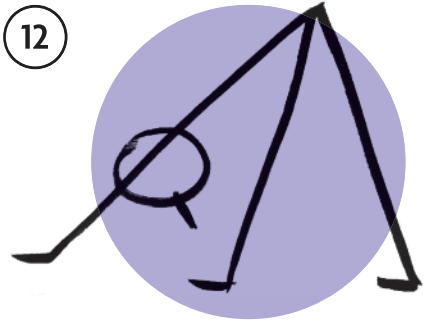
Extended Leg Squat

11



Lunge

12



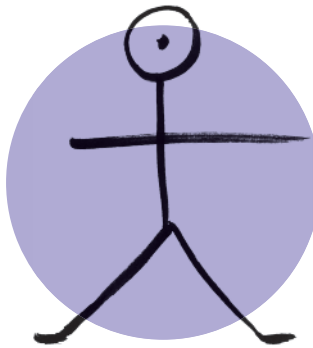
Parsvottanasana
(Intense Side Stretch)

13



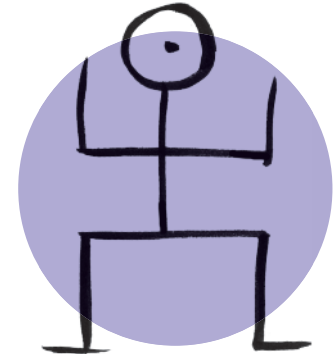
Utthita Trikonasana
(Triangle)

14



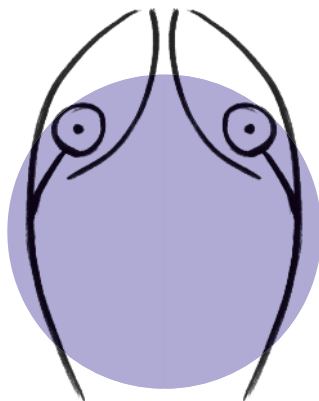
Five-Pointed Star

15



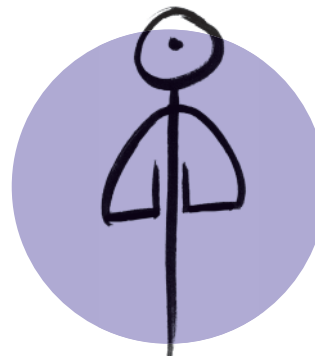
Horse Stance
or **Victory Squat**

16



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

17



Tadasana
(Mountain)