Moon Salutation

(Chandra Namaskar)

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 Malasana
8. Extended Leg Squat
9. Malasana (Monkey Squat)
Moon Salutation
(Chandra Namaskar)

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)

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