

Chandra Namaskar – Moon Salutation

Begin in tadasana; exhale completely.

Inhale to urdva hastasana; exhale to uttanasana. Inhale -

Exhale; step the right foot back to a lunge; lower right knee to the floor.

Inhale; lift the torso to vertical; arms lifted up, fingertips reaching toward the ceiling; gentle backbend*.

Exhale, lower arms and torso back to lunge. Inhale -

Exhale, step back to adho mukha svanasana.

Inhale forward to phalakasana.

Exhale to modified chaturanga dandasana (knees to the floor, then heart to the floor).

Inhale to bhujangasana.

Exhale to adho mukha svanasana.

Inhale; step the left foot forward; exhale, lower the right knee to the floor.

Inhale; lift the torso to vertical; arms lifted up, fingers toward the ceiling; gentle backbend.

Exhale, lower arms and torso back to lunge.

Inhale; step the right foot forward.

Exhale to uttanasana.

Inhale to urdva hastasana with gentle backbend.

Exhale to tadasana.

Repeat the entire sequence on the other side (with the right foot forward, left leg back).

*Kneeling warrior, aka ardha bhujangasana.