



Moon Salutation Guide

This is one round of the Moon Salutation. Repeat another round but do the movements to the left instead of the right first. Start off with learning each move and take as many breaths as you need. Once you're familiar with the sequence you can match it up with the breath and feel the flow of the sequence moving from one posture to the next with each breath. Once comfortable you can add more rounds to your sequence.

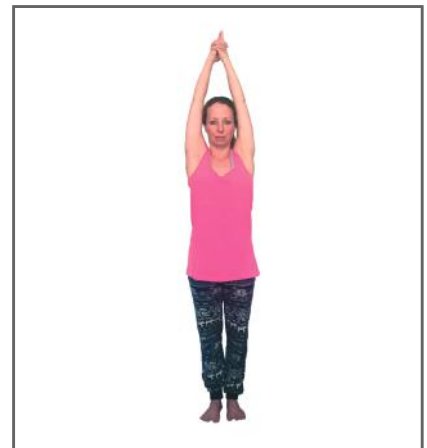
Position One

Mountain Pose: Stand with the feet a few inches apart and feel the weight even on both sides. Soften the shoulders with the arms by the side of the body. Take a few long slow breaths in and out of the nose.



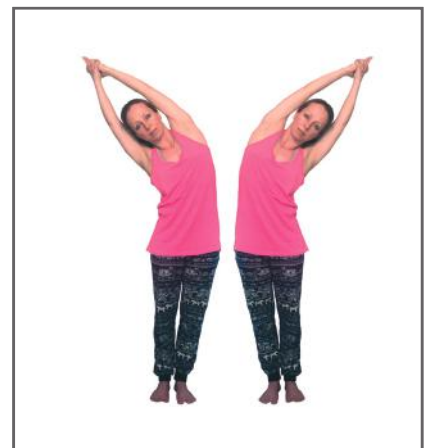
Position Two

Mountain Pose Variation: As you inhale, reach the arms out to the side and over the head and bring the hands together. Interlock the fingers but have the index fingers pressing together and the thumbs crossing. If it is ok to do so, try to straighten the arms and bring them behind the ears. The crown of the head is up to the sky and the chin parallel to the earth.



Position Three

Half Moon Pose: As you exhale keep stretching the arms as you side bend towards the right. Keep the feet rooted down and navel drawn in. Inhale back to the centre, exhale, repeat on the left side and inhale back to the centre.



Position Four

Goddess Squat: Exhale and step the right foot out into a stance with the feet wider than the hips. Turn the toes out and bend the legs so that the knees track over the feet. Lengthen your tailbone, draw the navel in, and feel rooted with the feet. As you come into the pose release the hands, bend the elbows and lower the arms. Palms face in and elbows below but in line with the shoulders.



Position Five

Five Pointed Star Pose: Inhale, straighten the legs whilst drawing in the navel, and stretch the arms out at shoulder height. Shoulders are soft and feet are pressed firmly into the earth. Feel the crown of the head pressing up towards the sky.



Position Six

Triangle Pose: Exhale and turn the right foot all the way out and turn the left foot in slightly. Stretch over the right and take the bottom hand lightly down on the leg or back of the hand in front of the foot. Reach the top hand up or modify by keeping the hand on the hip.



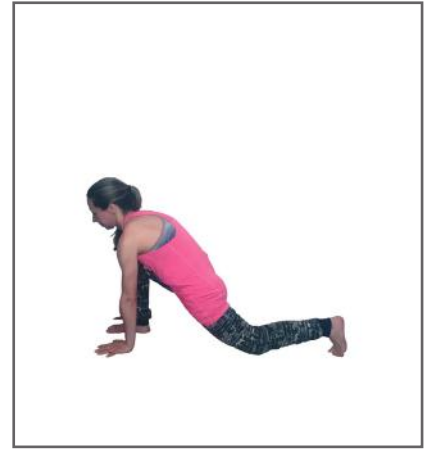
Position Seven

Intense Side Stretch Pose: Inhale and then exhale and turn to face the right, Turn your back foot in or step it out to the side more so that the hips start to face round towards the right. Place the hands on the floor either side of the front foot, shin or blocks. Bring your head towards the knee.



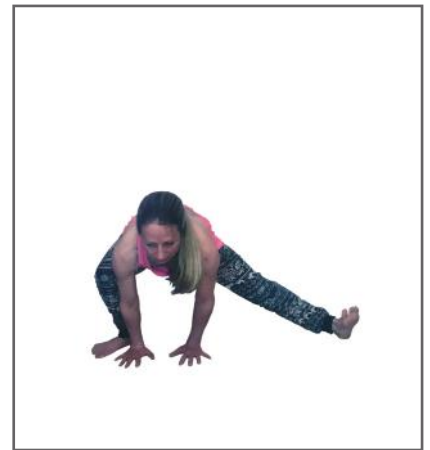
Position Eight

Lunge Pose: Inhale and bend both knees taking the back knee to the floor with the toes tucked under. Try and take the back knee far enough to make it a lunge position. Hands are either side of the feet and look forward and up.



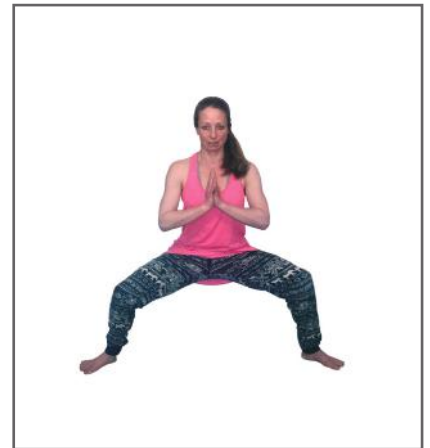
Position Nine

Side Lunge Pose: Exhale and pivot round to face forward with the hands on the inside of the right foot and the right foot turned in more. The right knee is bent with the knee over the foot. Lift the left foot up so you come up on the heel and spread the toes up towards the sky.



Position Ten

Squat Pose: Inhale and walk the hands back to the centre. Both feet are on the floor, toes turned out and knees bent with knees tracking over the feet. Bend the arms and bring the palms together and into the chest. If it feels good then sink down a little bit lower.



Position Eleven

Side Lunge Pose: Take the hands back to the floor and as you exhale take the hands to in front of the left foot. Left knee is over the foot. Lift the right foot up so you come up on the heel and spread the toes up towards the sky.



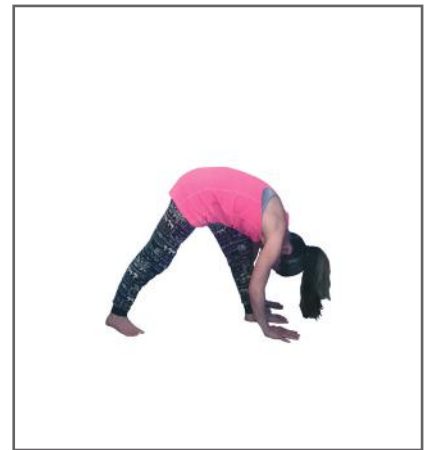
Position Twelve

Lunge Pose: Inhale and turn to face the left foot and come back to a lunge position taking the back knee to the floor with the toes tucked under. Try and take the back knee far enough to make it a lunge position. Hands are either side of the feet and look forward and up.



Position Thirteen

Intense Side Bend Stretch: Exhale and straighten both legs. Step back foot in if needed and turn foot in to bring the hips round to the front. Place the hands either on the floor next to the front foot, shin or blocks. Bring your head towards the knee.



Position Fourteen

Triangle Pose: Inhale and raise the right arm up or modify with hand on hip and rotate the body upwards. Left hand is in front of the left foot or lightly on the shin.



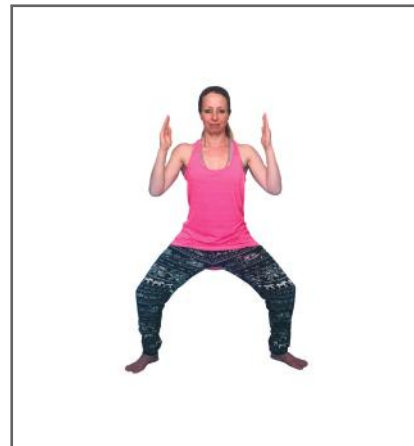
Position Fifteen

Five Pointed Star Pose: Exhale and use the arms to lift you back to up. Legs are straight and turn the toes in and stretch the arms out at shoulder height. Shoulders are soft and feet are pressed firmly into the earth. Feel the crown of the head pressing up towards the sky.



Position Sixteen

Goddess Squat: Exhale and turn the toes out and bend the legs so that the knees track over the feet. Lengthen your tailbone, draw the navel in and feel rooted with the feet. As you come into the pose release the hands, bend the elbows and lower the arms. Palms face in and elbows below but in line with the shoulders



Position Seventeen

Mountain Pose Variation: As you inhale straighten the legs, step right foot to meet the left and reach the arms out to the side and over the head and bring the hands together. Interlock the fingers but have the index fingers pressing together and the thumbs crossing. If it is ok to do so try to straighten the arms and bring them behind the ears. The crown of the head is up to the sky and the chin parallel to the earth.



Position Eighteen

Half Moon Pose: As you exhale keep stretching the arms as you side bend towards the right. Keep the feet rooted down and navel drawn in. Inhale back to the centre, exhale repeat on the left side and inhale back to the centre.



Position Nineteen

Mountain Pose: Exhale and release the hands and bring the arms back down by the side of the body. Stand with the feet a few inches apart and feel the weight even on both feet and soften the shoulders. Take a few long slow breaths in and out of the nose.

