



Moon Salutation I

1. Stand erect with feet together and hands in the prayer position in front of your chest. Make sure your weight is evenly distributed. Exhale. (Mountain pose)
2. Inhale while bringing your hands down and apart and then together again over head. This creates a circular flowing motion. Join the hands with fingers interlaced except for the index fingers.
3. Exhale while leaning the upper body and arms to the right. Make sure not to lean so far that your shoulders begin to rise. (Half-moon to the right)
4. Inhale when returning to center.
5. Exhale while leaning the upper body and arms to the left. Make sure not to lean so far that your shoulders begin to rise. (Half-moon to the left)
6. Inhale when returning to center.
7. Lean backwards while exhaling. Opening the hands and lifting your gaze to the heavens opens the heart chakra. Take one full yogic breath in this asana. (Crescent moon)
8. Inhale when returning to center.
9. Exhale while moving your arms straight out, horizontal to the floor. Spread your legs into an open V to create the 5-point star. Inhale.
10. Exhale as you enter Goddess pose. Squat so your thighs are parallel to the floor and turn your palms up into a bent arm power meditation pose. Up to three full yogic breaths here.
11. Exhale as you bend forward to grasp your ankles with knees bent. Inhale as you straighten your knees.
12. Exhale as you turn your body to the left and bring your heart to your knees.
13. Inhale as you return to center, still bent over.
14. Exhale as you turn your body to the right and bring your heart to your knees.
15. Inhale as you return to center, still bent over.
16. Exhale as you enter in half-moon meditation. Squat and your hands into the prayer position. Three yogic breaths. Feel the stretch of your Achilles tendon.
17. Exhale as you return to center, still bent over.
18. Inhale as you bring yourself vertical and re-enter goddess pose. Up to three yogic breaths.
19. One breath in 5-point star.
20. Inhale as you bring hands overhead into the crescent moon, with gaze raised and hands open.
21. Exhale as you return to center with hands above. Inhale.
22. Exhale as you return the beginning prayer position. (Mountain pose)