

MOON SALUTATION

Chandra Namaskar

1. **Pranams:** Stand in Tadasana. Press feet, squeeze, crown. Press palms together at elbow level.
2. **Half Moon:** Circle fingertips overhead, interlacing fingers and pointing index fingers upward in "temple" position. Press left foot and left hip, extending torso to right. Press right foot and right hip, extending torso through center to left. Press left foot returning to center.
3. **Victory Squat:** Step to the right and point toes slightly outward. Soften knees and press sitz bones and elbows downward, fingers upward.
4. **Five-Pointer Star:** Press feet (straightening legs), squeeze, crown, and fingertips, extending arms at shoulder level.
5. **Triangle:** Turn right toes toward right, left heel to left, and press left hip, extending torso to right. Lower right hand as you raise left hand, pressing fingertips.
6. **Runner's Stretch:** Lower both hands toward right foot, resting hands on leg, foot or floor. Press feet, tailbone, crown.
7. **Lunge:** Bend forward knee, bringing hands to floor on either side of leading foot and back knee to floor. Press forward foot, palms, sitz bones, crown.
8. **Extended-Leg Squat:** Bring both hands to the left of the leading foot and press sitz bones downward as you pivot to face center, rotating extended leg so that toes point upward. Press hands, foot of bent leg so toes point upward. Press hands, foot of bent leg, heel of extended leg, sitz bones, crown.
9. **Squat:** Bring extended leg toward center. Press feet, sitz bones, crown. If flexibility allows, bring palms together at elbow level.
10. **Extended-Leg Squat:** With hands once again on the floor, extend right leg to the side. Press hands, foot of bent leg, heel of extended leg, sitz bones, crown.
11. **Lunge:** Pivot to face bent knee, with hands on either side on leading foot, rotating back leg and bringing back knee to floor. Press forward foot, palms, sitz bones, crown.
12. **Runner's Stretch:** Lift hips by pressing feet, tailbone, crown.
13. **Triangle:** Sweep right arm upward and back, sliding left hand up left leg. Press feet, squeeze left hipbone, crown, fingertips.
14. **Five-Pointed Star:** Bring both arms to shoulder level, turning toes slightly outward. Press feet, squeeze, crown, fingertips.
15. **Victory Squat:** Soften knees, press sitz bones, elbows downward, fingertips upward.
16. **Half Moon:** Press feet (straightening legs) and turn toes to face forward. Step right foot close to left foot as you bring arms overhead into "temple" position. Press feet, squeeze, crown, fingertips. Press right foot and right hip, extending torso to left. Press left foot and left hip, extending torso through center to right. Press right foot returning to center.
17. **Pranams:** Press feet, squeeze, crown. Circle arms back to center. pressing palms together at elbow level.

