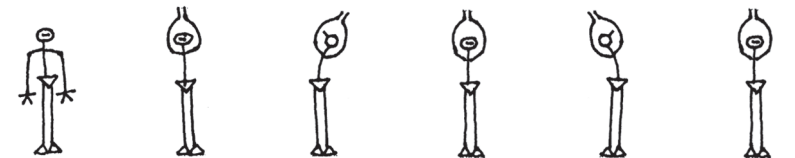
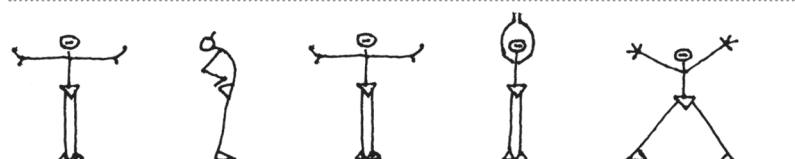





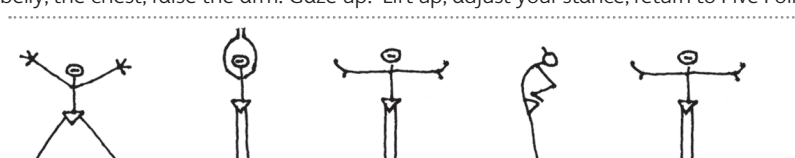
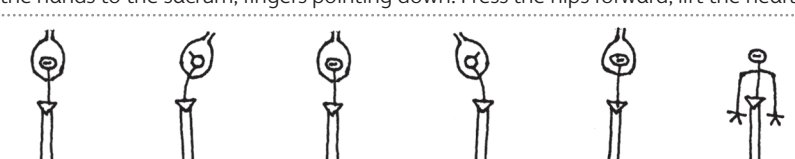


Moon Salutation ~ a grounding, meditative flow of postures

<p>Mountain Tall Mountain Side Moon</p>	 <p>Stand at the right end of the mat. Take the arms up overhead. Touch the palms. Now bend sideways to the left. Press the right foot into the floor. Stretch out the right side. Cast the gaze up. Return to centre & repeat on the other side.</p>
<p>Easy Backbend Tall Mountain Five Pointed Star</p>	 <p>Take the heels of the hands either side of the sacrum, with the fingers pointing down. Now press the hips forward, lift the heart, draw the gaze up. Then, come back to centre. Step into Five Pointed Star. Turn the feet out about 45°.</p>
<p>Goddess Five Pointed Star Triangle Half Pyramid Pyramid</p>	 <p>Sink into Goddess Pose. Return to Five Pointed Star. Prepare your stance and fold into Triangle Pose - open the belly, the chest, raise the right arm. Now move into Pyramid. Lower the hand to the floor. Face the ground. Lengthen & fold.</p>
<p>High Lunge Low Lunge Low Crescent Lunge</p>	 <p>Move into High Lunge. Bend the front knee. Step the back foot back. Lift the back knee. Move into Crescent Moon. Lower the knee. Sink the pelvis. Raise the arms overhead. Now return to High Lunge. Release the hands back down. Lift the back knee.</p>
<p>Side Lunge Half Wide Leg Standing Forward Fold Garland Pose</p>	 <p>Move into Side Lunge (L). Come onto the ball of the left foot. Step the left hand to the inside of the left foot. Turn the body to face forwards. Right leg is straight, toes point up. Lift & centre the pelvis. Come into Garland Pose. Lift & lower to Side Lunge (R)</p>
<p>High Lunge Low Lunge Low Crescent Lunge</p>	 <p>Turn to the right. Move into High Lunge. Lower the left knee. Sink the pelvis. Notice the support of your leg bones. Inhale lift into Crescent Moon. Reach up through the fingers, lean back., cast the gaze up. Exhale, lower back down. Come to High Lunge.</p>
<p>Pyramid Half Pyramid Triangle Five Pointed Star Goddess</p>	 <p>From High Lunge, lift up into Pyramid. Straighten the legs, lengthen the spine. Then move into Triangle Pose - open the belly, the chest, raise the arm. Gaze up. Lift up, adjust your stance, return to Five Pointed Star. Sink into Goddess Pose.</p>
<p>Five Pointed Star Tall Mountain Mountain Backbend</p>	 <p>Lift back up into Five Pointed Star. Step to the left end of the mat. Raise the arms overhead. Touch the palms. Then take the hands to the sacrum, fingers pointing down. Press the hips forward, lift the heart, gaze up. Then come back to centre.</p>
<p>Tall Mountain Side Moon Mountain</p>	 <p>Inhale take the arms up overhead. Touch the palms, cross the thumbs. Exhale, bend sideways to the right. Press the left foot into the floor. Stretch out the left side. Cast the gaze up. Inhale come back to centre & repeat on the other side.</p>