

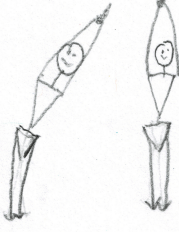
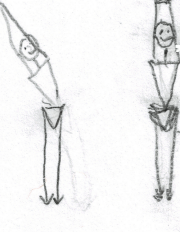
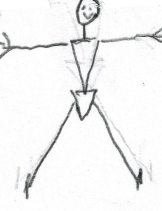
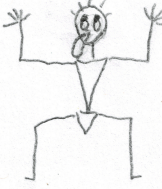
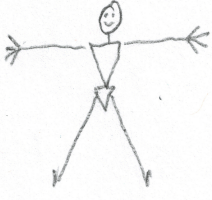
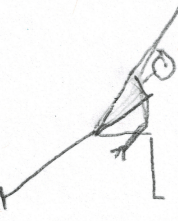
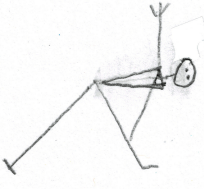


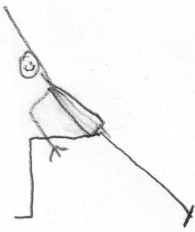




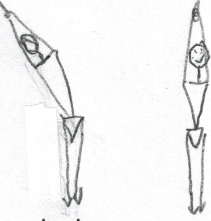
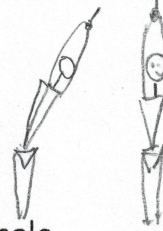




Moon Salutation (Chandra Namaskar) – Variation

First round 3-5 deep breaths per pose, then flow through the sequence with the breath.

 <p>Prayer Hands</p>	 <p>inhale Upward Salute</p>	 <p>exhale Crescent right, inhale center</p>	 <p>exhale Crescent left, inhale center</p>	 <p>exhale step right to 5-Pointed Star, inhale then...</p>
 <p>exhale Goddess</p>	 <p>inhale to 5- Pointed Star</p>	 <p>exhale Side Angle toward right</p>	 <p>inhale Triangle, exhale shine</p>	 <p>inhale rise, exhale right side squat</p>
 <p>inhale to center, exhale left side squat</p>	 <p>inhale rise, exhale Side Angle toward left</p>	 <p>Inhale Triangle, exhale shine</p>	 <p>inhale to 5- Pointed Star</p>	 <p>exhale Goddess</p>
 <p>inhale step right, feet together, upward salute</p>	 <p>exhale crescent left, inhale center</p>	 <p>exhale crescent right, inhale center</p>	 <p>exhale Prayer Hands</p>	 <p>Mountain Pose, rest and feel the glow. Reverse.</p>



east bay yoga

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