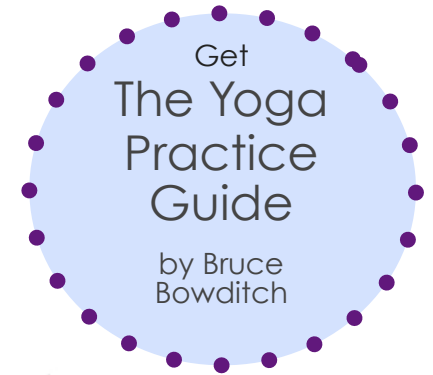


moon salutations

cheat sheet

by Cate Stillman yogahealer.com



focus

Bring it on down.

Moon salutations are designed to cool and chillax your system. Heat rises. Water flows downhill. The moon reflects light... it doesn't amplify. Keep this in mind as you move through your practice.

When to salute the moon:

The week before menses or in the waning moon cycle use moon salutations to begin to

draw your focus inward and downward. After menses or with the waxing moon your energy moves upward and outward.

Energy into the root

Notice the difference between [sun salutations](#) and moon salutations. Sun salutations warm your tissue and stimulate your senses. Moon salutations open your root (hips, womb) and allow energy to move into the south pole of your spine.

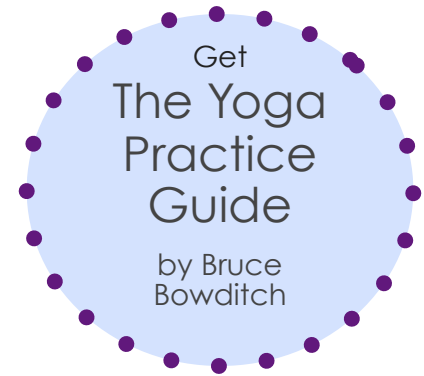
Reflect

Notice if your daily, monthly, and annual rhythms involve enough emphasis on inward reflection. And if they don't, bring moon salutations into your daily routine.

Get **Bruce's Practice Guide** for more sequences to deepen your practice.

moon salutations 2

cheat sheet



candra namaskara 2 salutation to the moon

Begin this sequence in the center of your mat lengthwise.

1. Tadasana to Indudalāsana, first right, then left side.
2. Step right foot out to Utkatakonāsana, move to standing poses.
3. From Asva Sancalānasana, pivot to right heel in Uttana Eka Pada Malāsana.
4. Transition from Utkatakonāsana to Uttana Eka Pada Malāsana on left side.
5. Move through standing poses in reverse order on left to Tadasana.
6. Bend knees to Prapadasana I and II, stand and arch back.
7. Finish in Tadasana.

