

Moon Salutation Explanation

Instructions:

Preparation

1. Go to the front of the mat
2. Small space between your feet

Salutation First Part (1)

1. Raise your arms and hands up
2. Small back bend
3. Forward bend with the top part of the body bending towards the feet
4. Hands close to the feet as possible
5. Hands on the floor
6. Place your right foot back
7. Bend the left leg
8. Place the right knee onto the ground
9. Lift your arms up and bend your back backwards : *Half moon Pose*

Salutation Second Part (2)

1. Place your hands next to your feet
2. Place your front (left) foot back next to the right one
3. Bottom up- shift the weight to the back (your feet) (*Mountain Pose*)
4. Bend your knees one by one to feel the stretch
5. Shift your weight forward
6. Hands and feet on the floor and body above the floor (*Plank Pose*)
7. Slowly bend your arms and lower your body towards the floor
8. Lift your chest and head up - to stretch your lower back (*Snake Pose*)

9. **Swing back - bottom up- shift the weight to the back (your feet) (same position as no.3) (*Mountain Pose*)**

Salutation Third Part (3)

1. **Place your right foot in front next your hands**
2. **Bend the front (left) leg**
3. **Place the right back knee onto the floor**
4. **Lift your arms up and bend your back backwards : Half moon Pose**
5. **Place your hands next to your feet**
6. **Bring your back (left) foot forward next to the other one**
7. **Slowly lift your hands, arms up as your body comes up too**
8. **Palms of hands together**
9. **Slowly lower them down in front of your chest (*Prayer Pose*)**

[https://www.youtube.com/watch?v=XQuiTqAG_E8&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW &index=16&t=0s](https://www.youtube.com/watch?v=XQuiTqAG_E8&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW&index=16&t=0s)