

Salute to the Moon Variation Page 1

Not suitable for beginners – you should be familiar transitioning between postures before attempting this sequence. BI = Breathe In, BO = Breathe Out



Start in mountain posture, hands in prayer position. BI – focus.



BO – soften knees slightly and drop arms to side. BI – palms together overhead



BO – side bend L.
BI – back to centre.



BO – side bend R.



BI – back to centre



BO – step to R into victory squat. Feet point out so knees can bend, palms facing, forearms vertical



BI, BO – pivot on balls of feet so they face forward, legs straight, arms horizontal. Five pointed star.



BI, BO – adjust and come into triangle



BI, BO – forward bend into parsvottanasana, hands on front leg or floor



BI, BO – bend front knee into kneeling cobra. Omit squats if a problem and go to kneeling cobra facing other way next.



BI – bring both hands inside R foot, fingers point forwards...

...BO - using hands for support to protect front knee, pivot on ball of R foot straightening L leg coming into an extended squat. Hands rest on floor. R foot can be flat on floor or heel lifted as suits you.



BI, BO – draw L leg towards you coming into prayer position, the goddess, a deep squat

You are now half way through the first side; everything from here on is the reverse of what you have done so far!

Requires a reasonable level of fitness, flexibility and balance. If you have medical or health issues, please take appropriate professional advice before performing this or any other exercise.

Salute to the Moon Variation Page 2

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BI - stretch your R leg away coming into an extended squat to the other side, BO



BI - bring hands either side of L foot, pointing L. Using hands for support, pivot on L foot into kneeling cobra.



BO - ground back foot, straightening both legs into parsvottanasana, hands on floor or leg.



BI – rest LH on L leg and draw R arm up, coming in to triangle.



BO, BI – trunk vertical, arms horizontal. BO - feet forward, five pointed star.



BI, BO – pivot on balls of feet into victory squat. Feet point out, knees bend, palms face, forearms vertical



BI – step L foot to R foot, arms overhead, palms together.



BO – side bend R.
BI – back to centre.



BO – side bend L.



BI – back to centre



BO – prayer position.

Repeat the whole sequence in reverse to end up back at the left hand end of your mat.

Tip: In parsvottanasana and triangle, picture clockwise spirals going down your R leg and anti-clockwise spirals going down your left leg grounding the outer edges of your feet for stability

Important: You move wide on your yoga mat in this sequence. If at any point your foot comes off the mat, come back fully onto the mat before continuing, so you are always on one surface

This is my interpretation of a sequence originally posted by Bhumi at www.sierratel.com/yoga/moon but now no longer there!

Thanks for sharing this with us!
Paul Blissett, August 2009

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