

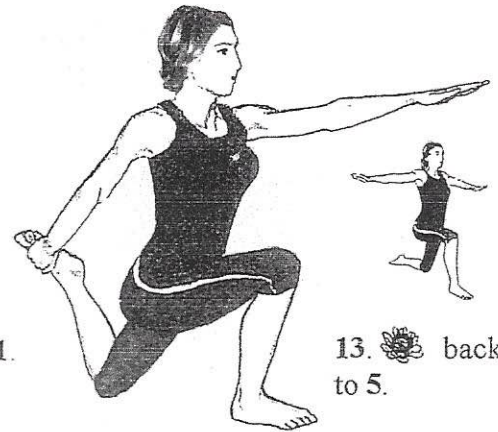
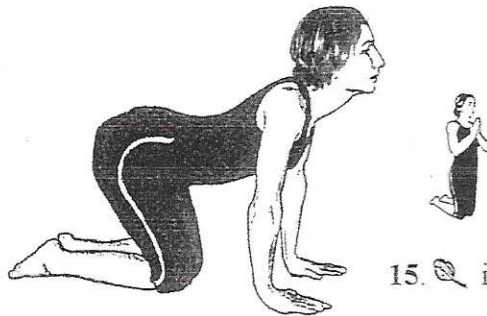


* symbols
 open lotos =
 inhale
 closed lotos =
 exhale.

1. In a kneeling position
 * & the hands
 into prayer.

2. the right foot
 forwards. the
 hands forward.

3. the hands back.



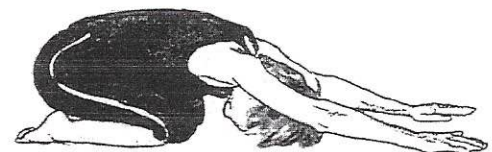
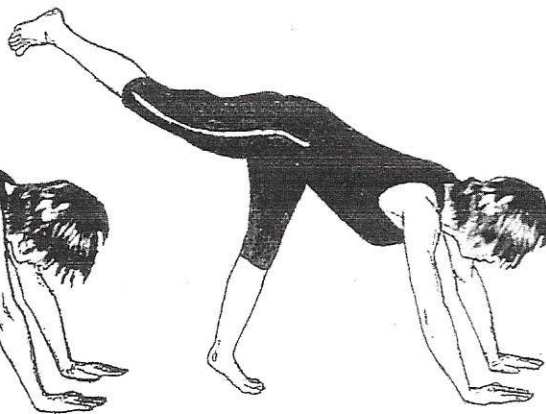
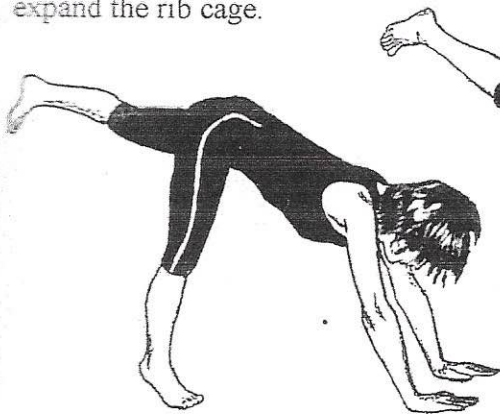
17. back into the **Downward Dog**. Keeping the knees straight, push the heels down to the floor. Move the buttocks backwards. Sink the spine between the shoulder blades down to the floor. As the chest moves downwards expand the rib cage.

16. Lower your hands to the floor and into the **Upward Cat**. The spine is arched downwards and the front of the neck and chin are stretched forward.

15. in to 1.

13. back to 5.

14. your right hand to your left foot. your left hand forward.



18. as you lift your left leg. The right heel can come off the floor.

19. the left foot down & the right foot up.

20. the right foot down & lower the knees to the floor. the hands forwards into the **Childs Pose**. Push the hands as far forward as you can.

Salutation To The Moon

This is a good sequence for developing breath awareness and building up prana. As you become more familiar with it extend your inhalations and exhalations.



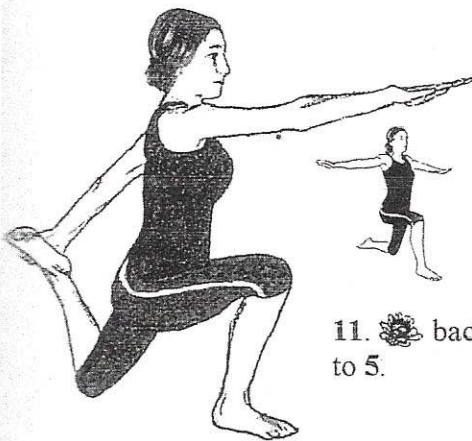
4. 🍃 the left hand to the floor. Look up at your right hand.



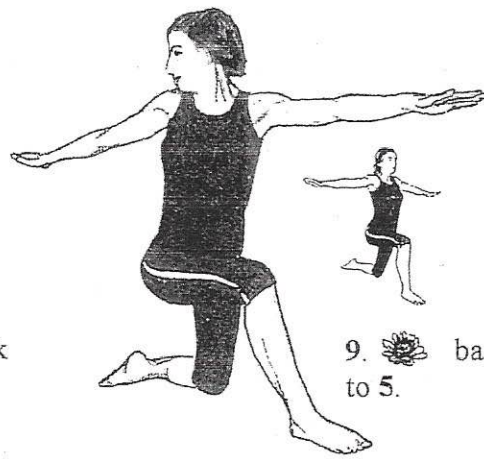
5. 🌸 the hands to a central position.



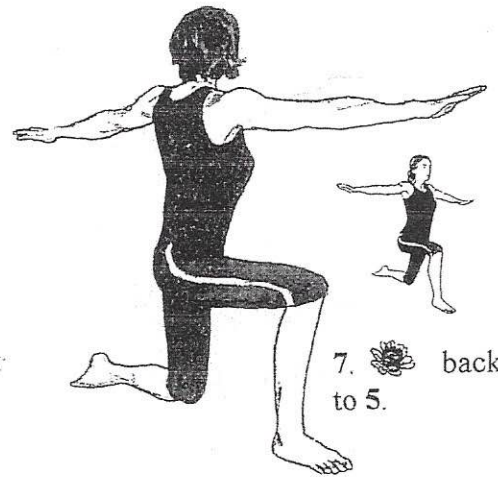
6. 🍃 the right hand to the floor. Look up at your left hand.



11. 🌸 back to 5.



9. 🌸 back to 5.



7. 🌸 back to 5.

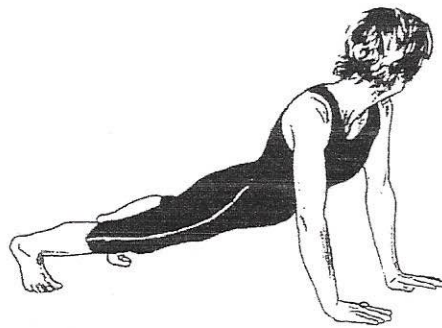
12. Lift your left foot. 🍃 your left hand to your left foot. 🌸 your right hand forwards into the **Comet**.

10. 🍃 as you twist round to the right.

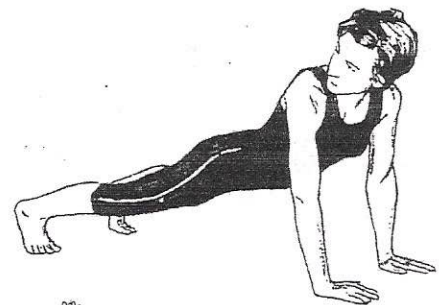
8. 🍃 as you twist round to the left.



21. 🌸 and swing forwards into the **Striking Cobra**. The knees do not move.



22. Go up on your toes with the feet a little wider. 🍃 as you twist round to the left, looking over your shoulder at the left foot into **Twisting Cobra**.



23. 🌸 the head forwards and 🍃 as you twist round to the right.



19. Return to 1. 28. Return to 16. 27. Return to 19 & 18. 26. Return to 17. 25. Return to 20. 24. Return to 21.
Repeat the whole sequences reversing the legs. 23