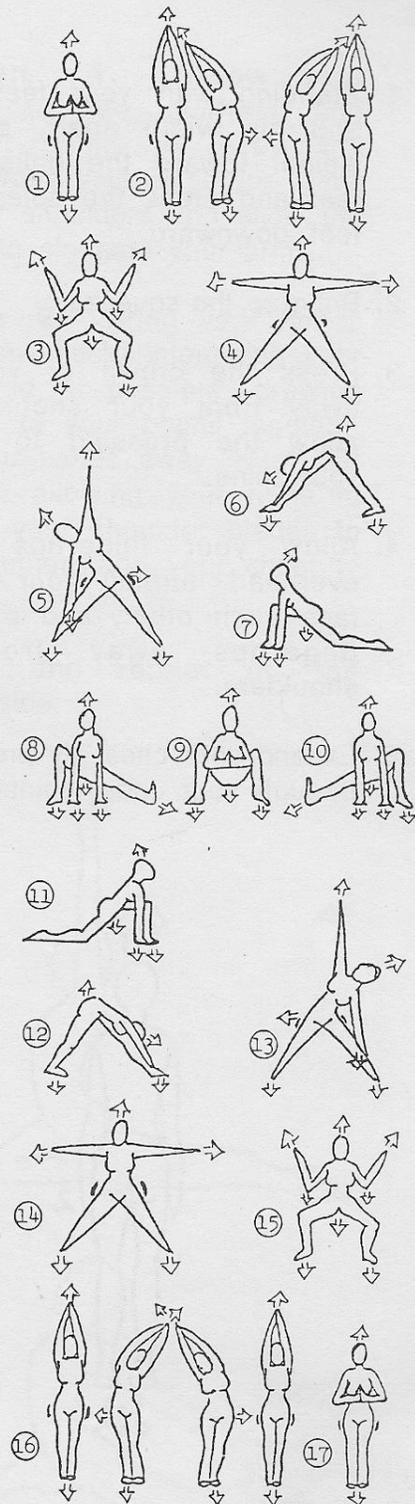


MOON SALUTATION

Chāndra Namaskār

1. PRANAMS: Stand in Tadasana. Press feet, squeeze, crown. Press palms together at elbow level.
2. HALF MOON: Circle fingertips overhead, interlacing fingers and pointing index fingers upward in "temple" position. Press left foot and left hip, extending torso to right. Press right foot and right hip, extending torso through center to left. Press left foot, returning to center.
3. VICTORY SQUAT: Step to the right and point toes slightly outward. Soften knees and press sitz bones and elbows downward, fingertips upward.
4. FIVE-POINTED STAR: Press feet (straightening legs), squeeze, crown, and fingertips, extending arms at shoulder level.
5. TRIANGLE: Turn right toes to right, left heel to left, and press left hip, extending torso to right. Lower right hand as you raise left hand, pressing fingertips.
6. RUNNER'S STRETCH: Lower both hands toward right foot, resting hands on leg, foot, or floor. Press feet, tailbone, crown.
7. LUNGE: Bend forward knee, bringing hands to floor on either side of leading foot and back knee to floor. Press forward foot, palms, sitz bones, crown.
8. EXTENDED-LEG SQUAT: Bring both hands to the left of the leading foot and press sitz bones downward as you pivot to face center, rotating extended leg so that toes point upward. Press hands, foot of bent leg, heel of extended leg, sitz bones, crown.
9. SQUAT: Bring extended leg toward center. Press feet, sitz bones, crown. If flexibility allows, bring palms together at elbow level.
10. EXTENDED-LEG SQUAT: With hands once again on the floor, extend right leg to the side. Press hands, foot of bent leg, heel of extended leg, sitz bones, crown.
11. LUNGE: Pivot to face bent knee, with hands on either side of leading foot, rotating back leg and bringing back knee to floor. Press forward foot, palms, sitz bones, crown.
12. RUNNER'S STRETCH: Lift hips by pressing feet, tailbone, crown.
13. TRIANGLE: Sweep right arm upward and back, sliding left hand up left leg. Press feet, squeeze, left hipbone, crown, fingertips.
14. FIVE-POINTED STAR: Bring both arms to shoulder level, turning toes slightly outward. Press feet, squeeze, crown, fingertips.
15. VICTORY SQUAT: Soften knees, press sitz bones, elbows downward, fingertips upward.
16. HALF MOON: Press feet (straightening legs) and turn toes to face forward. Step right foot close to left foot as you bring arms overhead into "temple" position. Press feet, squeeze, crown, fingertips. Press right foot and right hip, extending torso to left. Press left foot and left hip, extending torso through center to right. Press right foot, returning to center.
17. PRANAMS: Press feet, squeeze, crown. Circle arms back to center, pressing palms together at elbow level.



Earth Salutation

Start in vrajasana (sitting Japanese style), hands in namaskar (prayer by the heart).

Move the hands down, collect the earth and create a circle of earth energy around your body as you extend the arms over the head.

Pivot at the hips and extend forward into an extended Garbhasana (child pose).

Extending the hands out an extra 6 inches, scoop the body through into bhujangasana (cobra).

Tuck the toes under, lift up with the tailbone, moving through a squat and back into dandasana.

Extend into pachimottasana (forward bend).

Release up and roll back into halasana (plow).

Roll forward and move into upavista konasa (seated angle).

Draw the legs in with the hands, roll back and lift into setu bandhasana (bridge).

Release from the bridge, extending legs up and arms overhead into urdha prasarita padasana.

Lift the legs back to encourage a forward roll, swing the arms around and move through a squat into a position on your knees.

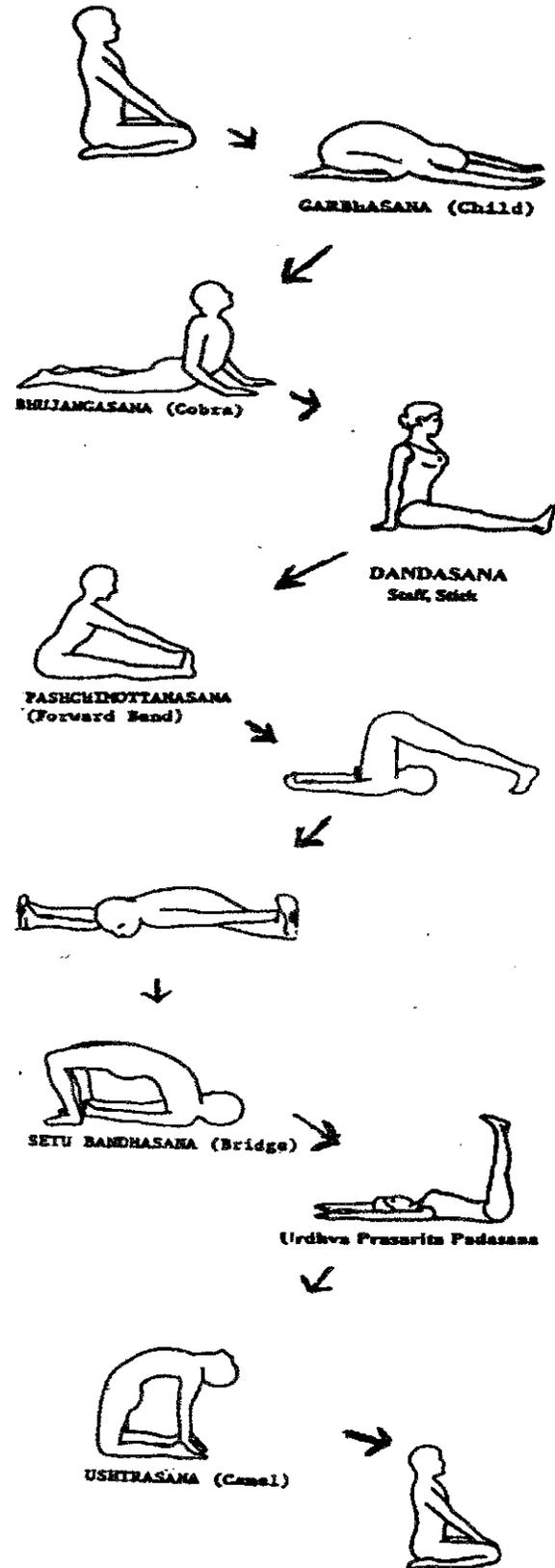
Release into ushtrasana (camel).

Coming out of ushtrasana, return to vrajasana with arms overhead.

Bow down to the earth. Return to vrajasana with the arms overhead.

Release the arms down once again as you circle yourself with earth energy.

Receive the energy into your life.



SUN SALUTATION

Sūrya Namaskār

1. Standing with your feet parallel and hip width apart, bring your palms together in front of your chest and shift your weight toward the balls of your feet. Press feet, squeeze, crown.
2. Allow your fingertips to rise overhead. Press feet, squeeze, pubic bone, chest points, crown, fingertips.
3. Lift your tailbone and allow your torso to extend forward. Release the squeeze gradually as your torso continues downward. Bring your palms or fingertips to the floor next to your feet. Press feet, palms or fingertips, tailbone.
4. Bending your left leg, draw your right foot back into a lunge. Press front foot, heel of back foot, squeeze, crown.
5. Bring your front foot back next to the back foot. Press palms, heels, squeeze, crown.
6. Bend your knees and lower knees, chest, and chin to the ground. Press palms, tailbone.
7. Sweep your chest and chin forward and up. Press palms, feet, squeeze, chest points, crown.
8. Lift your tailbone, allowing your hips to rise. Press feet, palms, tailbone, chest points, crown.
9. Bending your right leg, bring your right foot forward into a lunge. Press sole of front foot, heel of back foot, squeeze, crown.
10. Press sole of right foot (straightening legs) as you bring your back foot forward. Press feet, palms or fingertips, tailbone.
11. Drop your tailbone and gradually bring up the squeeze as you return to standing and allow your fingertips to rise overhead. Press feet, squeeze, pubic bone, chest points, crown, fingertips.
12. Press feet, squeeze, crown as you allow your body to return to the starting position with your palms together in front of your chest.

