

Chandra Namaskara (Salutations To The Moon)



Inhale



12. Padahasthasana
(hand to foot pose)



13. Hasta Utthanasana
(raised arms pose)



14. Pranamasana
(prayer pose)



1. Pranamasana
(prayer pose)



2. Hasta Utthanasana
(raised arms pose)



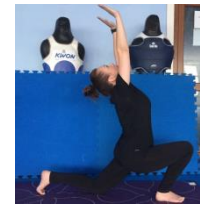
3. Padahasthasana
(hand to foot pose)



Exhale



4. Ashwa Sanchalanasana
(equestrian pose): left foot back*



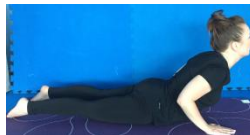
5. Ardha Chandrasana
(half moon pose)



6. Parvatasana
(mountain pose)



7. Ashtanga Namaskara
(salute with 8 parts)



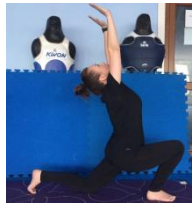
8. Bhujangasana
(cobra pose)



9. Parvatasana
(mountain pose)



10. Ashwa Sanchalanasana
(equestrian pose): left foot back*



11. Ardha Chandrasana
(half moon pose)



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***Positions 15-28:** Positions 1-14 form the 1st half of the round and positions 15-28 form the 2nd. In the 2nd half, the same positions are repeated with 2 changes: **1. in position 18**, ashwa sanchalanasana, instead of stretching the left foot backwards, stretch the right foot back. **2. in position 24**, the same pose, bend the left knee, bringing the left foot forward between the hands. /Swami Satyananda Saraswati/