

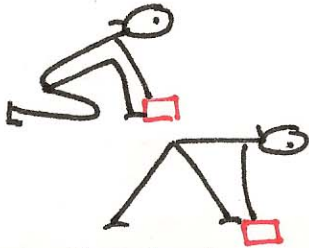


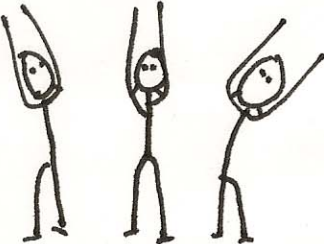
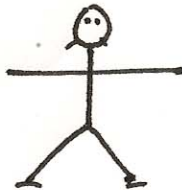
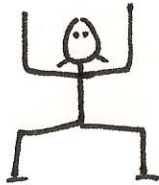
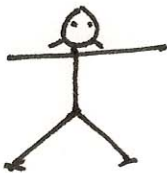


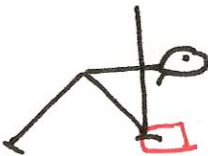
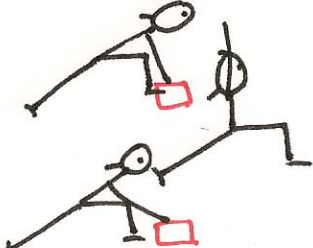



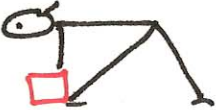





Chandra Namaskar

Moon Salutation incorporating side bending, twisting and standing poses to each side.

 <p>Ardha Anandabalasana</p>	 <p>Virasana Side Bend</p>	 <p>Hara Squat</p>	 <p>Uttanasana</p>	 <p>Tadasana</p>
 <p>Tadasana Side bend</p>	 <p>Tarasana</p>	 <p>Deviasana</p>	 <p>Tarasana</p>	 <p>Virabhadrasana II</p>
 <p>Reverse Virabhadrasana II</p>	 <p>Trikonasana</p>	 <p>3-Part Lunge*</p>	 <p>R - Parsvottanasana</p>	 <p>Prasarita Padottanasana</p>
 <p>Parvrita Prasarita Padottanasana</p>	 <p>L - Parsvottanasana Repeat in reverse order from *</p>	 <p>Mandala Mudra Clarity, Union <i>Rest cupped right hand in cupped left hand, touch thumb tips together</i></p>	 <p>Setu Bandha</p>	 <p>Savasana</p>