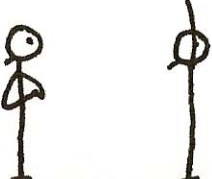




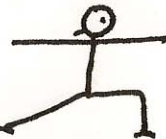

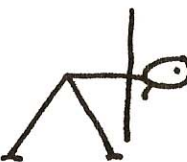
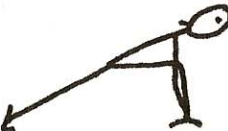
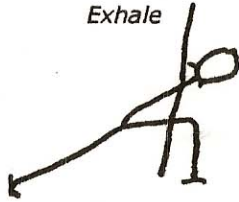
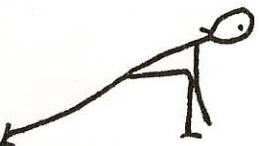
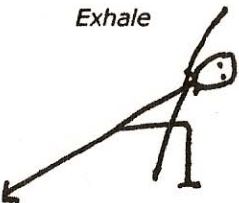

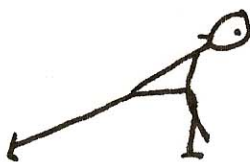
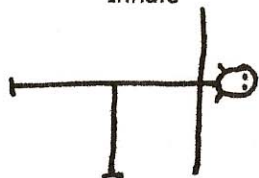




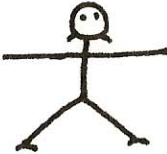
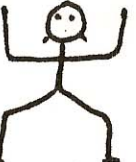


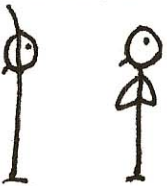



Frosty Moon Salutation

Frosty or Beaver Moon on November 24. This is Integrative Yoga Therapy's version of the Moon Salutation

<p>Exhale / Inhale</p>  <p>Pranamasana</p>	<p>Exhale / Inhale / Exhale</p>  <p>Standing Half Moon Series</p>	<p>Inhale</p>  <p>Tarasana</p>	<p>Exhale</p>  <p>Deviasana</p>	<p>Inhale</p>  <p>Tarasana</p>
<p>Exhale</p>  <p>R-Virabhadrasana II * repeat L side from here</p>	<p>Inhale</p>  <p>R-Reverse Vira. II</p>	<p>Exhale</p>  <p>R-Trikonasana</p>	<p>Inhale</p>  <p>R-Lunge</p>	<p>Exhale</p>  <p>R-Internal Lunge Twist</p>
<p>Inhale</p>  <p>R-Lunge</p>	<p>Exhale</p>  <p>R-External Lunge Twist</p>	<p>Inhale</p>  <p>R-Anjaneyasana</p>	<p>Exhale</p>  <p>R-Lunge</p>	<p>Inhale</p>  <p>R-Ardha Chandrasana</p>
<p>Exhale</p>  <p>R-Parsvottanasana</p>	<p>Inhale / Exhale</p>  <p>Prasarita Padottanasana</p>	<p>Inhale / Exhale / Inhale</p>  <p>R/Center/L - Parvrita Prasarita Padottanasana</p>	<p>Exhale</p>  <p>Prasarita Padottanasana</p>	<p>Inhale</p>  <p>Tarasana</p>
<p>Exhale</p>  <p>Deviasana</p>	<p>Inhale</p>  <p>L-Virabhadrasana II * Repeat on L from Vira.II</p>	<p>Inhale/Exhale/Inhale/Exhale</p>  <p>Standing Half Moon Series</p>	<p>Inhale / Exhale</p>  <p>Pranamasana</p>	<p>Inhale</p>  <p>Savasana</p>