



WHOLESOME RESOURCES

Mind-Body Mastery through Yoga, Meditation,
Guided Imagery, Affirmations, Stress Relief and Wellness

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Moon Salutation



Chandra Namaskar



Julie Lusk

Namaste to the Moon

Mountain



Full Moon



Circle arms out to the sides and overhead - Inhale
Circle arms out to the sides and down - Exhale
Repeat for a few breaths

Half Moon



Move arms above head - Inhale
Stretch from side to side - Exhale
Repeat for a few breaths

Star



Move arms to parallel - Inhale
Step feet apart and parallel - Exhale

Bow to The Moon



One hand to each elbow - Inhale
Forward bend – Exhale

Wave to The Moon



Hand to floor
Swing arm overhead – Inhale
Return hand to floor - Exhale
Repeat to other side

Star



Sweep arms out to side - Inhale
(or walk hands up legs)
Bring arms parallel to floor - Exhale

Standing on the Moon



Position feet for warrior – do one or more
- Warrior 1-2-3
- Triangle
- Etc.
Rotate feet to opposite side and repeat

Star



Move arms to parallel - Inhale
Keep feet apart and parallel - Exhale

Bow to The Moon



One hand to each elbow - Inhale
Forward bend - Exhale

Wave to The Moon



Hand to floor
Swing arm overhead – Inhale
Return hand to floor - Exhale
Repeat to other side

Mountain



Namaste to the Moon – Inhale / Exhale

Half Moon



Move arms above head - Inhale
Stretch from side to side - Exhale
Repeat for a few breaths

Full Moon



Circle arms out to the sides and overhead - Inhale
Circle arms out to the sides and down - Exhale
Repeat for a few breaths

Mountain



Namaste to the Moon – Inhale / Exhale

Thank you for checking out my rendition of the Salute to the Moon. Please use it for your pleasure and in good health.

You are invited to visit <http://WholesomeResources> for more information, support and resources. You can get more handouts, info on my books, CDs, schedule, and more! [Email Julie](#)

