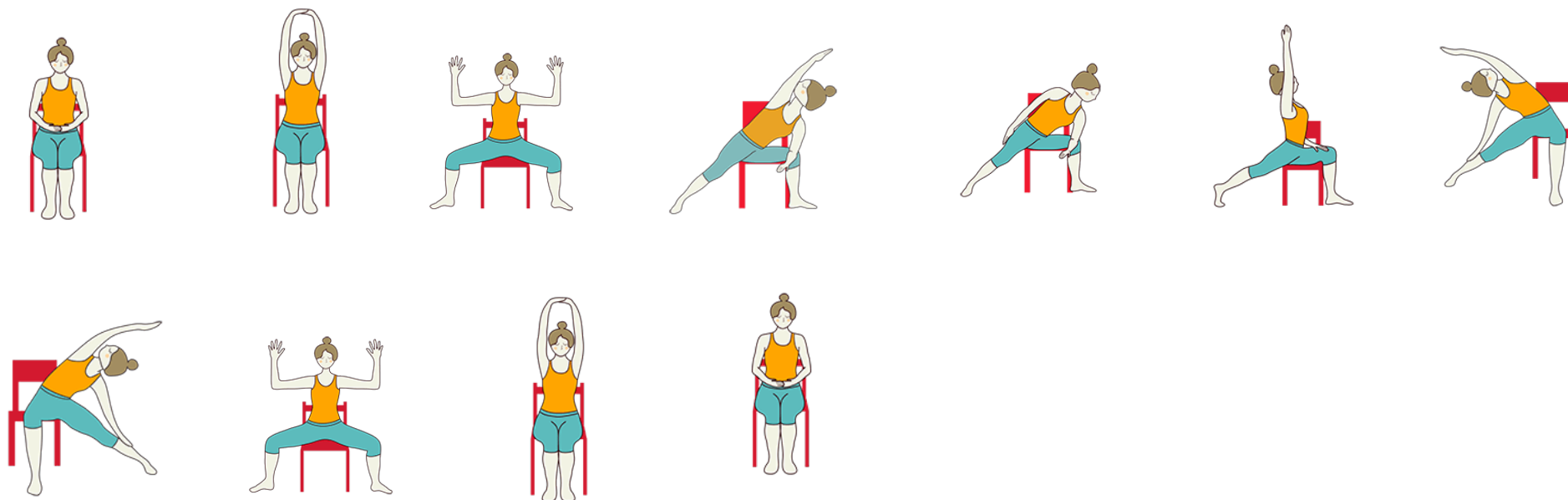


CHAIR MOON SALUTATION



1. Hands on abdomen as you prepare to start...imagine the moon and what it means to you
2. Inhale raise arms overhead - exhale flow to left - inhale centre - exhale flow to right - inhale centre
3. Exhale into Goddess pose
4. Inhale move the feet and exhale into chair triangle
5. Inhale release raised arm, move foot that's behind
6. Exhale into seated warrior 1
7. Inhale release and move feet - bent leg coming to the front
8. Exhale into seated gate pose
9. Inhale swap the legs so can exhale into gate pose but on the other side
10. Exhale into goddess pose
11. REPEAT from 4 to 6 but on the other side
12. From warrior 1 exhale into goddess pose
13. Inhale raise arms overhead - exhale flow to left - inhale centre - exhale flow to right - inhale centre
14. Exhale hands on abdomen