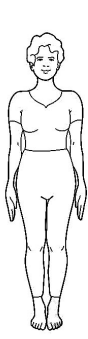


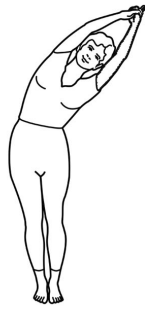
Full Circular Moon Salutation



1. Prepare



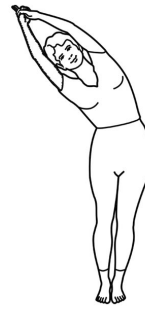
2. Inhale



3. Exhale



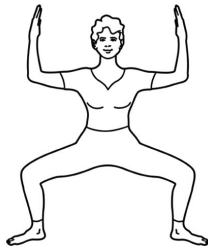
4. Inhale



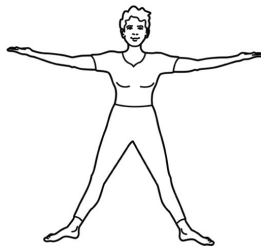
5. Exhale



6. Inhale



7. Exhale



8. Inhale



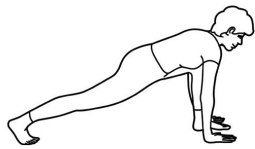
9. Exhale



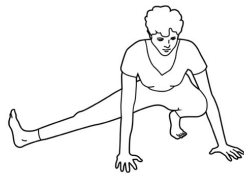
10. Inhale



11. Exhale



12. Inhale



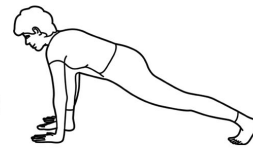
13. Exhale



14. Inhale



15. Exhale



16. Inhale



17. Exhale



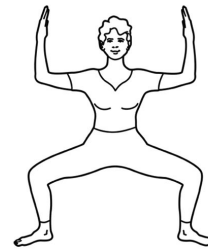
18. Inhale



19. Exhale



20. Inhale



21. Exhale



22. Exhale



23. Exhale



24. Inhale



25. Exhale



26. Inhale



28. Inhale