

CHANDRA NAMASKAR

the moon salutation



urdhva hastasana



standing sidebend



Once upon an '80s moon, the wise women of Kripalu developed this timeless sequence



goddess pose



Dr. Ariele Foster demos this sequence, and loves it for its sidebending and deep functional squats



5 pointed star



This practice is also great for those who can't put weight on their hands, but still want to flow



triangle pose



A lunar approach to practice means taking your time, enjoying each breath, each sensation



side angle



As you move, appreciate a quality of groundedness, and the support of Mother Earth beneath your feet



lunge, malasana



For more from Dr. Ariele Foster, see: sacredsourceyoga.com or yogaanatomyacademy.com

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