

# Reference Sequence: Yin Yoga Sequence: Moon Salutation Yoga Sequence

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• 45 mins • Beginners Level

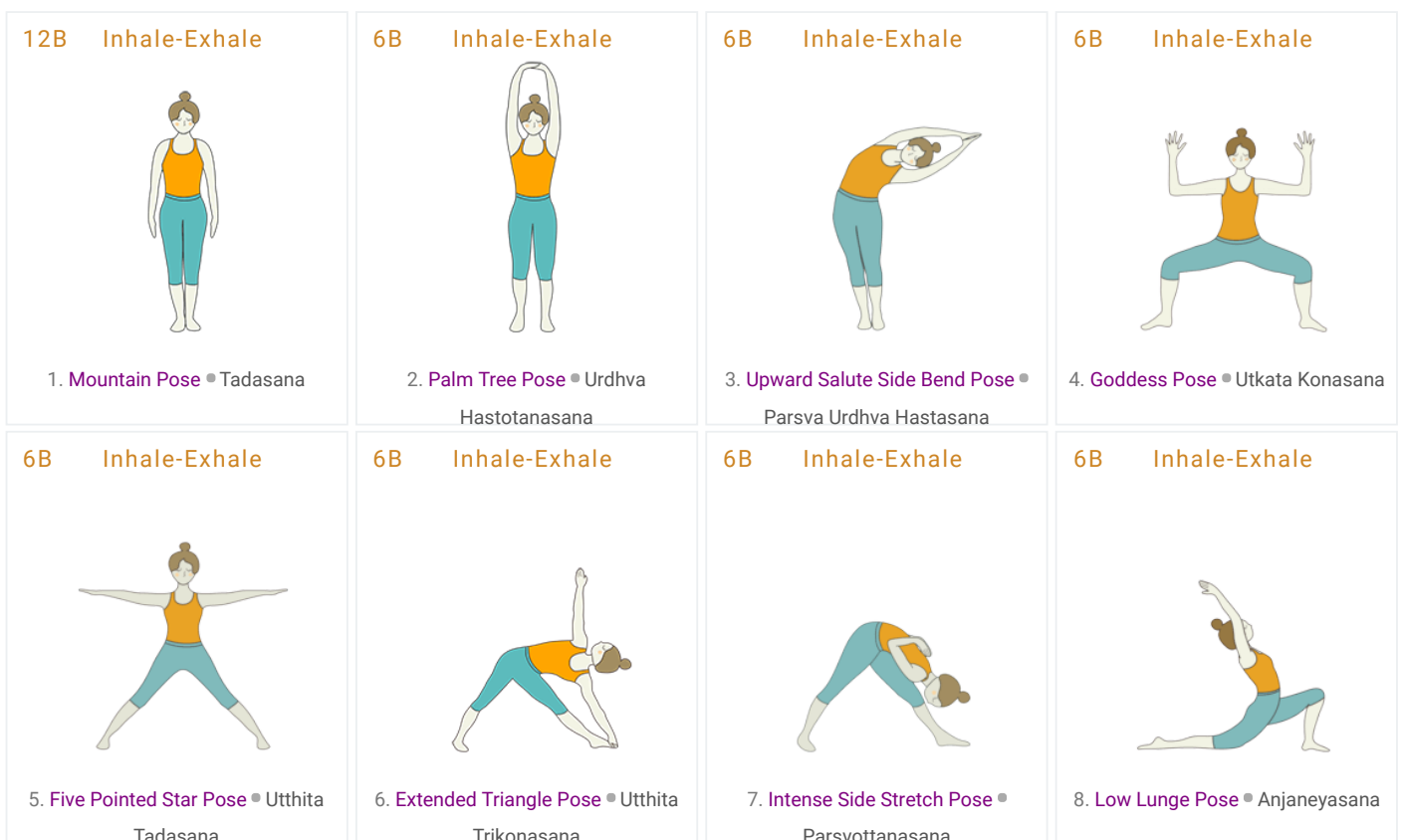
• Focusing on each pose to go slow in order to cool the body • Hips and Legs

## Yin Yoga Sequence: Moon Salutation Yoga Sequence

Sun is considered masculine and full of yang energy. Moon on the contrary with feminine characteristics represents the **yin** energy. Practicing **Moon Salutation** (Chandra Namaskar) calms and cools the mind and body bringing balance. On the other hand the practice of **Sun Salutation** (Surya Namaskar) generates heat and energy in the body. Moon Salutation or the *Chandra Namaskar* can be a journey to descend deeper inwards and discover the path of enlightenment. The practice of Sun Salutation is more oriented towards action, whereas the Moon Salutation practice is inclined towards retreat.

Many **variations** of the *Chandra Namaskar* flows are available that you as a yoga teacher can use for your class. Encourage your students to start connecting with the breathing process, going slowly and deeply into each pose and holding the pose for a minimum of six breaths. Practicing the Moon Salutation Sequence in haste can defeat the purpose of calming and cooling.

The sequence uses **nine key yoga poses** that are done on both sides. The sequence works best when practiced towards the end of the day. Do not accompany the sequence with other **yoga poses for energy** which are intense and powerful. The sequence can especially benefit **women** during their **moon cycle days**, and women undergoing **menopause**. The sequence help tone the body, stimulate the reproductive organs and balance hormones.



6B Inhale-Exhale



9. Wide legged squat over one leg • Skandasana

12B Inhale-Exhale



10. Garland Pose • Malasana

6B Inhale-Exhale



11. Wide legged squat over one leg • Skandasana

6B Inhale-Exhale



12. Low Lunge Pose • Anjaneyasana

6B Inhale-Exhale



13. Intense Side Stretch Pose • Parsvottanasana

6B Inhale-Exhale



14. Extended Triangle Pose • Utthita Trikonasana

6B Inhale-Exhale



15. Five Pointed Star Pose • Utthita Tadasana

6B Inhale-Exhale



16. Goddess Pose • Utkata Konasana

6B Inhale-Exhale



17. Upward Salute Side Bend Pose • Parsva Urdhva Hastasana

6B Inhale-Exhale



18. Palm Tree Pose • Urdhva Hastotanasana

12B Inhale-Exhale



19. Mountain Pose • Tadasana