



COOL OFF WITH MOON SALUTATIONS!

Cool off in the summer heat with Moon Salutations! Traditional Sun Salutations heat us, enhancing our "masculine" inner fire, while Moon Salutations cool us, bringing forth the "feminine", the calm and cooling waters of the nurturer. The sun brings forth aggression; the moon encourages a retreat within. The word Hatha combines "Ha" meaning "sun" and "Tha" meaning "moon." The practice of Hatha Yoga brings unity between the two opposites; aggression and retreat. Today, however, we will celebrate the goddess within us all. Let's cool off and calm down as we move through this Moon Salutation slowly and enjoy the refreshing and calming effects of Sitali Pranayama and Adhi mudra.

THE ASANA PRACTICE	 Tadasana Mountain	 Standing Side Bend	 5-Pointed Star	 Goddess	 5-Pointed Star
To the right	 Virabhadrasana II Warrior II	 Reverse Virabhadrasana II Reverse Warrior II	 Utthita Trikonasana Extended Triangle	 Banarasana High Lunge	Raise your right arm for the twist
 Banarasana High Lunge	Raise your left arm for the twist.	 Anjaneyasana Low Lunge	 Banarasana High Lunge	 Ardha Chandrasana Half Moon	 Parsvottanasana Intense Hamstring Stretch
 Prasarita Padottanasana Wide-Legged Forward Bend	Center your left hand and raise your right arm for the twist. Reverse.	 Prasarita Padottanasana Wide-Legged Forward Bend	 5-Pointed Star	 Goddess	Repeat to the left
 Tadasana Mountain	 Standing Side Bend	 Uttanasana Standing Forward Bend	 Balasana Child's Pose	 Ustrasana Camel	 Shasangasana Rabbit
 Paschimottasana Seated Forward Bend	 Matsyasana Fish				



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PRANAYAMA	<p>Sitali Pranayama: a cooling breath Curl the tongue and protrude it slightly past the lips. Inhale deeply and smoothly through the "straw" formed by the tongue. Exhale through the nose. This is a cooling breath often used to reduce fevers.</p>
MUDRA	<p>Adhi Mudra: a calming mudra Curl the fingers around the thumbs forming a soft fist with the thumb held inside it. Place the hands palms down on the thighs or knees.</p>
WARM UPS	<p>Standing: Warm up Breathing (tip! Exhale haaaaa sloooowly!) Seagull Breath Hug yourself! / Squeeze your shoulder blades Shoulder shrugs / twists Side stretch series Stretch up right and left Curve right and left w/ interlaced fingers Hip Circles Standing Swing Twists Rag Doll</p>
ASANA	<p>Pranamasana Standing Half Moon Series 5 Pointed Star Goddess 5 Pointed Star To the right: Warrior 2 (tip! Breathe through the solar plexus, bringing fire to the body.) Reverse Warrior 2 Triangle Pose Lunge Internal Lunge Twist Lunge External Lunge Twist Low Lunge Lunge Half Moon Pose Pyramid Pose Wide Legged Forward Bend Revolved Wide Legged Forward Bend Wide Legged Forward Bend 5 Pointed Star Goddess Repeat to the left: Standing Half Moon Series Pranamasana Standing Forward Bend Child's Pose / Puppy Stretch Camel Yoga Mudra (tip! This is a pose of submission, of gratitude, acceptance or supplication.) Seated Forward Bend Fish</p>
COOLDOWN	<p>Knees to chest Reclined Twist Happy Baby</p>
RELAXATION	<p>Rotation of consciousness</p>