



Moon Flow

Pick the moon salutation that works for you. I have included several variations to pick from.



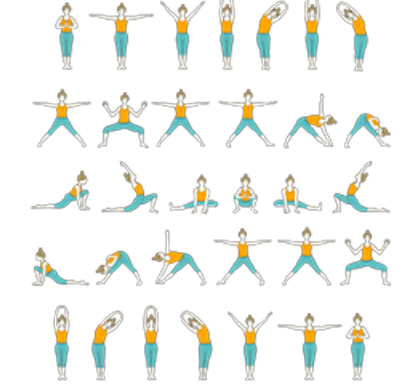
1. Moon Salutation Chandra Namaskar

This variation consists of 14 poses arranged in three rows. The first row has five poses: standing, standing with arms raised, wide squat, and two variations of a side-bend. The second row has four poses: two variations of a side-bend, a wide squat, and a side-bend. The third row has five poses: two variations of a side-bend, a wide squat, and two standing poses.




2. Moon Salutation Variation A Chandra Namaskar Variation A

This variation consists of 14 poses arranged in two rows. The first row has four poses: wide squat, standing with arms raised, side-bend, and side-bend. The second row has four poses: wide squat, side-bend, side-bend, and standing with arms raised.




3. Moon Salutations Variation B Chandra Namaskar Variation B

This variation consists of 28 poses arranged in five rows. The first row has seven poses: standing, standing with arms raised, wide squat, standing with arms raised, side-bend, side-bend, and side-bend. The second row has six poses: wide squat, wide squat, wide squat, wide squat, side-bend, and side-bend. The third row has six poses: side-bend, side-bend, side-bend, side-bend, side-bend, and side-bend. The fourth row has six poses: side-bend, side-bend, side-bend, wide squat, wide squat, and wide squat. The fifth row has seven poses: side-bend, side-bend, side-bend, side-bend, wide squat, wide squat, and standing.



4. Moon Salutation Variation C Chandra Namaskar Variation C

This variation consists of 18 poses arranged in four rows. The first row has five poses: standing, side-bend, side-bend, side-bend, and side-bend. The second row has four poses: side-bend, side-bend, side-bend, and side-bend. The third row has four poses: side-bend, side-bend, side-bend, and side-bend. The fourth row has five poses: side-bend, side-bend, side-bend, side-bend, and standing.



5. Moon Salutation Variation D Chandra Namaskar Variation D

This variation consists of 14 poses arranged in three rows. The first row has five poses: standing, side-bend, side-bend, side-bend, and side-bend. The second row has four poses: side-bend, side-bend, side-bend, and side-bend. The third row has five poses: side-bend, side-bend, side-bend, side-bend, and standing.

