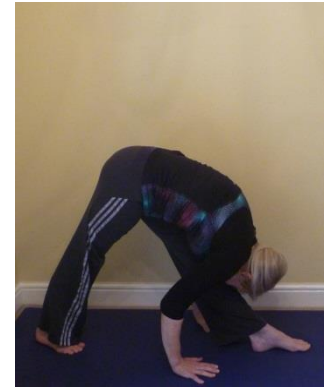
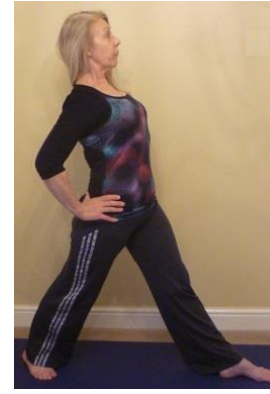


Suraya Chandrasana (Salute to the Moon) This sequence is best practiced in the evening when your body is able to stretch more easily. Keep your movements slow and graceful. Pictures 2, 3 and 4 show the Bastrika sequence or Bellows. Breathe in with the arms raised. Breathe out as you pull the arms down and bend the knees.



1 Start in Tadasana 2 Jump feet wide

3 Pull arms down, bend knees 4 Repeat the sequence (Bastrika) twice more

5 Turn feet to left

6 Extend over the leg



7 Bend the left knee to R angle

8 Extend the left hand forward

9 Raise the right leg and arm

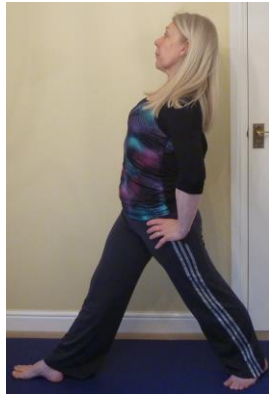
10 Triangle (Trikonasana)



11 Repeat the sequence (Bastrika) twice more



12 Turn feet to right



13 Extend over the leg



14 Bend the right knee to R angle



15 Extend the right hand forward



16 Raise the left leg and arm



17 Triangle (Trikonasana)



18 Repeat the sequence (Bastrika) twice more





19 Position the feet wide



20 Extend forward from the hips



21 Jump feet together



22 Stand in Tadasana