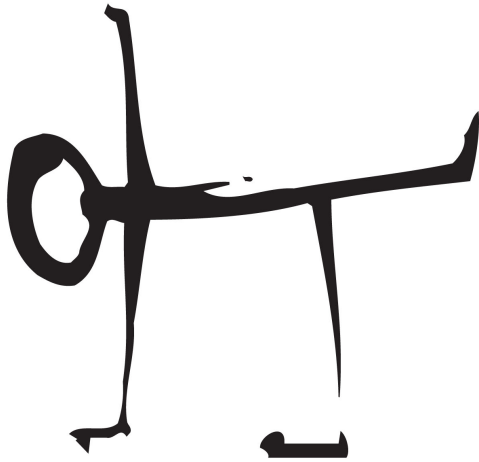


How to:



## Ardha Chandrasana Half Moon

**Adjustments and variations, prep and follow-up poses, advancements**

**Relevant Anatomy: Internal and external benefits / risks**

**Other Benefits to Class: spiritual, chakras, sequence development...**

## **SHORT SCRIPT:**

- Soften your knees and press into the left big toe mound; lift your right foot off the floor. Pivot and turn the hips as you reach your left hand to the floor. Your right hand pulls the right hip up as you turn your whole torso to the right.
- Squeeze your butt and kick out through the heel.
- Reach your right arm to the sky.

## **MY EXTENDED SCRIPT (what I like to talk about in this pose)**