

Crescent Moon



Crescent Moon



Goddess Pose

Prayer



Goddess Pose



Star Pose

Begin on your left side.

Our left side represents the Moon energy,
our softer more contemplative side.

*Please modify the poses to suit your needs
and use blocks if helpful.*



Star Pose



Triangle Pose

Triangle Pose



Head to Knee Pose

Head to Knee Pose



Lunge



*Wide Leg
Forward Fold*



Chair Pose



*Wide Leg
Forward Fold*



Lunge



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