



ANJALI MUDRA
(Salutation Seal), variation

Move into a lunar state: step your feet hip-width apart, turn your palms up and join your pinkies together in a mudra of letting go and inward listening.



STANDING ANAHATASANA
(Heart-Opening Pose)

Inhale, open the arms wide. Exhale, hands to sacrum. Inhale, draw your heart and belly up. Move between this pose and Lunar Uttanasana 3 times.



LUNAR UTTANASANA
(Lunar Standing Forward Bend)

Fold forward, keeping the knees soft and the neck relaxed. Bring chest to thighs with palms facing the sky. Allow tension to release through your spine.



**TRANSITION TO SAHAJA
ARDHA MALASANA**

Exhale as you turn your whole body counterclockwise until you are standing with your feet wide and parallel to one another.



SAHAJA ARDHA MALASANA
(Spontaneous Flowing Half Squat)

Inhale, bend your left knee, extend your right leg. Spine stays long. Exhale, gather energy from your inner legs to your pelvic floor. Inhale, shift to the other side with the same awareness. Now flow back and forth twice more, sweeping your arms and torso in a spontaneous flow, like seaweed in the ocean.



HIGH LUNGE

Turn toward your left leg to come into a High Lunge and get ready for a lunar vinyasa.



SVANANADA
(Bliss-Filled Downward Dog)

Exhale, flow into Down Dog with a lunar feeling. Pedal the heels, moving freely through the hips and spine. Release your jaw, let your neck move freely, feel the self-generated bliss of a liberated dog.



THREE-LEGGED DOWNWARD DOG

Pause in neutral Down Dog. Inhale, extend your right leg to the sky, then exhale and lower it down next to the left foot. Inhale, extend the left leg to the sky. Exhale, bring it forward into a High Lunge.



HIGH LUNGE

Inhale in the lunge. Exhale, walk your right foot forward to the top of the mat, swaying your hips slowly from side to side in a slow saunter with relaxed energy.



HIGH LUNGE

On an exhalation, step your left foot back into a High Lunge with your front knee over your front ankle and your back heel pressing away.



SOMACHANDRASANA I (Nectar of the Moon Flowing Vinyasa I)

Inhale, draw your right arm overhead as you turn both feet clockwise. Your front foot is at a right angle; your back foot is in Side Plank.



SOMACHANDRASANA II

Exhale, draw your right hand by your side. Reach toward your back foot with your chest open, shoulders level and legs activated. Move between Somachandrasana I and II 2 more times.



PLANK POSE

Inhale, step back into Plank with your hands under your shoulders, your core activated and a long line of energy from crown to tailbone to heels.



ANAHATASANA

Exhale, knees to the floor, lower belly engaged. Walk your hands out in front of you, shoulder-width apart, releasing your heart to the earth. Rest for several breaths, then lower all the way down.



SAHAJA BHUJANGASANA (Spontaneous Flowing Cobra Pose)

Bring your hands under your shoulders and lift your chest, alternately rolling through the shoulders and freeing the neck. Let the spine move fluidly and without constriction or hesitation.



LUNAR UTTANASANA

Bow over your legs in a lunar forward bend with your feet together or hip-width apart and your arms hanging heavily toward the earth, palms facing up toward the sky.



STANDING ANAHATASANA

Rise up, hands to sacrum. Root down through your feet; draw up through your legs, heart and crown. Relax your jaw. Soften your palate as if you were receiving a drop of lunar nectar.



ANJALI MUDRA, VARIATION

Reflect inwardly before switching sides. Return here after the second side to offer a final mudra, a dedication, a moment of gratitude and a prayer for peace and rejuvenation for all beings.

Repeat the whole sequence on the second side, this time stepping back with the right leg into a High Lunge.