

**Moon Salutation:** Hold each pose for 1-5 breaths. This practice should be cooling for the mind and calming for the nervous system.

<p><b>Namaskarasana (Prayer Pose)</b></p>	<p><b>Urdhva Hastasana (Upward Arms)</b></p>	<p><b>Uttanasana (Intense Stretch)</b></p>
<p><b>Adho Mukha Svanasana (Downward Facing Dog Pose)</b></p>	<p><b>Utthita Trikonasana (Supine Hand to Big Toe) → Ardha Chandasana (Half Moon Pose) on Left side, repeat on Right side</b></p>	<p><b>Adho Mukha Svanasana (Downward Facing Dog Pose)</b></p>
<p><b>Adho Mukha Virasana (Downward Facing Dog Pose)</b></p>	<p><b>Adho Mukha Svanasana (Downward Facing Dog Pose)</b></p>	<p><b>Uttanasana (Intense Stretch Pose)</b></p>
<p><b>Urdhva Hastasana (Upward Arms)</b></p>	<p><b>Namaskarasana (Prayer Pose)</b></p>	

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