Moon Salutation

Asanas for the Yoga Moon Salutation:

Prayer Pose - palms together overhead
Crescent Moon Pose - arching to the left
Goddess Pose - squat, arms at sides in an L-shape, palms forward
Transition Pose - star pose, the body is like a 5-pointed star
Triangle Pose - extending to the left, right arm up
Head to knee - left leg
Lunge to the left
Forward Facing Lunge - right leg extended
Squat Pose - Malasana, hands in prayer position
Forward Facing Lunge - left leg extended
Lunge to the right
Head to Knee - right leg
Triangle Pose - extending to the right, left arm up
Transition Pose - star pose
Goddess Pose
Crescent Moon Pose - arching to the right
Return to Prayer Pose - palms together overhead

In a group – face inward and do the poses as you advance around the circle, from mat to mat.

On your own – do the poses starting at one end of your mat and flow around your mat.

The Moon Salutation is a Yoga flow of 16 postures created by and for women in the late 1980s at the Kripalu Center in Lenox, Massachusetts. It balances the more familiar Sun Salutation on physical, psychological, and spiritual levels.

Use to cool the body. Use during menstruation, menopause & pregnancy.
Moon Salutation
Moon Salutation
Moon Meditation for Teens

I stand tall, body full and present in all of its beauty.

Opening my arms I embrace life and form a temple above me, protecting and sheltering me.

Softening, my body takes the shape of the crescent moon. My heart stays open to the world.

I step wide into a squat feeling Mother Earth's ferocious power.

Straightening arms and legs I am a star. I radiate light in all directions.

I reach to the side and I turn to look up. I am reaching, striving, and yet at rest, accepting peace.

 Turning to pyramid pose I become quiet. Tuning into my inner self.

Lunging, I stretch long. I ask for blessings and protection.

Turning, I place my hands on the blessed earth.

Coming into a squat I connect with all animals and plants. I am the dark moon.

Reaching out again to embrace the earth, I touch it with love.

Turning to lunge, I am ready for action. I ask for blessings and protection.

Straightening my leg, I become quiet, drawing strength from my inner self.

Lifting and opening into triangle, I am grounded and yet able to reach out and dream.

Rising up, I become a star. I am light.

Bending into a squat to feel the power of mother earth.

Advancing a step yet remembering the past, a crescent once again.

Coming upright to start anew, restored and nourished.

Adapted from Moon Salutation - Laura Cornell