



### Notes while completing your moon salutations:

1. Be sure to stop **HALF WAY** on your way down to the forward fold, and on your way back up to mountain pose.
2. Every time you look up, take a deep **INHALE**. Every time you look down, take a deep **EXHALE**. Breathing is as important, or if not more in our yoga practice. It helps facilitate our movements, and takes our awareness and attention to the pose itself. Never hold your breath. Always keep breathing!
3. Always start with taking your **LEFT** leg back. When you come back around, the left leg should still back. Switch to the right side on the next cycle.
4. Have fun! Moon salutations are meant for us to feel a deeper connection with our environment, and connect with the fluid and feminine aspects of our being. Just as the Moon is considered to be the Nourisher, allow for these asanas to nourish you.