

HALF MOON POSE with HANDS to FEET POSE
Ardha-Chandrasana with Pada-Hastasana
SET UP

1 st SET	2 nd SET
1 Everybody together.	1
2 Feet together at the line,	2 Feet together
3 heels and toes	3
4 touching each other.	4
5 Arms over your head sideways,	5 Arms over your head sideways,
6 palms together.	6 palms together.
7 Interlock the fingers,	7 Interlock the fingers,
8 release the index fingers,	8 release the index fingers,
9 thumbs crossed.	9 thumbs crossed.
10 Keep a nice tight grip,	10 Keep a nice tight grip.
11 don't lose the grip.	11
12 Hands-palms touching each other	12 Hands-palms touching.
13 like glue,	13
14 up to the wrists,	14
15 throughout the entire posture.	15
16 Stretch up to the ceiling,	16
17 right and left	17
18 several times,	18
19 right and left,	19
20 right and left.	20
21 You're trying	21
22 to touch the ceiling.	22
23 You should feel stretching	23
24 down both sides of the body,	24
25 all the way up	25
26 to the fingertips.	26
27 When you've stretched enough,	27
28 please stop in the middle.	28
29 Elbows locked,	29 Elbows locked,
30 arms always touching	30 arms always touching
31 with the ears.	31 with the ears.
32 No gap	32
33 between arms and ears.	33
34 Push your hips forward,	34 Push your hips forward.
35 a little bit toward the mirror,	35

36 opening up your hips	36
37 and pelvis.	37
38 Upper body leaning back	38 Upper body leaning back.
39 a couple of inches,	39
40 opening up your chest	40
41 and rib cage.	41
42 Throughout the posture,	42
43 maximum body weight	43 Maximum body weight
44 on the heels.	44 on the heels.
45 Arms and head back.	45 Arms and head back.
46 Chin up.	46 Chin up.
47 Concentrate	47 Concentrate
48 one point	48 one point
49 in the mirror,	49 in the mirror,
50 don't even blink your eyes.	50 don't even blink your eyes.

HALF MOON POSE with HANDS to FEET POSE
Ardha-Chandrasana with Pada-Hastasana
HALF MOON
RIGHT SIDE

1st SET

2nd SET

1 Inhale breathing!	1 Inhale breathing!
2 Full lungs!	2 Full lungs!
3 Stretch up	3 Stretch up
4 out of the waist one more time.	4 out of the waist one more time.
5 Touch the ceiling.	5 Touch the ceiling.
6 Absolutely straight line,	6 Absolutely straight line,
7 slowly bend your body to the right,	7 slowly bend your body to the right,
8 without bending your elbows	8 without bending your elbows
9 or your knees.	9 or your knees.
10 Continuously push your hips	10 Continuously push your hips
11 to the left beyond your flexibility.	11 to the left, beyond your flexibility.
12 You are trying to create	12 You are trying to create
13 a tremendous stretching feeling	13 a tremendous stretching feeling
14 in the left side of your body,	14 in the left side of your body.
15 all over, inside-out,	15
16 from the bones to the skin,	16
17 fingertips to the toes.	17
18 Hips more forward,	18 Hips more forward,
19 upper body back more,	19 upper body back more,
20 weight in the heels.	20 weight in the heels.
21 Push your left hip forward,	21 Push your left hip forward,
22 to keep both hips in one line.	22 to keep your both hips in one line.
23 Right shoulder forward,	23 Right shoulder forward,
24 opening your chest	24 opening your chest.
25 (like a flower petal blooming).	25

<p>26 Come down</p> <p>27 and push, and push, and push.</p> <p>28 Inhale breathing, come up</p> <p>29 and stop in the middle.</p> <p>30 Left side.</p>	<p>26 Come down</p> <p>27 and push, and push, and push.</p> <p>28 Inhale breathing, come up</p> <p>29 and stop in the middle.</p> <p>30 Left side.</p>
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HALF MOON POSE with HANDS to FEET POSE
Ardha-Chandrasana with Pada-Hastasana
HALF MOON
LEFT SIDE

1st SET

2nd SET

1 Inhale breathing!	1 Inhale breathing!
2 Full lungs!	2 Full lungs!
3 Stretch up	3 Stretch up
4 out of the waist one more time.	4 out of the waist one more time.
5 Touch the ceiling.	5 Touch the ceiling.
6 Absolutely straight line,	6 Absolutely straight line,
7 slowly bend your body to the left,	7 slowly bend your body to the left,
8 without bending your elbows	8 without bending your elbows
9 or your knees.	9 or your knees.
10 Continuously push your hips	10 Continuously push your hips
11 to the right beyond your flexibility.	11 to the right, beyond your flexibility.
12 You are trying to create	12 You are trying to create
13 a tremendous stretching feeling	13 a tremendous stretching feeling
14 in the right side of your body,	14 in the right side of your body.
15 all over, inside-out,	15
16 from the bones to the skin,	16
17 fingertips to the toes.	17
18 Hips more forward,	18 Hips more forward,
19 upper body back more,	19 upper body back more,
20 weight in the heels.	20 weight in the heels.
21 Push your right hip forward,	21 Push your right hip forward,
22 to keep your both hips in one line.	22 to keep your both hips in one line.
23 Left shoulder forward,	23 Left shoulder forward,
24 opening your chest	24 opening your chest.
25 (like a flower petal blooming).	25

<p>26 Come down</p> <p>27 and push, and push, and push.</p> <p>28 Inhale breathing, come up</p> <p>29 and stop in the middle.</p> <p>30</p>	<p>26 Come down</p> <p>27 and push, and push, and push.</p> <p>28 Inhale breathing, come up</p> <p>29 and stop in the middle.</p> <p>30</p>
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HALF MOON POSE with HANDS to FEET POSE
Ardha-Chandrasana with Pada-Hastasana
BACKBEND

1st SET

2nd SET

<p>1 Backward bending,</p> <p>2 everybody together.</p> <p>3 Your back is going to hurt (like hell),</p> <p>4 don't be scared.</p> <p>5 Inhale breathing!</p> <p>6 Full lungs!</p> <p>7 Carefully, drop your head back</p> <p>8 as far as it goes.</p> <p>9 Look at the floor behind you.</p> <p>10 Arms back immediately,</p> <p>11 try to touch the wall behind you.</p> <p>12 Bend your spine backwards</p> <p>13 from coccyx to the neck.</p> <p>14 Lower back,</p> <p>15 middle back,</p> <p>16 upper back,</p> <p>17 total spine backward bending.</p> <p>18 Push your upper body back,</p> <p>19 try to fall down backwards.</p> <p>20 Maximum body weight</p> <p>21 on the heels.</p> <p>22 Inhale, stomach, legs, hips,</p> <p>23 everything push forward</p> <p>24 towards the mirror.</p> <p>25 Arms back, Look back,</p>	<p>1 Backward bending.</p> <p>2</p> <p>3</p> <p>4</p> <p>5 Inhale breathing!</p> <p>6 Full lungs!</p> <p>7 Carefully, drop your head back</p> <p>8 as far as it goes.</p> <p>9 Look at the floor behind you.</p> <p>10 Arms back immediately,</p> <p>11 try to touch the wall behind you.</p> <p>12 Bend your spine backwards</p> <p>13 from coccyx to the neck.</p> <p>14</p> <p>15</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20 Maximum body weight</p> <p>21 on the heels.</p> <p>22 Inhale, stomach, legs, hips,</p> <p>23 everything push forward</p> <p>24 towards the mirror.</p> <p>25 Arms back, Look back,</p>
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26 Fall back, Way back, 27 Go back, More back. 28 Inhale, 29 Come up 30 and stop in the middle.	26 Fall back, Way back, 27 Go back, More back. 28 Inhale, 29 Come up 30 and stop in the middle.
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