

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	12 Hands-palms touching.
13	13
14	14
15 SAMPLE	15
16	16
17	17
18 SAMPLE	18
19	19
20	20
21 SAMPLE	21
22	22
23	23
24	24
25 SAMPLE	25
26	26
27	27
28 SAMPLE	28
29	29 Elbows locked,
30	30 arms always touching
31	31 with the ears.
32 SAMPLE	32
33	33
34	34 Push your hips forward.
35	35

36 SAMPLE	36
37	37
38	38 Upper body leaning back.
39	39
40 SAMPLE	40
41.	41
42	42
43	43 Maximum body weight
44 SAMPLE	44 on the heels.
45	45 Arms and head back.
46	46 Chin up.
47	47 Concentrate
48 SAMPLE	48 one point
49	49 in the mirror,
50	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

<p>1 Inhale breathing, full lungs</p> <p>2 hold the breathing.</p> <p>3 Stretch up</p> <p>4 out of the waist one more time.</p> <p>5 Touch the ceiling.</p> <p>6 Absolutely straight line,</p> <p>7 slowly bend your body to the right,</p> <p>8</p> <p>9</p> <p>10 SAMPLE</p> <p>11</p> <p>12</p> <p>13</p> <p>14</p> <p>15 SAMPLE</p> <p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20 SAMPLE</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p>	
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