

The Moon Salutation is a soothing and empowering counter balance to the classic Sun Salutation. This salutation has the power to shift energy without increasing heat. If possible practicing the Moon Salutations during a time of full moon is a very powerful practice. As the lunar energy can be absorbed for healing, empowerment and intuitiveness.

But practising this sequence can be done at any time of day and is particularly effective when performed in the evening as the series is designed to calm the mind and relax the body.

