

Pose of the Week 9-13-08

Half Moon



Ardha Chandrasana

(are-dah chan-DRAHS-anna)

ardha = half

candra = glittering, shining, having the brilliancy or hue of light (said of the gods); usually translated as “moon”

Note: there is another pose with the same name – it is the standing side bend

Half moon pose is a side facing balance pose. It improves balance and focus while strengthening the legs, back and abs. A great way to practice this pose is to try it against a wall.

- Improves balance
- Strengthens standing leg
- Builds confidence and focus
- Builds stability in hips
- Opens chest

Primary Muscles – Quads, Triceps, Glutes, Hamstrings, Back muscles, Deltoids, Abs, Obliques, Neck, Calves, Trapezius.

Tips –

- Use the wall to find the opening in your body
- Go only as far as you feel comfortable
- Roll the body toward the sky as you begin to straighten the standing leg
- Stack one hip over the other
- Ankle, knee, hips aligned

North, south, east and west - / expand in all directions.



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