

POSE OF THE  
**WEEK:**  
CRESCENT MOON  
*CHANDRASANA*



*your daily practice:*

Hold for three breaths and repeat two more times through, then switch to other side

## HOW TO:

- 1 Set up in your mountain pose (toes touching, heels are an inch apart/ root the soles of your feet down into the earth, quads are engaged, core strong, shoulders relaxed, crown of the head reaching towards the sky).
- 2 Interlace hands together above your head.
- 3 Reach hands over towards the right and torso follows, while hips stay square facing front of room. Repeat on the left side.

## FUN FACT:

This pose gets its name because the body forms a crescent moon shape.

## PURPOSE:

Stretches and opens the side of the body.

## GIVE THIS A TRY:

Place one hand on your opposite hip to stretch deeper.