

## Dynamic Yoga - Exercise 3 & 4

### POSE OF THE MOON (Shashankasa)

Sit on your knees with palms on thighs. Close eyes and relax, but keep spine and head straight.

Inhale deeply and lift arms above head, keeping them straight and shoulder-width apart. As you breathe out, bend forward from the hips, keeping arms and head in a straight line. Hands and forehead should eventually rest on the floor in front of your knees. Bend your elbows, so that arms are fully relaxed and hold for five seconds.

Then breathe in and slowly raise arms and body back to the upright position.

Exhale and return your palms to the top of your thighs. Repeat 3-5 times.

### MOUNTAIN POSE (Parvatasana)

Strengthens nerves and muscles in the arms and legs, and stimulates the circulation in the upper spine.

Kneel on raised heels and stretch your arms forward so your forehead is on the floor. Breathe deeply and relax for a few seconds. Raise yourself on to your hands and knees, keeping your toes tucked under and your back flat.

Inhale and push up onto your toes. Raise your buttocks and lower your head between your arms. Your back and legs should form two sides of a triangle.

Exhale, rest your feet on the floor and try to touch the floor with the top of your head. Hold the position for 10 seconds.