

Weeks 11 & 12: Outer Space Yoga Flow



Chair (*Utkatasana*)

Prepare to blast off into space!



Eagle (*Garudasana*)

Now fly your rocket ship. Lift your arms up high and then bring them down. What color is your rocket ship?



Revolved Wide Legged Forward Bend (*Prasarita Padottansana*)

You just flew past a star as you head for the moon. Pretend to be the star you just saw.



Crescent Lunge (*Anjaneyasana*)

Now become a rising star in space.



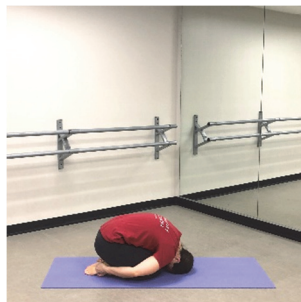
Extended Side Angle (*Utthita Parsvakonasana*)

Did you see that shooting star? Don't forget to make a wish as you become the shooting star!



Half Moon (*Ardha Chandrasana*)

Our rocket has finally landed on the moon. Become a moon with your body.



Modified Rabbit Pose (*Sasangasana*)

Look at all the cool rocks on the moon. Can you copy the shape of a moon rock?



Cobbler Pose (*Badakonasana*)

Look at the flying saucer we passed! Do you think there are aliens on board?

Cultural Révérence

If you remember the movements from our cultural révérence, practice them here to end today's yoga flow.

"We wish for: peace, love, and respect for everyone."