

## Ardha Chandrasana: half moon pose

This posture strengthens the legs and helps us develop poise and balance.

### Medical benefits:

Along with some of the other standing poses, Ardha Chandrasana reduces arthritis of the lower back, dorsal region and shoulder. It relieves backache and also benefits those with displaced spinal discs and sciatica. As with the other standing poses, Half Moon strengthens weak or deformed legs, lengthens tight hamstrings, deals with knee problems and brings form to flat feet. Indigestion, kidney problems, acidity and bronchitis can also be helped.



1. Stand in TADASANA (Mountain Pose). With an inhalation, jump your feet to 3½ ft apart and swing your arms out to your sides. Fully stretch your arms and legs. Turn your left foot in and your right foot out.



2. Exhaling, extend your trunk sideways to the right.



3. Hold your right shin bone and come into TRIKONASANA (Triangle Pose). Take a couple of normal breaths.



4. Bend your right knee and reach out to place your right hand on the floor 1ft. ahead of your right foot.



5. With an exhalation straighten your right leg and simultaneously raise your left leg to the level of your right hip. Keep both legs firm and straight. Raise your

left arm. Look up. Breathe evenly and hold the pose for 20-30 seconds. Repeat on the other side.

**PRACTICE NOTE:**

If your hand does not reach the floor without your knee bending, place it on a block. You can also practice this pose with your back against the wall while you are learning to balance.

