

POSE 2 Standing Asanas

Arhdha Chandrasana
Half Moon Pose

The POSE



Arhdha Chandrasana gives an intense stretch to the spine, builds balance by working the foot. It strengthens the spinal muscles, keeping the spine supple and aligned.

The Half Moon Pose corrects misalignment and prolapsed uterus, helps relieve sciatica, improves circulation, and relieves gastritis.



Props

- Sticky mat and two blocks.

Please refer to my website for information about all yoga props from Hugger Mugger™
joann.yoga/yoga/yoga-props/

Foundation – note the photos show the pose on the left

1. Start on the right side. Establish the foundation of Pose 1 – Utthita Trikonasana (Step your feet a legs-length apart. Bear equal weight on both feet. Turn your right foot outward 90 degrees and left foot 60 degrees. The right heel aligns with the left inner arch), just like in [photo 1](#).

Getting into the pose

2. Put your left hand on the hip, just in [photo 2](#). Bend the right knee and hold the block in your right hand. Reach your right arm, holding the block, as far as you can, just like in [photo 2](#).

3. Stay planted with the right foot. Move your left foot toward the right one.
4. By isolating the right hamstring lift the right sit-bone (ischium) and lift the foot from the floor, just like in [photo 3](#).
5. Extend the right leg completely and then engage the left leg to stabilize the pose.
6. The left and right arm extend directly from the shoulders. Rotate the head looking at the back of the left shoulder, just like in the [main photo](#).
7. In the POSE ([main photo](#)), establish a smooth rhythm of breath, and hold for seven breath cycles.

Release

8. When releasing, exhale, and place left hand on left hip, and turn your head to the neutral position. Plant the right foot down, bend the right knee, and extend the left foot to the left block.
9. Extend the right leg, and return to the foundation of Pose 1 – Utthita Trikonasana.

Repeat the pose on the other side.

Duration: Repeat one pose on each side. Keep the pose for **seven breath cycles**.

Extra focus:

- Maintain the placement and balance of the right foot. Big toe metatarsal stay planted.
- The buttocks drive the heels in the respective directions down onto the mat.
- The weight in the foot is equally distributed in the heel and the big and fourth toe metatarsals.

Avoid:

- Shifting the standing leg's foot.