

# Ardha Chandrasana: Half Moon Pose

(ARD-uh chan-DRAHS-anna)



atha  
YOGA TRAINING



## Energetics

brahmana

## Vayu

activates all 5

## Dosha

kapha, pitta

## Chakra

activates 1-6

## Guna

rajas

## Drishti

thumb

## Contraindications

ankle, knee, hip, spinal disc

## Benefits

- Stabilizes pelvic and shoulder girdles
- Creates space within the joints, including spinal column
- Improves balance
- Teaches us to sense lines of energy
- Cultivates receptivity

## My Notes

## Alignment Notes

- From Warrior II (right side), extend right arm as far forward as possible to plant it on the earth (or a block) in front of the right foot
- Float the back leg and keep it engaged
- Stack the hips
- Left heel is level with the hip, foot is flexed
- Crown of the head reaches forward to keep the spine and torso parallel to the earth
- Arms in one straight line