



WHOLESOME RESOURCES

Mind-Body Mastery through Yoga, Meditation,
Guided Imagery, Affirmations, Stress Relief and Wellness



Julie Lusk, M.Ed. ☎ 513.248-9642 ☎ 5678 Willnean Dr. ☎ Milford, OH 45150 ☎ WholesomeResources.com

Moon Salute

○ Chandra Namaskar

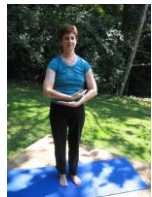
○ Julie Lusk



Namaste



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Here's my rendition of the Moon Salute. Click [here to see a Moon Salute video](#). Use it in good health.

Please visit [Wholesome Resources](http://WholesomeResources.com) for handouts, schedules, books, CDs and other cool stuff.