

Goddess Moon Flow - v2

Jennifer Aradhya

• 75 mins • Balance • music.apple.com/us/playlist/goddess/pl.u-DdANN9eIR1zGq

Celebrating the full moon in full goddess mode. This sequence offers a balance of vinyasa, yin and restore. Balance is the one of the keys to happiness and peace.

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1. Easy Pose • Sukhasana



2. Three Part Breath • Dirga Pranayama



3. Circle Of Joy • Ananda Mandalasana



4. Cat Cow Pose • Bitilasana Marjaryasana



5. Half Camel Pose Variation Head Up • Ardha Ustrasana Head Up



6. Half Camel Pose Variation Head Up • Ardha Ustrasana Head Up



7. Wide Child Pose • Prasarita Balasana



8. Table Top Pose • Bharmanasana



9. Balancing Table Pose • Dandayamana Bharmanasana



10. Balancing Table Pose • Dandayamana Bharmanasana



11. Wide Child Pose • Prasarita Balasana



12. Mountain Pose • Tadasana



13. Standing Spinal Twist Pose Ii



14. Standing Spinal Twist Pose Ii



15. Standing Deltoids Stretch • Tadasana Deltoids Stretch



16. Standing Deltoids Stretch • Tadasana Deltoids Stretch



17. Upward Salute Side Bend Pose • Parsva Urdhva Hastasana



18. Upward Salute Side Bend Pose • Parsva Urdhva Hastasana



19. Revolved Standing Forward Fold Pose Variation Knee Bent • Parivrtta Uttanasana Variation Knee Bent



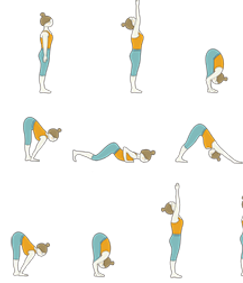
20. Revolved Standing Forward Fold Pose Variation Knee Bent • Parivrtta Uttanasana Variation Knee Bent



21. **Hands Bound Rising Locust Pose** • Baddha Hasta Utthita Stiti
Salabhasana



22. **Chair Pose Standing Forward Bend Pose Flow** • Utkatasana Uttanasana Vinyasa



23. **Sun Salutation A Variation** • Surya Namaskar A Variation



24. **Intense Leg Stretch Pose D** • Prasarita Padottanasana D



25. **Moon Salutation Variation A** • Chandra Namaskar Variation A



26. **Beginner Tree Pose** • Beginner Vrksasana



27. **Beginner Tree Pose** • Beginner Vrksasana



28. **Forward Fold Feet Outwards** • Uttanasana Feet Outwards



29. **Easy Pose** • Sukhasana



30. **Square Breathing** • Sama Vritti



31. **Butterfly Pose Variation Forward Bend Soles Apart** • Baddha Konasana Uttanasana Soles Apart



32. **Wide Child Pose** • Prasarita Balasana



33. **Sphinx Pose** • Salamba Bhujangasana



34. **Sleeping Swan Pose Forearms** • Kapotasana li Forearms



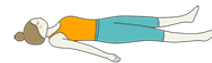
35. **Sleeping Swan Pose Forearms** • Kapotasana li Forearms



36. **Supine Spinal Twist Pose li** • Supta Matsyendrasana li



37. **Supine Spinal Twist Pose li** • Supta Matsyendrasana li



38. **Corpse Pose** • Savasana