

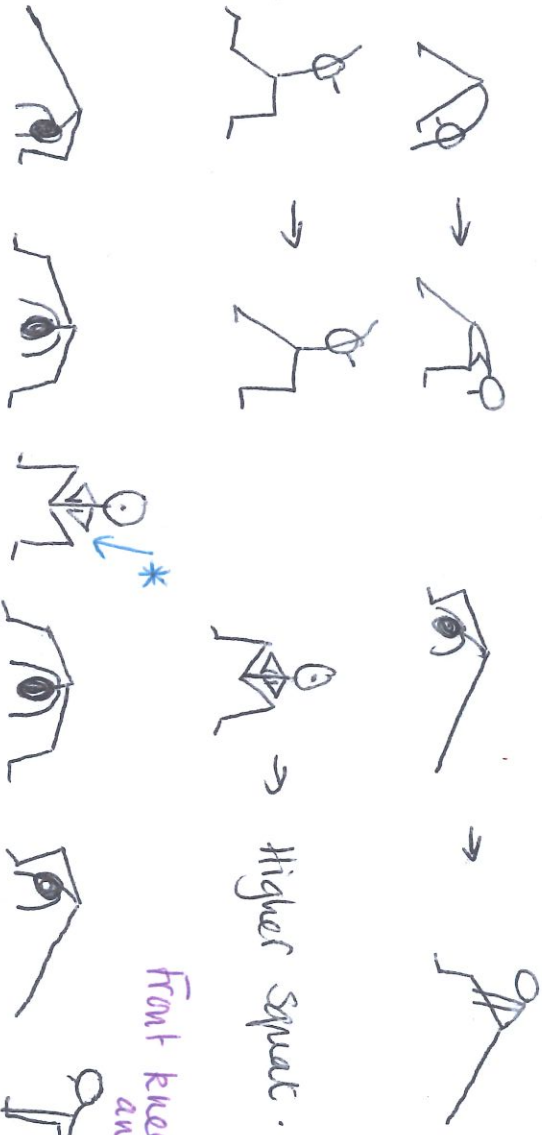
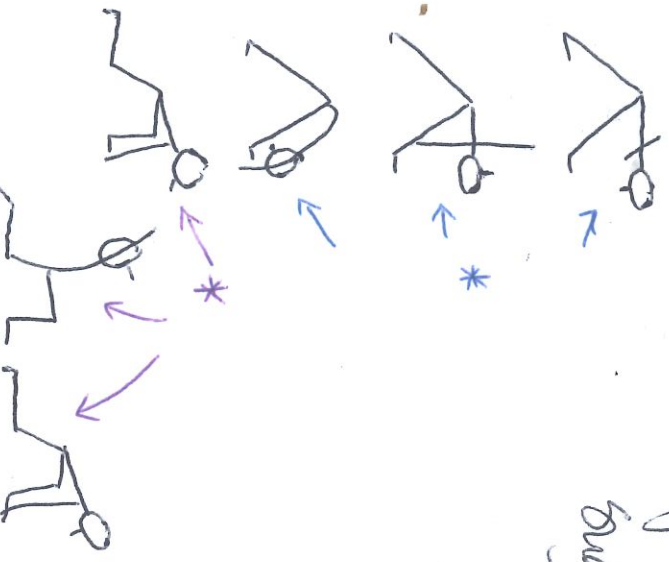
Go around the circle twice, once in each direction.

→ knee tracks
centre of foot



CHANDRA NAMASKAR
Salutations to the Moon.

Practice after thorough warm up including mobilisation of all joints. Modify any pose that you need to. Suggested alternative poses: -



Front knee over ankle

Front knee can bend*

