



Yoga for Intention Setting

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• 60 mins • Beginner • New Moon • Lower Back

5B Inhale-Exhale



1. **Reclined Butterfly Pose**
Hands To Elbows • Supta Baddha
Konasana Hands To Elbows



2. **Half Happy Baby Pose**
Variation 1 • Ardha Ananda
Balasana Variation 1



3. **Reverse Pigeon Pose** •
Sucirandhrasana



4. **Supine Spinal Twist Yoga**
Pose I • Supta Matsyendrasana I



5. **Half Happy Baby Pose**
Variation 1 • Ardha Ananda
Balasana Variation 1



6. **Reverse Pigeon Pose** •
Sucirandhrasana



7. **Supine Spinal Twist Yoga**
Pose I • Supta Matsyendrasana I



8. **Easy Pose** • Sukhasana



9. **Easy Pose Variation Side**
Bend • Sukhasana Variation Side
Bend



10. **Easy Pose Neck Side**
Stretch • Sukhasana Neck Side
Stretch



11. **Easy Pose Variation Side**
Bend • Sukhasana Variation Side
Bend



12. **Easy Pose Neck Side**
Stretch • Sukhasana Neck Side
Stretch



13. **Table Top Pose** •
Bharmanasana



14. **Cat Cow Pose** • Bitilasana
Marjaryasana



15. **Downward Facing Dog Pose**
• Adho Mukha Svanasana



16. **Low Lunge Pose** •
Anjaneyasana



17. Half Splits Pose • Ardha Hanumanasana



18. Cat Cow Pose • Bitilasana Marjaryasana



19. Downward Facing Dog Pose • Adho Mukha Svanasana



20. Low Lunge Pose • Anjaneyasana



21. Half Splits Pose • Ardha Hanumanasana



22. Table Top Pose • Bharmanasana



23. Downward Facing Dog Pose • Adho Mukha Svanasana



24. Mountain Pose • Tadasana



25. Garland Pose • Malasana



26. Wide legged squat over one leg • Skandasana



27. Wide legged squat over one leg • Skandasana



28. Cow Face Pose Variation Resting On Hands In Front • Gomukhasana Variation Resting On Hands In Front



29. Cow Face Pose Variation Resting On Hands In Front • Gomukhasana Variation Resting On Hands In Front



30. Table Top Pose • Bharmanasana



31. Downward Facing Dog Pose • Adho Mukha Svanasana



32. Half Pigeon Pose • Ardha Kapotasana



33. **Sleeping Swan Pose** •
Kapotāsana II



34. **Downward Facing Dog Pose** •
Adho Mukha Svanāsana



35. **Half Pigeon Pose** • Ardha
Kapotāsana



36. **Sleeping Swan Pose** •
Kapotāsana II



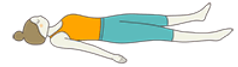
37. **Downward Facing Dog Pose** •
Adho Mukha Svanāsana



38. **Wide Child Pose** • Prasarita
Balāsana



39. **Happy Baby Pose** • Ananda
Balāsana



40. **Corpse Pose** • Savasana