



Ms. Julie C.'s Yoga Poses: **Half Moon**



Half Moon Pose

- Press the feet firmly into the floor.
- Push the hips to the left while extending the torso toward the right.
- Extend out through the fingertips.
- Be sure to do both sides.

Modifications

- This can be done seated .
- The top arm can be extended while leaving the other arm down along your side.

Benefits

- Stretches the side of the body.
- Increases spinal flexibility.
- Strengthens the core muscles.