

FLOW 12 OF 18 | INTERMEDIATE

Moonlit Slow Flow

Lunar rhythm, listening and ease



inhale - exhale

CLASS MAP

A complete intermediate practice progressing toward A slow Moon Salutation with supported hip opening. Every peak is optional; the quality of attention is the real practice.

INTENTION

I listen before I move.

45-MINUTE ARC

ARRIVE	5 min
MOON SALUTE	10 min
LOW FLOW	10 min
HIPS	8 min
BREATH	7 min
REST	5 min

PROPS AND SETUP

Mat, two blocks, bolster or cushions and blanket.

ACCOMPANYING MUSIC

Open the matching private Spotify playlist as students settle. Let the final track continue beneath Savasana.

OPEN PLAYLIST IN SPOTIFY

MOVEMENT SEQUENCE**Arrive | 5 min**

- Supported child's pose
- Observe natural breath and evening energy

Moon salute | 10 min

- Side reach to Goddess Pose
- Triangle and low lunge
- Wide fold; repeat slowly both directions

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

MOVEMENT SEQUENCE**Low flow | 10 min**

- Sphinx to Child Pose waves
- Low Lunge quad stretch
- Half Split with blocks

Hips | 8 min

- Deer Pose or easy seated shape
- Reclined figure four

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

MOVEMENT SEQUENCE**Breath | 7 min**

- Legs on a chair
- Equal breathing; no retention

Rest | 5 min

- Savasana beneath a blanket

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

PEAK PATHWAY

A slow Moon Salutation with supported hip opening.

SAFETY AND ALTERNATIVES

Keep the practice cooling and conversational. Avoid long breath retention and reduce deep hip positions if the knees or sacroiliac joints feel compressed.

POTENTIAL BENEFITS

Cultivates mobility, down-regulation, interoception and a quieter relationship to transitions.

PROGRESSIVE-PRACTICE CHECKLIST

- Breath remains steady and available.
- Joints feel supported rather than compressed.
- You can leave the pose calmly at any time.
- An easier variation is treated as a complete practice.
- Pain, dizziness, numbness or visual disturbance means stop.

A SHORT HISTORY

Chandra Namaskar, or Moon Salutation, is a modern counterpart to Sun Salutation with many contemporary variations. Lunar symbolism has long shaped Indian ritual calendars and contemplative imagery.

SPIRITUAL REFLECTION

Not every transformation needs heat. Some forms of wisdom arrive through receptivity, patience and darkness.

CLOSING PRACTICE

Sit for three natural breaths. Notice what changed without judging it. Offer the benefit of practice beyond yourself through one patient, generous action.

TEACHER NOTE

Advanced shapes are specialised skills, not proof of spiritual attainment. Adapt for the person in front of you and refer to qualified medical or therapeutic support when appropriate.