



**The  
Royal Pathways  
Inc.**



## **ANJANEYASANA (Crescent Moon Pose)**



### **This beautiful pose:**

- Maintains and promotes great flexibility to the spine and spinal muscles
- Deeply opens the front of the hips and thighs
- Opens the front of the body, embracing life in Love
- Brings balance and stability on all levels
- Increases focus and concentration

Offer the Crescent Moon Pose after at least ten minutes or so of stretching or other Yoga poses. This pose is strengthening and requires flexibility and is best offered after the body has been warmed up.

### **To enter into the pose:**

- From a hands and knees position, step the right foot between the hands.
- Step deeply back with the left foot, lengthening the leg and relaxing the knee to the mat. The top of the left foot is on the mat and the toes are relaxed.
- Relax the hips toward the earth and bring the hands into Bhakti Asana (Prayer Pose) OR, once the arms are overhead, release the hands shoulder distance apart.
- Exhale and release into a backbend as far as is comfortable. Open the arms into a “V”. The head releases back as the face looks upward toward the sun.
- Feel the hips continuing to relax toward the earth while the fingertips expand, going deeper and deeper, the body expanding into a beautiful crescent moon shape.
- Breathe and remain in the Asana for as long as comfortable. (1-3 breaths).
- To come out of the Asana, lift the arms straight up toward the sun and bring the head and torso into an upright position.
- Exhale, bringing the hands into Bhakti Asana (Prayer Pose).
- Bring the hands to the earth on either side of the foot and return to a hand and knees position.
- Repeat on the other side.

**Following the pose rest in Child’s Pose (Jyoti Asana) to allow your body to relax.**