

# Focus of the Month

## Ardha Chandrasana

Pronounced (ARE-dah chan-DRAHS-anna)



Ardha = Half  
Chandra = Moon  
**Half Moon Pose**

## **ARDHA CHANDRASANA**

"The extended trunk, poised over a finely balanced leg is reminiscent of the Indian moon floating in space."

*Ardha* means half and *Chandra* means moon. Thus, this pose is referred to as Half Moon Pose.

Coordination of the body and use of directing it's energies allows for the development of grace, poise and balance. One of the more challenging balancing asanas, Ardha Chandrasana can bring confidence, freedom and strength. Half Moon pose strengthens the legs and core while opening the heart and hips.

Ardha Chandrasana can be challenging for many by asking us to be in a perpendicular and rotated relationship to the earth. The beauty of falling out of this pose with grace can bring about much wisdom of ourselves. With courage and an open mind we learn to find strength in our bodies and spirit.

### **BODY IN SPACE**

- \* Externally rotate both legs
- \* Wrap supporting hip under while stacking working hip atop
- \* Extend through working leg and out crown of the head
- \* Shoulders rest down the back while finding width behind the heart
- \* Neck is even on all sides

### **ONE WAY TO PRACTICE**

From Trikonasana, bend the front leg, moving the weight over it and placing the bottom hand ahead of the front foot. The hand can be in line with the front foot or slight out to the side for better balance. Simultaneously raise the back leg, keeping it extended, while lengthening the supporting leg, stacking the hips. The gaze can move forward or up to the sky. If balance or neck tension is a challenge, keep your gaze down to the floor.

### **PREPARATORY**

Opening the hips and strengthening the legs: Virabhadrasana II, Trikonasana, Utthita Parsvakonasana.  
Strengthening the legs and core while finding balance: Virabhadrasana III