

# MOON SALUTE ACTIVITIES

A CORD for yoga-based activities created by Sophia Levine- UC Riverside PhD Critical Dance Studies, Gluck Fellow

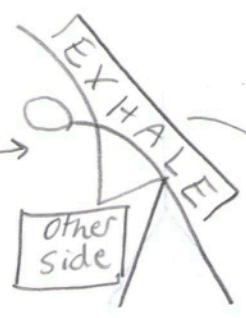
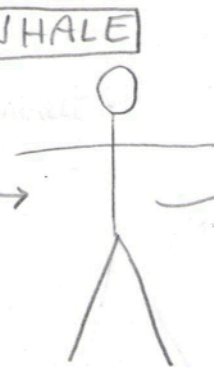
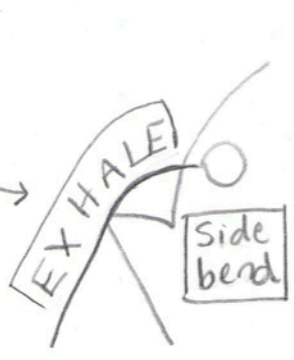
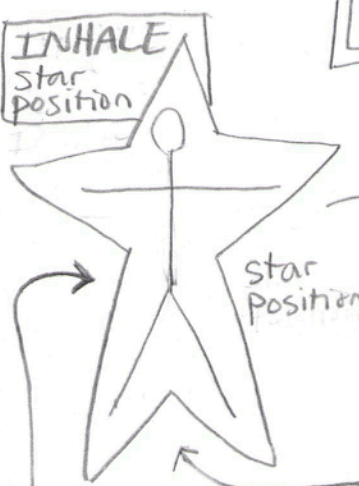
## What is yoga?

Yoga comes from India and is practiced in many different ways by many different people. It usually includes asana—posing in still positions—and pranayama—deep breathing. The word yoga means to yoke, or put together. In the U.S., yoga is often framed as a secular, physical practice that helps you to de-stress, focus and relax. Sometimes yoga poses are strung together into flowing sequences, or vinyasa, that use an inhale or exhale for each movement. The moon salute variation on the next page is just one of many sequences you can practice with your class.

## Incorporating yoga into your classroom lessons:

- Allow students to do part or all of the sequence included between their desks to decompress between academic activities. And/or practice one line of the sequence multiple times as a class then maintain the "exhale poses" for a few breaths. Flowing through a pose before being still in it is generally good for the body!
- Make a (repeatable) story/adventure that goes along with the sequence. The rhythm and repetition can even be used to help students remember new academic material!
- Copy each pose onto a notecard and have students "choose their own adventure" by reorganizing them into a new sequence, possibly creating their own story too.
- Introduce the context on yoga above along with the included sequence to begin a conversation about cultural appropriation. When is it okay or not okay to borrow/do movement from another culture?
- Have students create their own movement sequences inspired by the inhale/exhale rhythm of the moon salute.

# MOON SALUTE VARIATION

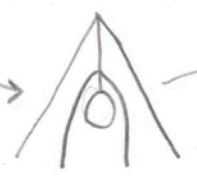
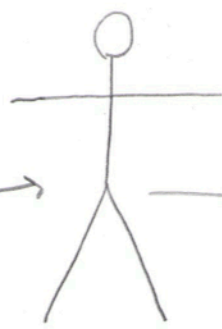
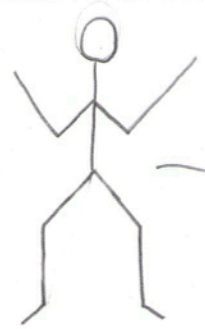


**INHALE**

**EXHALE**  
bend knees + elbows

**INHALE**

**EXHALE**  
forward fold

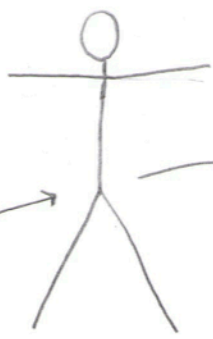
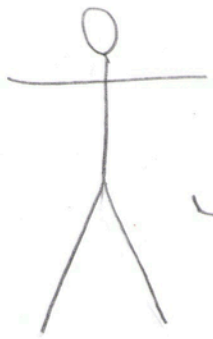


**INHALE**

**EXHALE**  
forward fold with a twist

**INHALE**

**EXHALE**  
other side



**INHALE**

**EXHALE**  
side lunge

**INHALE**

**EXHALE**  
other side

