

Half Moon

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The half moon pose or Ardha Chandrasana is a posture with which we can maintain balance with the trunk of the body tilted laterally and with the limbs stretched in different planes. With it you can strengthen the abdomen, ankles, thighs and spine, improves coordination and balance of the body. It serves to eliminate stress and to improve digestive processes. Just extend your leg and right arm slowly while exhaling and holding the balance on the foot. Turn the trunk upwards, moving the left arm towards the sky and turn your gaze towards the hand. Give yourself a chance to know the Half Moon (Ardha Chandrasana) pose.

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