

# YOGAmagination!

## Journey to the Moon: "Star Awes"

### 1. STAND TALL LIKE A PROUD ASTRONAUT



Mountain Pose

### 2. SUIT UP

Standing Knee Hugs to Put on Boots



Put on Helmet and Breathe like Darth Vader

### 3. GET INTO ROCKET AND BLAST OFF!



Begin in Squat;  
Start Countdown 10-5.  
Raise Up to Chair



Finish countdown  
Jump up to blast off!



In flight:  
Airplane pose

### 4. LANDING



Greet the Moon  
Half Moon/  
Crescent Moo



Moon Walk  
Super Slow Lunges  
Warrior pose



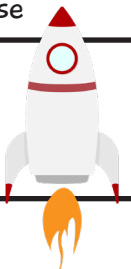
Greet the Stars  
Star Poses  
Greet Saturn (Twist in Star in  
make rings)



Marvel at Meteorite and rest  
before return trip  
Child's/Rock Pose

### 5. BACK TO ROCKET

Blast off poses again



### 6. RETURN TO EARTH

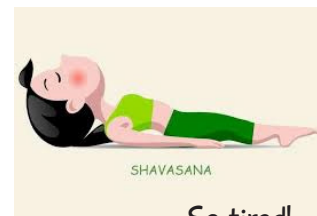
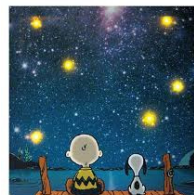


Water Landing  
Boat pose



Gratitude for safe landing  
Give yourself a hug

Stargaze  
Before Bed  
(Awe)



SHAVASANA

So tired!  
Resting pose