



Hello, Moon!

A Yoga Moon Salutation
for Bedtime

Sarah Jane Hinder

Be as still as the sky
in the dark, starry night.



Look up at the moon
and shine your
own light.





Bend your knees toward the ground.
Be fearless and bold.

Bow down to the planets,
Venus and Mars.



Take your first step
past the stars.





Finger moonbeams
reach up and glow.

