

Bendie Yoga
Valeriusstraat 44
8915 AH Leeuwarden
+31 655 373 407
www.bendie-yoga.com



Andreas Jakubik
www.maitri-yoga.de
info@maitri-yoga.de

All inclusive flow

Who is what and why?

Standing in Line

- Taking the time here to connect the breathing and taking away the rush.
- The emphasize of this sequence is timing and synchronicity
- Use the breath and look at each other



Bases stepping out to the side



Inhaling together opening arms

Bases give hand to flyer and lay down.



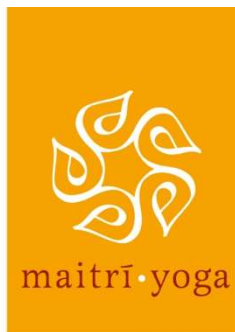
Layin down the flyer

Bases step outer leg forward, into warrior stance, lower flyer slowly

- Negative push up exercise
- 2 bases standing in warrior
- 1 flyer lying hips raised, knees bend, body engaged
- Focus on syncing movement by breath



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Shooting the flyer

- Inhaling all 3 together, on exhale pull flyer off the floor and shoot up.
- Flyer keep elbows inn, close to ribs.
- All 3 straight arms.
- 1 hand base to hand flyer, 2nd hand base to elbow flyer, fingers turned inn,
- Synchronizing the movement through breath
- Being receptive instead of forcefull



Thigh stand balance.

- Bases step outer leg back into goddess chair
- Flyer keep elbows bend 90 and open shoulders when bases turn out
- Bases lower flyer onto thighs and grab inner hand just above knee
- Bases pour weight leaning backwards
- Flyer, hips forward, arch back slightly when leaning forward



Flyer press up

- Flyer lower hands onto shoulder bases and press up
- Bases step outer leg in simultaneously



Tuck sit

- Flyer lift legs into tuck sit
- Bases turn outer leg forward and in towards flyer
- Bases 1 hand into knee crease, 1 hand on shoulder blade flyer



Lowering via handstand

- Flyer keep knees bend while lowering
- Bases lower shoulder flyer while lifting legs



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All inclusive flow

Handstand

- Flyer place hands on floor for handstand
- Flyer initiates speed and movement
- Bases lower flyer through chaturanga into belly base position



Belly basing flyer

- Double base shoulder stand on feet flyer
- Base place inner shoulder on foot flyer
- Flyer give toes up
- Bases slowly press into handstand simultaneously
- Or



Scissor lift into shoulder stand

- 1 base at a time for a monolimb shoulderstand with scissor lift entry



There is the spotter

- Guide the base
- Lower down the base



Lifting the flyer to handstand again

- Bases both hands around ankle flyer
- Slowly lift the flyer to handstand
- Flyer, Slowly roll of the spine to supine position



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All inclusive flow

Double warrior lift

- Bases step outer leg back wide into warrior
- Bases inner feet almost touching
- Hands into dude grip
- Flyer place feet just above knees bases
- Flyer first push up hips, then straighten legs



Thighstand unsupported

- Bases make the warrior low, flat inner upper leg



Lifting jezus prep

- Bases turn outer shoulder in towards flyer, reach outer hand to armpit
- Bases inner hand on wrist flyer
- Bases step outer back leg forward and inn, extend arms up
- Flyer open arms spread wide, extend arms and press down hands



Exit

- Bases start walking with the outer leg, marching off
- Flyer cycling movements in the legs
- Flyer, keep strong arms
- Bases slowly lower flyer

