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Onderwerp : workshop corkscrew  
Mijn referentie :  
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## Workshop corkscrew

### Pre req:

- Side star
- Star

### Warm ups

- Warrior 3
- Half-moon
- Standing split
- Cerratus push ups and chaturanga push ups

### Practise parts:

- Pistol squat. Several single legged squats for strengthening.
- Front bird to side star. Lift one hip, 3 points of contact, hold for a moment, and then slide into side star. Holding the side star and making it balance and light.
  - Base, steady, straight arms & leg in midline. Lightness in hands
  - Flyer, active straight leg down & back, stack hips, engage core
  - Spotter, behind back flyer
- Half-moon to revolved standing split. To become aware of the rotation.
- Monolimb star presses.
- Side star to star
  - Base, 1<sup>st</sup> leg into midline, place 2<sup>nd</sup> foot in neck, toes fwd, bend 2<sup>nd</sup> knee to receive, push up and place 1<sup>st</sup> foot in neck. Push up in arms.
  - Flyer, rotate body from the hips, stay in open pike when going up. Elbows in chaturanga.
  - Spotter, stay behind back, spotting hips.
- Headstand piked straddle, swivel hips. Feeling the rotation of the hips instead of moving the legs up and down.
- Star to side star
  - Base, rotate 1<sup>st</sup> foot and bend knee out to lower, slide 2<sup>nd</sup> foot behind back to hip crease, heel in-toes out. Keep arms extended.
  - Flyer, rotating hips, staying in straddle during descend. Elbows in chaturanga.
  - Spotter, expect a sideways falling out.
- Side star to front bird