

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



Leeuwarden, 19-4-2019

Onderwerp : Workshop A Lunar Flight  
Mijn referentie :  
Pagina : 1 van 1 pagina's

**00:00** Opening in circle, hands to knees, eyes closed, breath syncing  
**00:05** Demonstration

**00:10**

1. Folded leaf
2. Spine stretch
3. Leaf hugger
4. Scare crow

**00:20**

5. Lifted baddhakonasana
6. Hippy twist left
7. Hippy twist right
8. Super yogi

**00:30**

9. Half moon left
10. Half moon right
11. Reverse namaskar
12. Walnut
13. Yoga mudra

**00:40**

1 t/m 13

**00:50**

14. Prasarita twist
15. Straddle bat
16. Bat
17. Floating paschi

**01:05**

18. Fish with stag
19. Straddle bat
20. Lifted jalandhara
21. Floating buddha dismount

**01:20** First Lunar flight

**01:25** Second Lunar flight

**01:30** Closing and thanks

Do check the video @ <http://bendie-yoga.com/foto-video/a-lunar-flight/>