

Every sequence starts and ends with the 6 poses in the top row.

After having done each sequence twice (once left lead and once right lead) the pose in the next row is added.



Bendie's "get up and running" asana flow

virabhadrasana 1



virabhadrasana 2



utthita parsvakonasana



parivrtta parsvakonasana



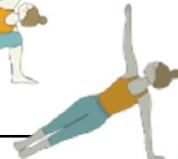
parivrtta uttkatasana



parsvakonasana



vasisthasana



camatkarasana



urdhva mukha svanasana



ardha pincha mayurasana



anjaneyasana



ardha hanumanasana



virabhadrasana 3



ardha chandrasana



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