

# Standing flow

Andy Fermo



1. **Upward Mountain Pose** • Urdhva  
**Namaste Hands** •  
Namaskarasana



2. **Upward Salute Side Bend Pose** •  
Parsva Urdhva Hastasana



3. **Upward Salute Side Bend Pose** •  
Parsva Urdhva Hastasana



4. **Goddess Pose** • Utkata  
Konasana



5. **Triangle Pose** • Trikonasana



6. **Intense Side Stretch Pose** •  
Parsvottanasana



7. **Low Lunge Pose** • Anjaneyasana



8. **Wide legged squat over one leg**  
• Skandasana



9. **Wide legged squat over one leg**  
• Skandasana



10. **Low Lunge Pose** •  
Anjaneyasana



11. **Intense Side Stretch Pose** •  
Parsvottanasana



12. **Triangle Pose** • Trikonasana



13. **Goddess Pose** • Utkata  
Konasana



14. **Upward Salute Side Bend Pose**  
• Parsva Urdhva Hastasana



15. **Upward Salute Side Bend Pose**  
• Parsva Urdhva Hastasana



16. **Upward Mountain Pose**  
**Namaste Hands** • Urdhva  
Namaskarasana

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### Repeat for otherside

Repeat otherside to complete cycle

Flow x 3 cycles