

## Using Alpha Loop as a Mat Carrier

**Step 1:** Open at the knot (a) to form a smaller and a larger loop (b).



(a)

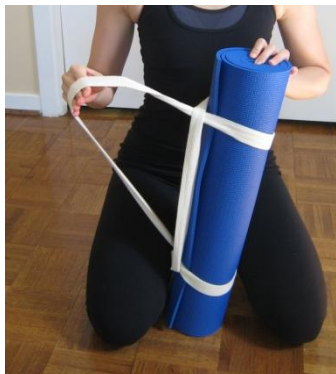


(b)

**Step 2:** Insert the smaller of the two loops (b above) over one end of the yoga mat and tighten it.



**Step 3:** Flip the mat over. By bringing one side of the larger loop and crossing it under the other side while lifting it upward toward the top of the mat, a perfect mat carrier is now formed.



**Step 4:** Using the weight of the mat to secure the strap, you can now carry the mat over the shoulder (a) or overhead across your shoulder (b) or keep it by the clothe hanger (c).



(a)

(b)



(c)