

Using Alpha Loop for Yoga Poses

Step 1: Start with a single loop (a). Open the knot to form a double loop (b).



(a)



(b)

Step 2: From a double loop, you can use it to extend your reach in various poses such as in boat pose.



Step 3: Twist the double loop to form a figure 8.



Step 4: Using the figure 8 loop can help you bind in various yoga poses, such as cow face pose.



Step 5: Using the double loop 1 (b), by extending one strand of the loop, you can configure a small foot hold and a long hand grip (a) for the pigeon pose (b)



(a)



(b)

Step 6: Using the double loop 1 (See Step 1 – b), you can bind the arms for support in peacock pose.

