

Using Omega Loop as a Mat Carrier

Step 1: Open the knots indicated by the arrows in (a) to form two smaller end loops as in (b).



(a)



(b)

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



(c)

Step 3: Flip the mat over. Insert the remaining loop over the other end of the mat and tighten it (d).

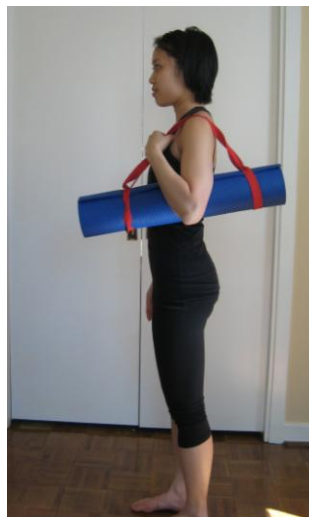


(d)

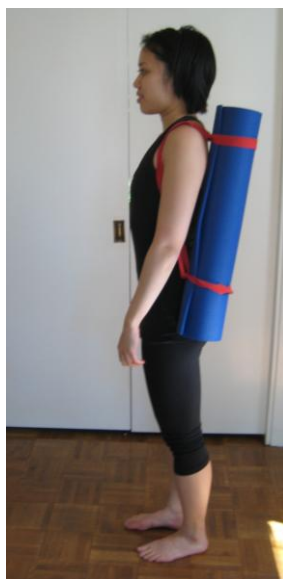
Step 4: Grab the strands of the loop to make it a hand carrier (e). You can also carry the mat under your arm (f) or over your shoulder (g).



(e)



(f)



(g)