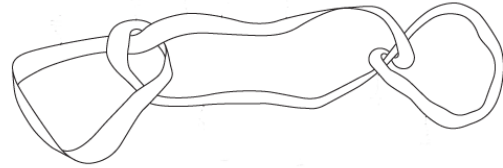


Using Omega Loop for Yoga Poses

Step 1: Start with a single Omega loop (a). Open the two knots to form the mat strapping loop (b).

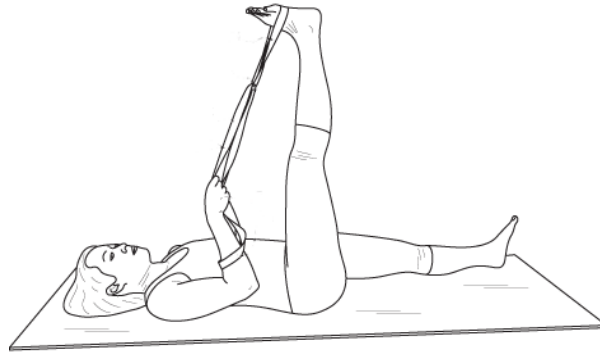


(a)



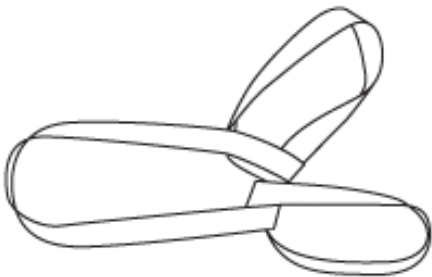
(b)

Step 2: Use the two smaller loops as a foot hold and hand grip to perform a modified Supta Padangusthasana while keeping both legs active (c).

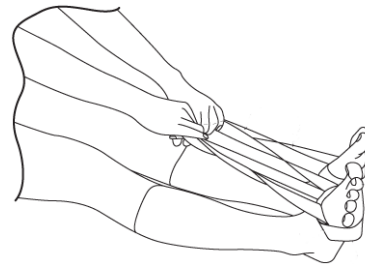


(c)

Step 3: From (b) looping the two smaller loops over both feet, and pulling at one of the strands (d), you can perform a modified Paschimottasana (e) while keeping the forearms and the feet active.



(d)

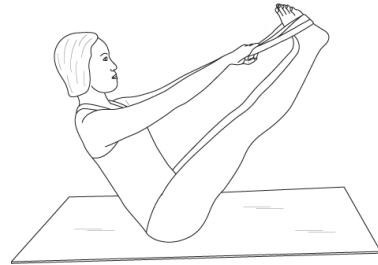


(e)

Step 4: By folding the three loops in (d) over one another, you will get a small single loop (f) which can be used to perform a modified Ubhaya Padangusthasana while keeping arms, hands and legs active.

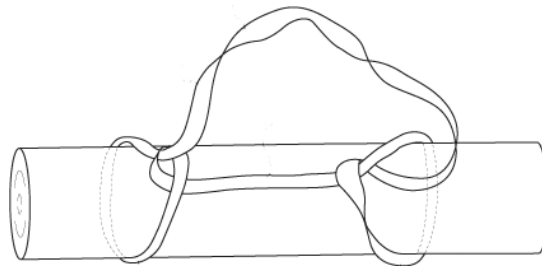


(f)



(g)

Step 5: Using the mat strapping loop (b), you can strap and secure your mat (h) easily and carry it anywhere with you.



(h)

See more loop configurations on the “How To” page.