

Hasta Pada Yoga Belt

Innovative 2 Loop Design



Dhanurasana (Bow Pose)

1. Sitting in a comfortable position take your hasta pada yoga belt, make certain the loop ends are facing you and the trailing ends are away from you. Place one loop over one foot and the other loop over the other foot. Pull each strap OVER the center strap (instep side) toward you. Bring each strap by your side as you roll over on to your hands and knees on your mat.



2. Release each belt strap. Looking back, visually acknowledge that the loops are approximately midfoot area.



3. Lie down on your belly. Bend your knees, bringing your feet closer to your buttocks.



4. Inhale...Take hold of each strap reaching back from the inside (instep) of each ankle. Pull each strap through the UNDERNEATH and INSIDE part of each foot. (Make sure the straps are pulled through the UNDERNEATH & INSIDE of each foot to maintain the integrity of your thighs and feet in an effort to remain hip width apart).



5. Carefully leave the trailing length of each belt end on each side of your body within easy reach.



Exhale...Remain on your belly.

6. Inhale...Come up on your elbows. Reach back to grasp each strap end with each hand (entering the thumb side and exiting the pinky side).



Exhale...Remain

7. Inhale...Draw your hands over your shoulders. Lift your head and reach your elbows above your shoulders while holding the end of each strap.



Keep the elbows in alignment with the shoulders, as in Pincha Mayurasana (peacock pose). Your neck should be kept long as you gaze at the tip of your nose or toward the floor.

Exhale...Remain

8. Inhale...Walk your hands back reaching closer toward your feet. You may now put the straps together. Grasp the combined portions with both hands, one hand in front of the other, walk your hands a bit further back if there is NO resistance.



Exhale...Remain

Inhale...Root your hips into your mat, rock back toward your feet, and press your heart forward. Feel the rise in your thoracic spine.

Exhale...There should be no strain in your lower (lumbar) back.

Inhale...Take your thighs straight up. Press your hips into your mat and bring your heart forward. Keep your legs and arms active. **DO NOT BRING YOUR KNEES WIDER THAN YOUR HIPS.** Keep your knees hip width apart for the duration of the pose.

Repeat 2-3 times as tolerated. Flow into the pose with *sukha (ease, peace & lightness) and sthira (stability, equanimity & alertness).

Inhale...Rock forward and explore the power of your legs. Stretch your tailbone long to keep the sacrum strong.

As you finish, rest on your abdomen with arms relaxed at each side. Gently sway your hips side to side. Relax. Enjoy the rejuvenating benefits of dhanurasana.

* The Hasta-Pada belt will help facilitate the key actions in this pose by allowing the lumbar and sacral area to remain open and extended without any pinching or compression.

* Sukha literally means "good space" and refers to the hub of a wheel that is moving smoothly in perfect alignment.

** This pose should be attempted by an experienced yoga practitioner or under the guidance of a professional yoga instructor.

*** Never attempt to do any advanced poses without sufficiently warming up, sequencing your poses, or moving through the preliminary asanas.

How to Secure Your Hasta Pada Belt for Permanent Belting

For ease of mobility during your practice, keep your Hasta Pada belt permanently ready for future use with the D-ring side in the locked position.

A. Take the free end of the Hasta Pada yoga belt (the whole belt and 2 loops) through the double D-rings.



B. Loop the free end, 2 loops, and entire belt back, over and through the second D-ring.



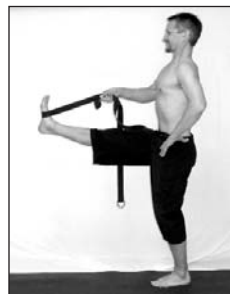
C. Your belt is now locked in place securely for future use.



D. To engage the belt from the locked position, press the middle section through the inside D-ring. Go through both rings to open the belt for around your thighs or forearms.



After use, allow belt to secure completely as in C.



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