



Physical Therapy Chair Yoga
Yoga for Arthritis



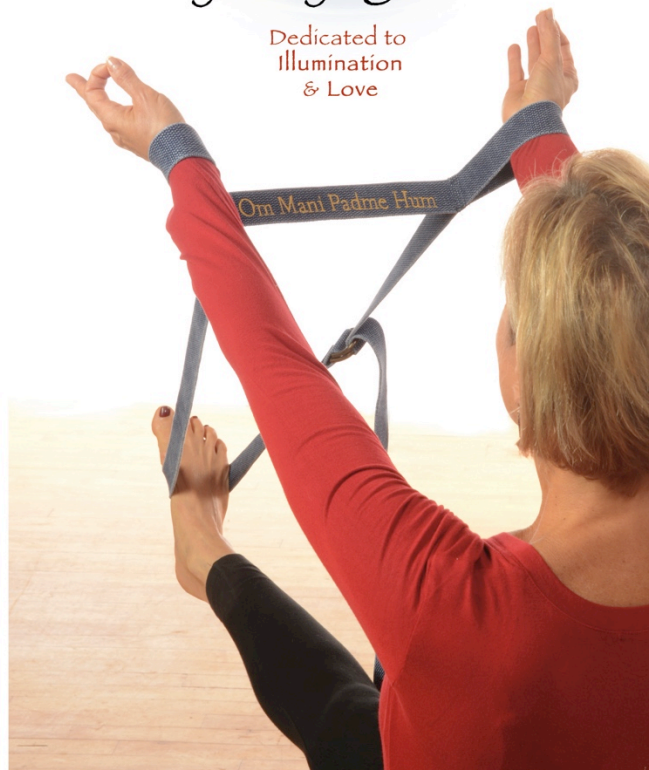
Portable...Adjustable...Adaptable...

Safely implement your practice with increased steadiness, support and ease of capture with control within the multiple holds of the HastaPada.



Vyanayoga.com

Dedicated to
Illumination
& Love



"In our Yoga For Arthritis classes and trainings, the HastaPada belt has been invaluable. I appreciate how the loops allow individuals with hand grip challenges to experience the connection that a bind or mudra allows. In workshops, we have discovered over a hundred ways to use the HastaPada in the modification of traditional asana for our student population."

*Dr. Steffany Moonaz, PHD, E~RYT500,
Yoga Therapist, Researcher, Mentor, and founder of Yoga for Arthritis
Yoga4arthritis.com*



THERAPEUTIC YOGA
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