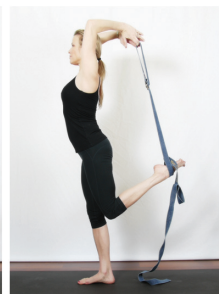




NATARAJASANA
Kramas "In the Loop"



HASTAPADA



Our PRACTICAL Tradition
A MYSTICAL Sadhana
Your MAGICAL HASTAPADA

One Adjustable Loop, Two Stationary Loops
Various Combinations to Creatively Implement
with Ease & Efficacy

Beginner to Advanced Practitioners & Teachers



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Adjustable Loop to Distal Loop Hold



Loop Thru Hold



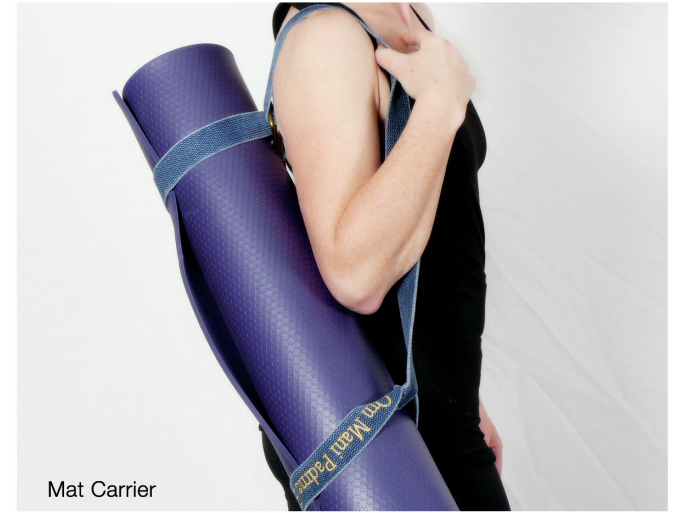
Hammock Hold



Adjustable Loop to Proximal Loop Hold



Peace-full 2 Finger/2 Loop Hold



Mat Carrier



HastaPada (Hand to Foot) Hold



Easy Double Wrist Hold



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