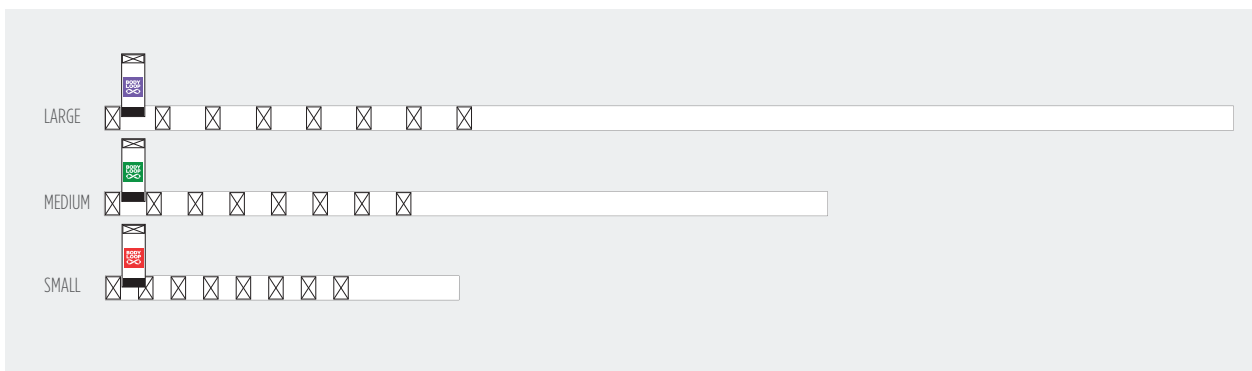


Body Loop Instructions

The Body Loop is a resistance and support device that enhances proprioception while improving coordination and posture. By providing sensory feedback from mechanoreceptors and fascia. The Body Loop retrains posture across the kinetic chain.

The Body Loop is made of 3 inch wide woven elastic that feels good next to the skin. It is available in 3 lengths: small (red), medium (green) and large (purple). Each size can be configured, via velcro fasteners, into 8 sizes for a total of 24 sizes. The loop sizes range from 6 inches in diameter to 6 feet in diameter.



Small Red Body Loop

Undo the Small Red Body Loop flap and unfasten the loop and lay it flat.

Each Body Loop has 8 soft pieces of velcro and 1 prickly piece of velcro.

Each Body Loop has a flap with the Body Loop logo with one piece of soft and one piece of prickly velvet. Each Body Loop can be configured into 8 sizes for a total of 24 sizes. Attach the prickly fastener to the soft velcro furthest away from the flap to create the smallest loop. There should be no twist in the Body Loop. This is a great size for ankle support as in Viparita Karani.



Once you have created the smallest loop take the remaining strap and wrap it around the outside of the loop and fasten the flap and flip it inside out. The Body Loop logo will be on the outside.



Undo the Small Red Body Loop and lay it flat. Attach the prickly fastener to the 3rd, 4th or 5th soft velcro away from the flap to create the midrange size of the Small Red Body Loop. This is a great size for squats and shoulder width arms in poses such as Plank, Chatarunga and Downward Dog.

Once you have created the midrange size of the Small Red Body Loop take the remaining strap and wrap it around the outside of the loop and fasten the flap and flip the whole Body Loop inside out. The Body Loop logo will be on the outside. The flap can slide around the loop but this will not affect the sizing.

Undo the Small Red Body Loop and lay it flat. Attach the prickly fastener to the soft velcro closest to the flap to create the largest size of the Small Red Body Loop. This is a great size for Happy Baby or a Simple Semi Supine Rest Pose with the Body Loop around the thighs.



Medium Green Body Loop

Undo the Medium Green Body Loop flap and unfasten the loop and lay it flat. Attach the prickly fastener to the soft velcro furthest away from the flap to create the smallest loop. This is a great size for Headstand Prep and a Simple Semi Supine Rest Pose with the Body Loop around the lower back and top of shins - get in the loop.



Undo the Medium Green Body Loop and lay it flat. Attach the prickly fastener to the 3rd, 4th or 5th soft velcro away from the flap to create the midrange size of the Medium Green Body Loop. This is a great size for wide legged standing poses such as Parsvakonasana, Warrior, Lunge, Half Moon and Supta Padangustasana.





Undo the Medium Green Body Loop and lay it flat. Attach the prickly fastener to the soft velcro closest to the flap to create the largest size of the Medium Green Body Loop. This is a great size for extended arm poses such as .Parsvakonasana, Trikonasana and any T position arms.

Large Purple Body Loop



Undo the Large Purple Body Loop flap and unfasten the loop and lay it flat. Attach the prickly fastener to the soft velcro furthest away from the flap to create the smallest loop. There should be no twist in the Body Loop This is a great size for extended arm to foot poses such as Parsvakonasana, and Standing Side Bending.

Undo the Large Purple Body Loop flap and unfasten the loop and lay it flat. Attach the prickly fastener to the 3rd, 4th or 5th soft velcro away from the flap to create the midrange size of the Medium Green Body Loop. This is a great size for head to foot poses such as Tadasana or Savasana.

Undo the Large Purple Body Loop flap and unfasten the loop and lay it flat. Attach the prickly fastener to the soft velcro closest to the flap to create the largest size of the Medium Green Body Loop. This is a great size for Spiral Wraps.



Simple Body Loop

This is one continuous loop with no velcro. The Simple Body Loop is great for arms in Plank, Chatarunga and Downward Dog.