HANNAH LOVEGROVE

How to tie a yoga strap.

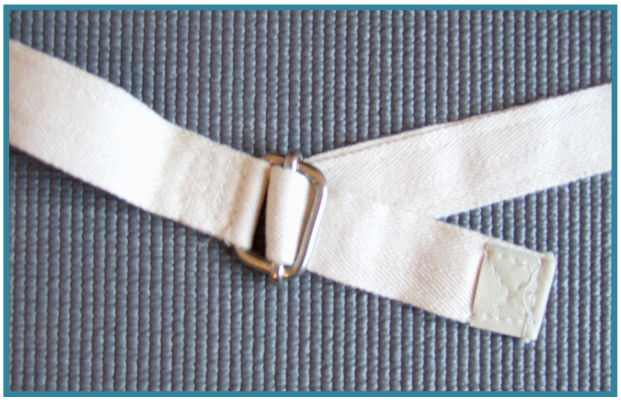
If in doubt, please contact me! Hannah@hannahlovegrove.co.uk



- Hold the buckle in your right hand. Take the tab at the loose end of the strap and feed it up through the inner edge of the buckle, then down through the outer edge.

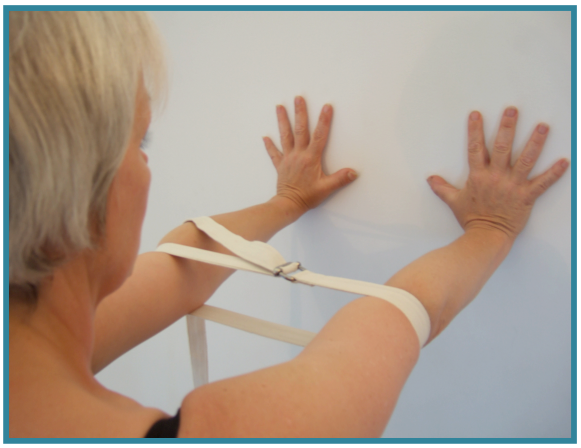
- Hold the loose end and pull gently. The loop in the strap will shorten, allowing you to adjust the loop so it supports your arms or wrists at the correct distance.

- To test it, put it either **just** above your elbow bones, or **just** above your wrist bones, and push gently outwards. It should easily resist the outward movement, keeping your elbows and wrists shoulder width apart and parallel in front of you.



- The belt should feel firmly supportive, not restrictive.

- If the strap loosens as you apply pressure, you need to undo it and start again – bring the tab up through the **inside** of the buckle and down through the **outside**.



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