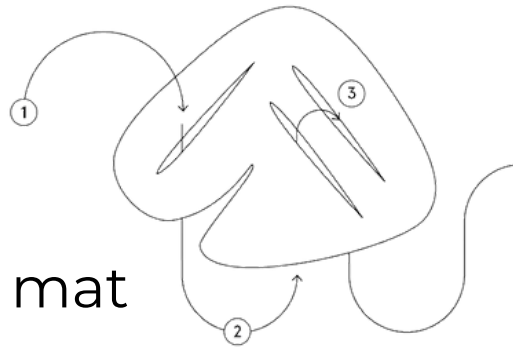


# Feelix

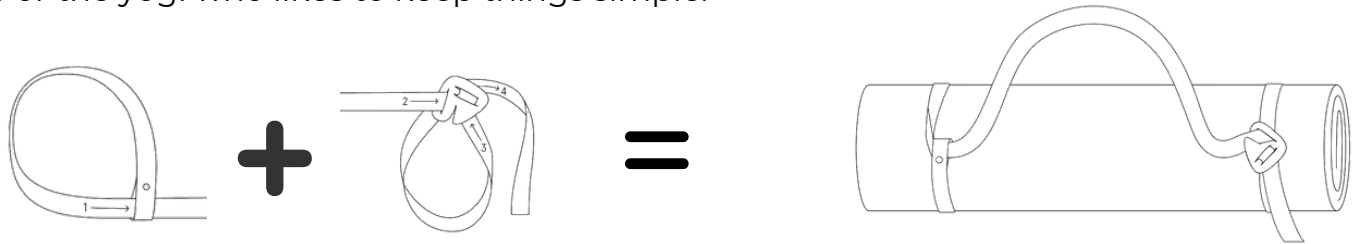
YOGA STRAP



## A new way to carry your mat

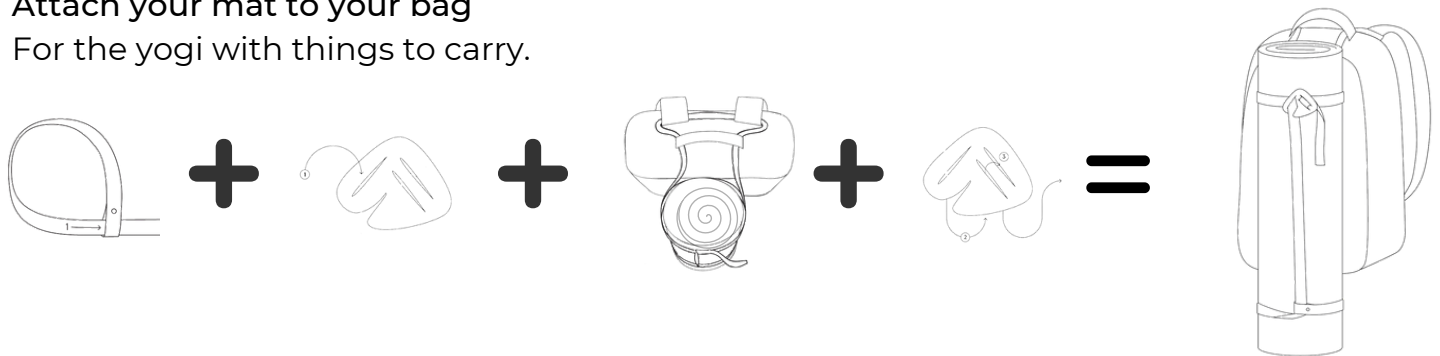
### Carry your mat

For the yogi who likes to keep things simple.



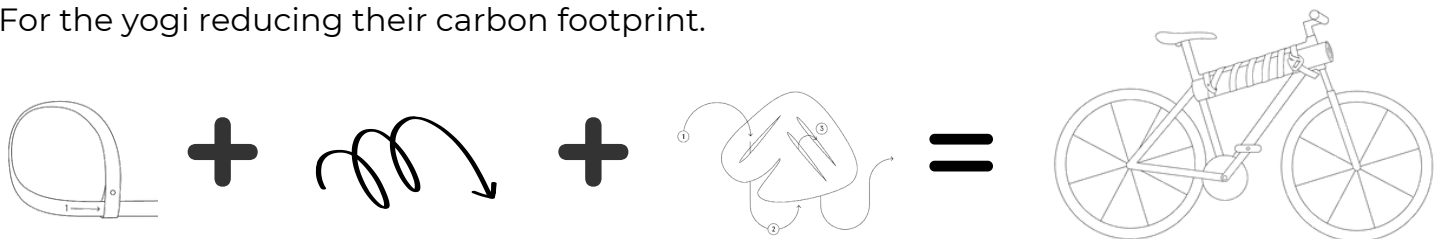
### Attach your mat to your bag

For the yogi with things to carry.



### Attach your mat to your bike

For the yogi reducing their carbon footprint.



video instructions



Join the mail list for stretches and strap hacks



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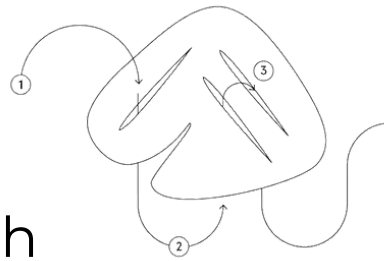


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Keep away from pets and small children.

80% recycled packaging.





## A new way to stretch



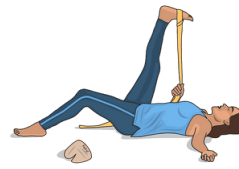
### Shoulder Stretch

Take the arms overhead holding your yoga strap.

Open your chest, drawing your shoulders behind you.

Lean to one side keeping your body weight centered.

Come back up through the middle and repeat other side.



### Thigh Opening

Create a loop with your Feelix Yoga Strap using the rivet end.

Wrap the loop around your foot.

Lying on your back, extend the leg with the strap out to the side.

Use your elbow to support the weight of the leg.

Option to keep a bent leg on the other side, or extend long.

Keep the body weight centred throughout.



### Leg Stretch

Sitting with one leg extended.

Take your strap in both hands.

Loop around the extended foot with toes pointing to the ceiling.

Draw the arms back and bring the ribs forward between the arms.

Keeping a long spine, fold the body forward hinging from the hips.

Great for runners, stretches through the backline of the body.



### Shoulder Opening

Take one arm behind your head holding the strap.

The other arm reaches behind you to clasp the end of the strap.

Use the strap to walk the hands closer together. Opening through the front of the body.

Keep your top elbow pointing to the sky.



### Heart Opening

Create a loop with your Feelix Yoga Strap using the rivet end.

Wrap the loop around your foot.

Bring your weight to the opposite leg.

Holding the strap take your arms overhead and gently lift the leg. Walk your hands back.

Use the top of the foot to pull back against the strap stretching through the front of the thigh.



### Hip Opening

Sit with your feet together knees out.

Thread your Feelix Yoga Strap through slot 1, letting the rivet rest on the wood.

Take the strap behind your back and using slots 2 & 3 create a closed loop around you.

Sit your feet into the loop and tighten or loosen as needed.

Option to stay seated or recline.