



4. Look over your right shoulder, follow with your body and begin to lift your right leg up to the top of the poles.

7. Pass your right foot through to the other side of the poles and grip onto your ankle around the outside.

8. From there lean and pull your foot down into a split pose.



1. Lift your body weight off the fabric during this whole entry. Otherwise there will be too much tension for you to get around.
2. Press down hard into the left leg footlock in order to lift your hips up nice and high. This will help create smooth lines and get your hips in a better alignment.

REMINDER:

This is an extremely tight wrap around your waist and can be painful. Keep your core engaged for protection throughout this pose.

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Marcel A. Müller



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