



## suspension yoga, body weight training, and therapeutics

benefits reported: spinal decompression • more blood flow to the brain

- stimulated digestion and cellular renewal • lymphatic cleansing
- total body fitness • advanced core training • greater physical agility
- decelerated aging • increased vitality • a natural makeover



**Step 1**  
For safe and comfortable inversion, sit in the middle of the OmGym® Sling with the back edge of fabric (cushioned side) placed at the sacrum (located at the base of the spine, just above the buttocks).



**Step 2**  
Keeping the back edge of the fabric placed at the sacrum, use the middle handles and spread your legs wide as you slowly lower your torso. Breathe normally.



**Step 3**  
Keep your legs spread wide as you lean back. The front of your thighs will push into the fabric of the OmGym® Sling, which will support you.



**Step 4**  
With your knees to the outside of the OmGym® Sling, bend your knees (about 90°) and wrap your lower legs around the fabric, hooking the OmGym® Sling under your calves, placing feet together.



**Step 5**  
You can then release your hands to experience full inversion. Relax and indulge in decompression. Inhale and exhale deeply. Always listen to your body and rise up when it feels good.

To come back up, simply reach your arms straight up towards the sky and take hold of the fabric or the middle handles. Unwrap your legs and pull yourself to a seated position. Give your body time to relax and experience the benefits.

### MORE POSTURES/ASANAS AND MOVES (VARIED SET-UP HEIGHTS) \*



**Hand/Arm Balance (H)**  
From full inversion: place hands directly under shoulders, fingers spread wide. Push your body up



**Chest Opener (H)**  
From full inversion: hold middle grips. Push hips forward, arch upper spine. Inhale deeply,



**Peaceful Warrior Pose (H)**  
From full inversion: strongly extend one leg, reach arms parallel to floor with great



**Inverted Abdominal Crunch (H)**  
Maintain pelvic tilt with abdominal wall pressing towards spine as you crunch. Add a slight



**Spinal Twist (H)**  
Gently rotate spine for a great twist with traction. Keep neck long and relaxed. Breathe