

Bhōga™



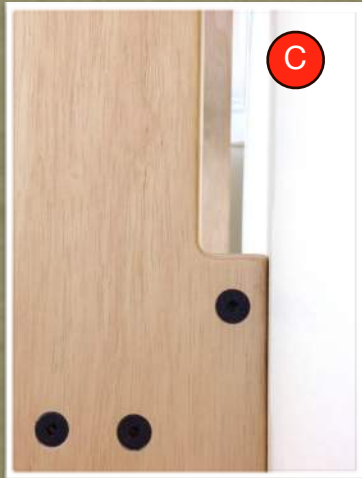
Support, Alignment, Interconnectivity and Leverage are core principles at the heart of the Bhoga System.

Support - The Bhoga and Bhoga Bars provide a framework of customized support. Support creates an environment of stability.

Alignment - Optimum Alignment is like a golden key opening the door to vitality. The Bhogalign Grips and Bhogalign mat provide clear and simple symmetrically paired guide points to use in self-aligning and realigning our bodies. The symmetrical Bhogalign Grips are all equidistant from the center point. Using these guideposts, we can self-align our bodies and work to undo imbalances in a systemic and supported way.

Interconnectivity - When a circuit is connected, power is released. The Bhoga and Bhoga Bars act as bridges for connecting the right side with the left side and the top with the bottom of the body. The interconnected, supported body provides optimum control and leverage for self alignment and realignment .

Leverage - Leverage is a very powerful tool enhancing each movement and exercise. The careful and wise use of leverage facilitates both stretching and strengthening. Enjoy.



All Bhoga Bars and Bhoga Wall Systems are made with Eco-Friendly, Beautiful and Sustainable Rubber Tree Hardwood

- A** ♦ **Bhoga Bars** - All Bhoga Bars are handmade . There may be slight variations from one Bhoga Bar to another.

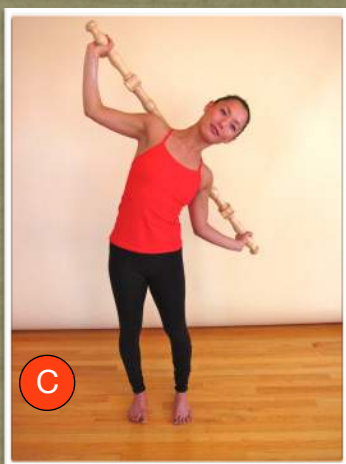
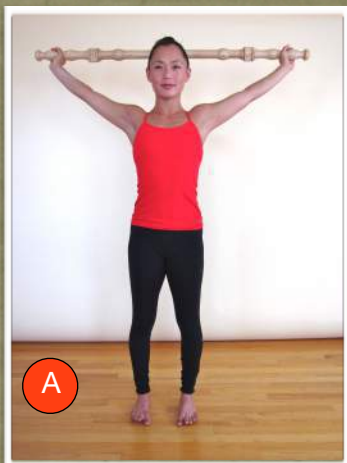
 - ♦ There are 2 sizes of Bhoga Bars. The long Bhoga Bar is approximately 50 inches long and the shorter Bhoga Bar is approximately 31 inches.
 - ♦ For User safety, ALWAYS use the darker colored locking keys, as shown in Photo. These locking keys should ALWAYS be used when the Bhoga Bars are placed in the notches of the Wall Unit.
 - ♦ The locking keys have magnets on the tip and they should slide in easily, contacting the metal stops at the back of the notches.
- B** ♦ **Bhogalign Grips**- The Bhogalign Grips provide **3** primary, powerful benefits:

 - 1 - Alignment** - Balanced postural alignment promotes optimum health and well being. Bhogalign Grips are created in pairs, equidistant from the Center Point. It is easy, even without looking, to align and realign movements, using the spine and/or sternum and pubic bones as anatomical body reference points.
 - 2 - Arch Supports** - The hand has 3 arches. The curves of the Bhogalign Grips are like arch supports built into shoes. The Grips are comfortable, supportive anchor points for grounding and lifting.
 - 3 - Grips** - The Bhogalign Grips are like grips on many car steering wheels. Whether your hands are on the Grips or the spaces between the Grips, the Bhogalign Grips helps keep the hands from sliding sideways.
- C** ♦ **Notches** - The entire Bhoga Wall Unit frame can be used for Support and Leverage. There are 2 notch areas at the front and back. Both of these open areas provide optimum options for individual support, comfort and leverage.



- A** • Stand with feet parallel approximately hip distance apart.
- B** • Place right hand on outer Grip of Bhoga Bar with palm facing forward and fingers up, as shown.
- Bhoga Bar is at right upper shoulder area.
- Place left hand on one of the outer Grips on lower part of Bar, palm and fingers facing forward.
- Bring the right hand and arm down and up repeatedly exerting desired pressure on upper shoulder area.
- As you become familiar with the above action, then begin to roll the Bhoga Bar from the neck area outward as you bring the Bar up and down. Think of the action of a rolling pin, rolling dough from the neck area towards the arms.
- Use a figure 8 motion as you combine the rolling pin with the up/down action.
- While massaging shoulders with Bhoga Bar, lift from tailbone to crown of head, maintaining length of spine.
- Repeat on the other side.

Goal - Massage upper shoulder area. Release tension in neck and shoulders.



- A** • Stand with feet parallel. Hold Bhoga Bar on matching Grips on each side of Bar.
• Raise Bhoga Bar straight up, fully straightening the arms and lengthening torso.
• Lower Bar to top of shoulder blades.
- B** • Rotate Bhoga Bar with torso, forward and backward. Repeat two to four times.
- C** • Bend side to side. Repeat two to four times.
• Combine the forward/backward action with the side to side action to create a figure 8 circular motion. Repeat two to four times.
• Lower Bhoga Bar one to two inches and repeat, as above.
• Continue lowering Bar one to two inches after each 'B' and 'C' cycle, finishing at bottom of shoulder blades.

Goal - Massage upper back and torso. Increase flexibility in spine. Release neck and shoulder tension.



- A** • Stand with feet parallel. Hold Bhoga Bar on matching Grips on each side of Bar under armpits, palms forward.
- B** • Rotate Bhoga Bar with torso, forward and backward, two to four times.
- C** • Bend side to side, two to four times.
- D** • Combine the forward/backward action with the side to side action creating a figure 8 circular movement, two to four times.
- Continue lowering Bar one to two inches after each cycle of 'B', 'C' and 'D', finishing at lower back.

Goal - **Massage torso. Increase flexibility in spine. Increase energy.**



- A**
 - Stand with feet parallel and hip distance apart or slightly wider, approximately 6-12" from wall.
 - Hold Bhoga Bar at symmetrically paired Bhogalign Grips on outer handles, palms facing forward, Bar overhead.
 - Press breastbone against wall or doorframe.
 - With elbows bent, bring Bhoga Bar back at approximately head height.
 - Continue to lower Bhoga Bar to your capacity, getting full stretch.
 - B**
 - Move legs back to be at a diagonal to wall.
 - Breastbone, lower ribs and stomach area contact wall bringing Bhoga Bar back and down.
 - C**
 - Face away from doorjamb or pillar. Feet parallel and approximately 12-18" from doorjamb or pillar
 - Raise Bhoga Bar overhead, press against support and glide Bar downward to open chest.
 - Allow torso to move away from support as chest opens. Tuck pelvis to protect lower back.
- Goal** - **Open upper chest. Increase flexibility of front body. Release tension in shoulder area.**



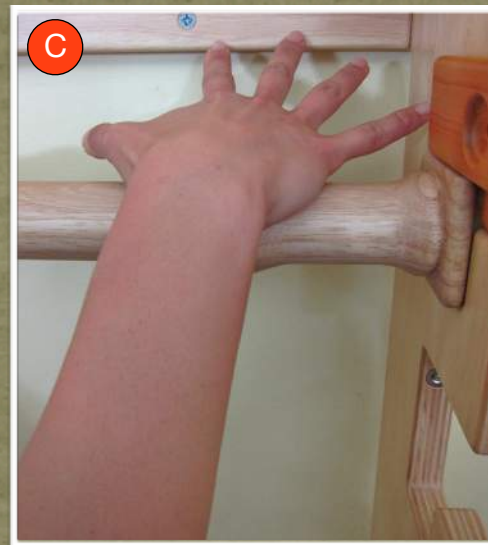
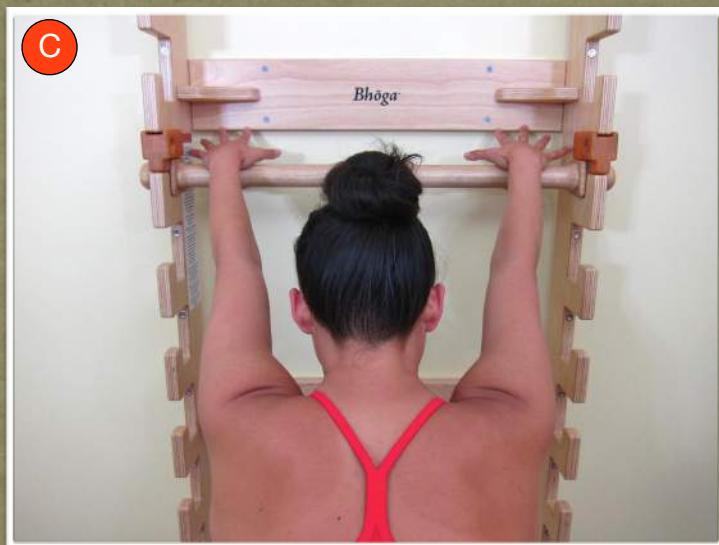
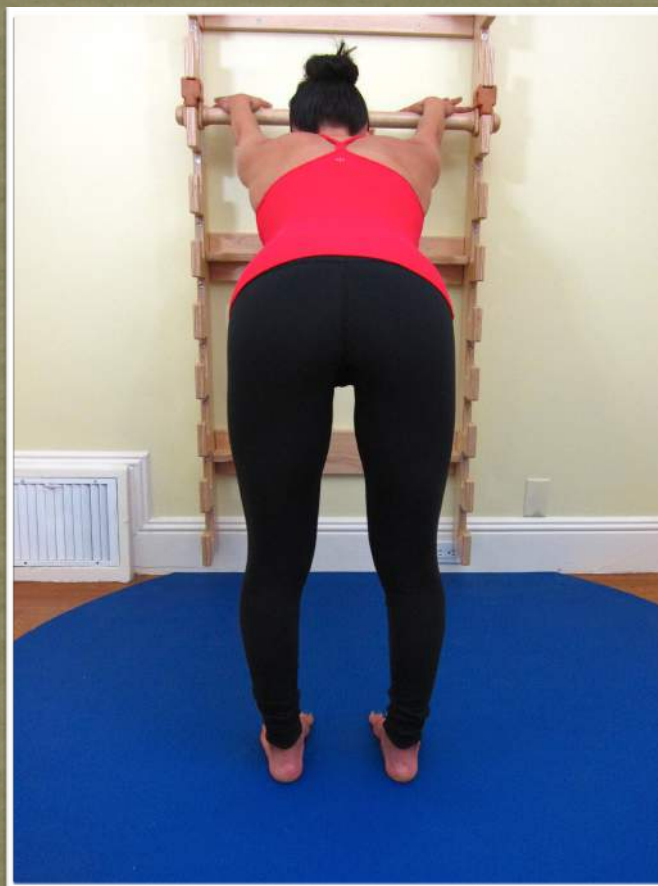
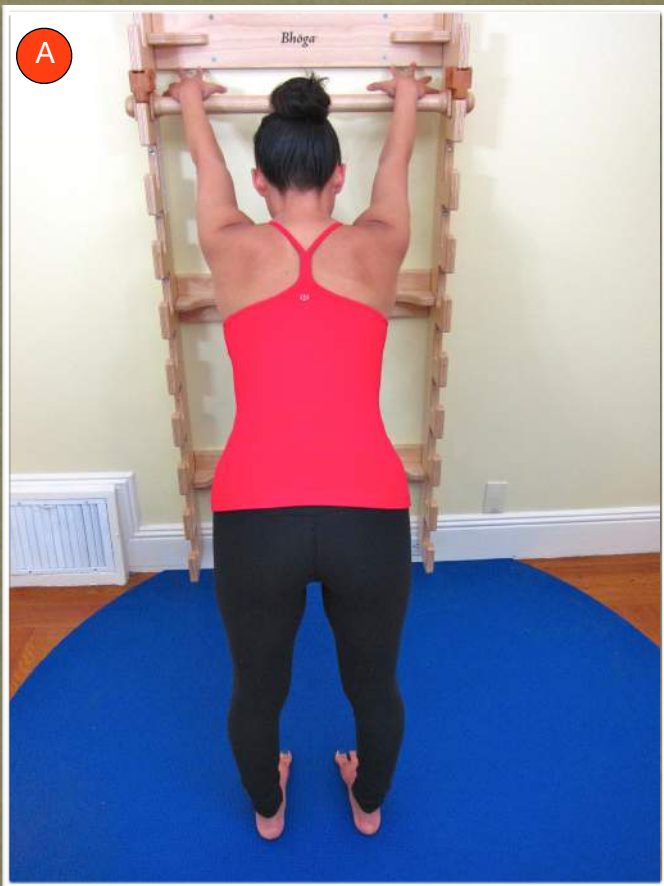
- A** • Place one Bhoga Bar at base of breastbone. Place ball or block between the two center Grips of the Bhoga Bar to support the breastbone.
- Place second Bhoga Bar at height of fully straightened arms.
- B** • Feet parallel, hip distance apart, 18-24 inches from wall.
- Reach arms overhead and grasp Bhoga Bar, equidistant from center, using the symmetrically paired Bhogalign Grips as guides.
- Holding the upper Bar, use your arms to widen and lower shoulder blades.
- To increase length of the spine and torso, slowly bend knees.
- With knees bent, move pelvis from side to side to increase the stretch along the sides of body/torso and shoulders.

Goal - Release tension in neck and shoulders. Stretch whole torso. Lengthen spine.



- A**
 - Place Blocks at center of Bhoga Bars at shoulder blades.
 - Place upper Bhoga Bar where arms are straight overhead.
 - Feet parallel and hip distance apart.
 - Hands are equidistant from center using Bhogalign Grips as guides.
 - Extend thumbs toward center.
 - Adjust pressure at shoulders and torso using hip movement, up, down and sideways to create desired feeling.
- B**
 - Optionally, lower Bhoga Bar one notch. With elbows now bent, bend knees.
 - Using action of legs with knees bent, move hips and torso to massage the shoulders and upper chest.
 - To increase stretch in upper chest and shoulders, rotate Blocks to increase depth from wall.

Goal - Open and massage upper back and shoulders. Lengthen and stretch whole torso.

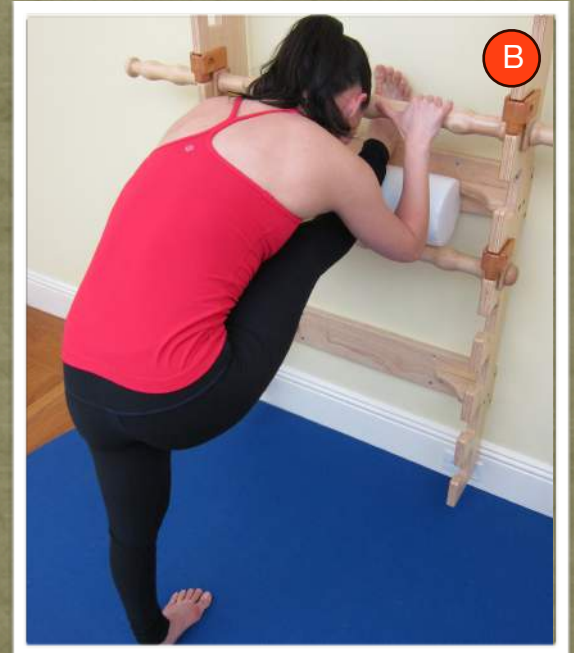
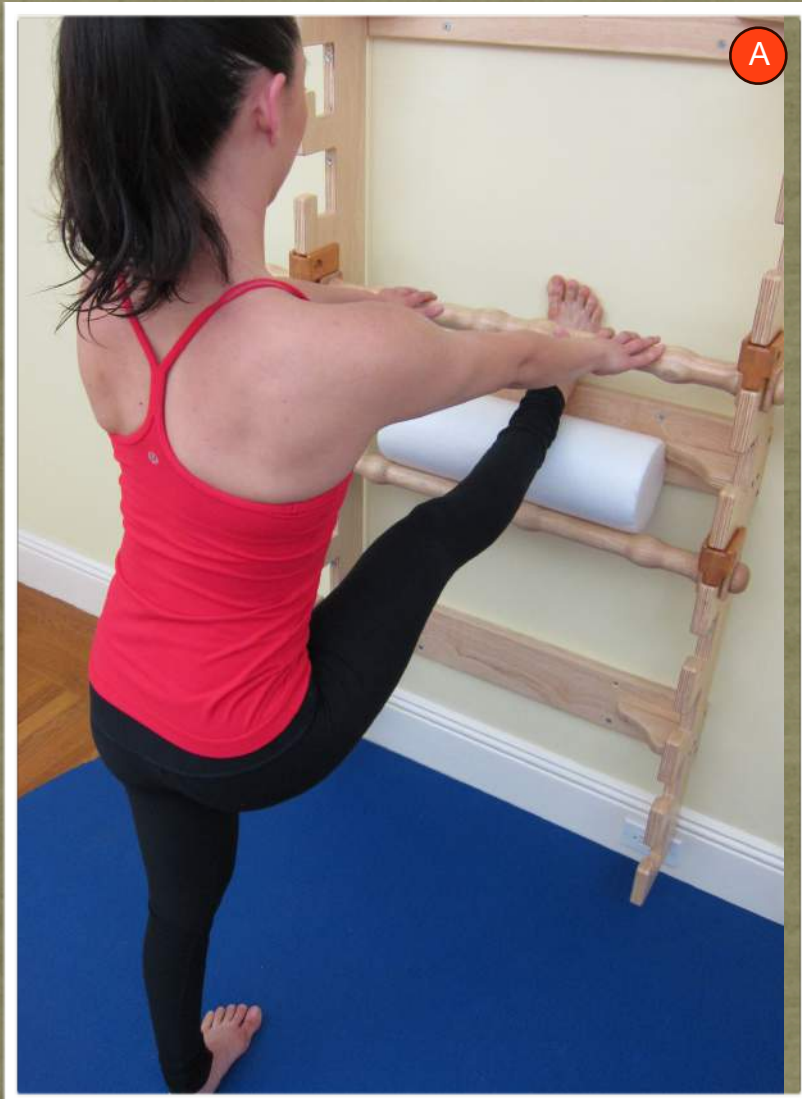


- A**
 - Place Bhoga Bar in notches at or above shoulder height when standing in front of Bhoga.
 - Stand center of Bhoga, feet parallel, hip distance apart, 3-4' from wall. Hips directly over feet. Lift sitting bones.
 - Extend arms with palms on Bhogalign Grips at both sides of Bar.
 - Create lifting action thru armpits extending thru fingers.
 - Lengthen back thru hips while extending forward thru fingers. Broaden shoulders away from neck and ears.
 - B**
 - Lower Bhoga Bar one pair of notches and repeat.
 - C**
 - Keep fingers lengthening with inner fluidity.
- Goal - Open and balance shoulder area. Elongate torso. Restore energy.**



- A**
- Place Bhoga Bar in the bottom notch.
 - Stand with feet hip distance apart, parallel to each other and approximately 3-4 feet from wall.
 - If heels do not touch the ground or there is pressure in lower back, raise Bhoga Bar a notch at a time until heels are down without pressure in low back.
 - Press thighs back while lifting sitting bones and pressing heels down.
 - Stay long thru torso.
- B**
- Broaden collarbones and feel lift in armpits.
 - Broaden shoulder blades away from ears and evenly press hands into Bhoga Bar.
 - Fingers should remain long and soft. Alternate between extending fingers and holding Bar with fingers.
 - Maintain lift thru the sit bones and shoulders.
 - Place the hands on the floor, parallel and shoulder width apart.
 - Recreate the feeling and length when hands were on Bar.

Goal - **Stretch hamstring muscles. Lengthen torso. Restore energy.**



- A**
- Place right foot on center of Bhoga Bar with or without roller at approximately hip height. Press foot evenly into wall.
 - Keep standing leg straight. Press down with standing leg, lengthening evenly from tailbone to crown of head.
 - Reach forward to Bhoga Bar.
 - If can't reach Bhoga Bar, use resistance bands around Bar, holding the bands.
- B**
- Broaden shoulders and collarbones away from neck and ears.
 - Press ball of foot and heel evenly into the wall while moving right sitting bone away from wall.
 - Keep spine elongated, bend forward from pelvis.
 - Allow the back and spine to relax and release.
- C**
- **For flexible and advanced users only.** Part C with head support. Relax into 'C'. Do not stress lower back.
 - Let the forehead rest on Bhoga Bar between the two center Grips. This will depend on torso length and flexibility.
 - Breathe comfortably into back, expanding on inhalation, relaxing on exhalation.
 - Expand and broaden shoulder blades away from neck, ears and spine.
 - Repeat with the left leg.

Goal - Lengthen and release hamstring muscles. Lengthen spine evenly from tailbone to crown of head. Release tension away from neck and spine.



- A**
 - Place right leg on Bhoga Bar pressing foot evenly into wall. Spread toes and balls of feet evenly.
 - Place right hand on crease of thigh where leg meets pelvis. Place thumb on outer leg and other fingers on inner leg.
 - Fold pelvis over thigh.
 - Elongate spine, pressing down thru straight standing leg.
 - Roll shoulder blades down.
 - From tailbone, lengthen spine evenly thru crown of head .
- B**
 - Letting crease of thigh at pelvis soften, bend sideways, lengthen toward wall.
 - Place right hand on second bar. Bend right elbow and let it drop down while rolling right shoulder blade down back.
 - Balance strength of standing leg with length of elevated leg.
- C**
 - Stretch left side of body while bringing left hand onto third Bhoga Bar. If hand can not reach Bar, attach a resistance band or belt to Bhoga Bar or one of notches on frame. Hold onto the band or belt with left hand. Broaden shoulders.
 - Then repeat with other side.

Goal - Stretch inner thigh. Lengthen torso and spine thru crown of the head.



- A**
 - One Bhoga Bar supports bent leg foot at height of hip.
 - Place one or two Bhoga blocks between two consecutive Bhoga Bars where block supports area between shoulder blades.
 - Hold frame or Bhoga Bar, where comfortable.
- B**
 - Lift the right leg and carefully place top of foot on Bhoga Bar or Roller.
 - Extend bent leg from outer hip toward inner knee, lengthening front thigh.
 - Lengthen right front groin by squeezing buttocks muscle.
 - Place hands on frame, or on Bhoga Bar.
 - Relax shoulders.
- C**
 - Extend arms up overhead onto Bhoga Bar.
 - Feel Center Grips on Bhoga Bar. Place hands equidistant from center using Grips and channels in between Grips as reference points.
 - Keep shoulders broadening away from ears and neck, widening shoulder blades.
 - Repeat on the other side.
 - This exercise can alternatively be done without the Bhoga block(s) at the back.
 - For increased quadricep stretch, move straight leg away from wall an additional 6-12" and then bend that knee.

Goal - Lengthen and release tension in the front thigh muscle. Lengthen the spine and torso.



- A**

 - Bring the left leg across the Bhoga Bar at approximately hip height. If less flexible, bring Bhoga Bar below hip height and for more flexible, at or above hip height. Be careful not to have pressure on the knee. The bent and lower leg shin should be completely supported by the Bhoga Bar.
 - Place the standing leg away from the wall at an angle, approximating the direction of a lunging movement.
 - Rest the arms on a second Bhoga Bar or hold onto the notches of the frame. Elongate the spine from the sacrum to the crown of the head.
- B**

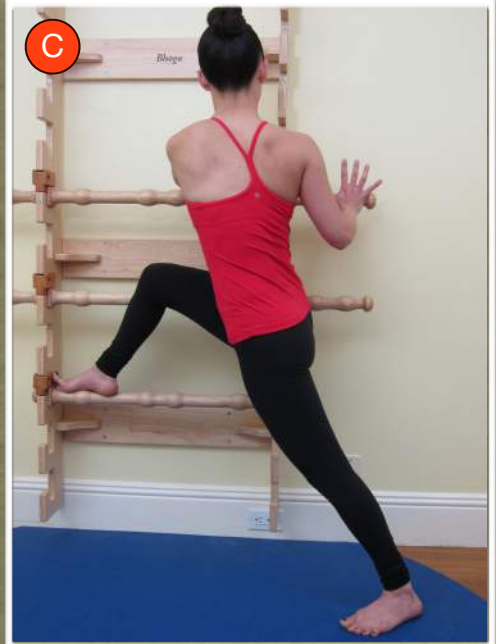
 - With the left leg on the Bhoga Bar, facing the left leg, place the right hand in the notch behind the frame and the left hand on the front frame. Balance pulling with the left hand and pushing with the right hand to enhance the rotation of the spine.
 - Pressing down with the straight leg, elongate the spine.
- C**

 - With the left leg on the Bhoga Bar, raise the left arm up to the upper Bar with the hand reaching behind the torso. Rotate to the Left with the Right hand gripping the frame, letting the arm rest on the bar, as shown in C .
 - For a deeper stretch and rotation, bring the upper arm behind the torso, holding on to the frame.
 - Repeat on each side, maintaining the length of the spine and breathing comfortably and evenly.

Goal - Stretch bent leg hip. Spinal Twist gently massaging internal organs. Lengthen front spine.

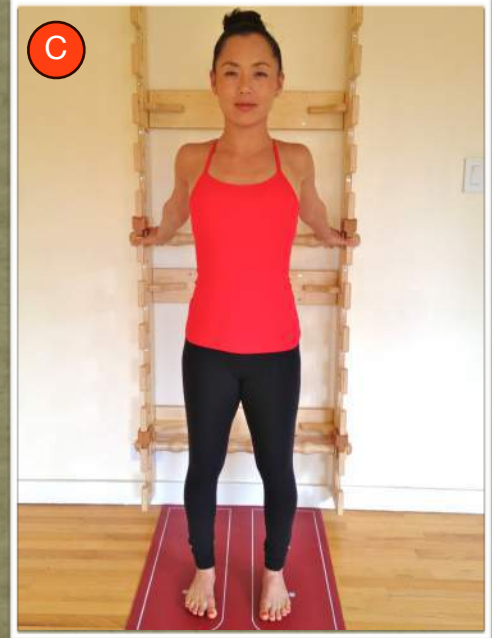
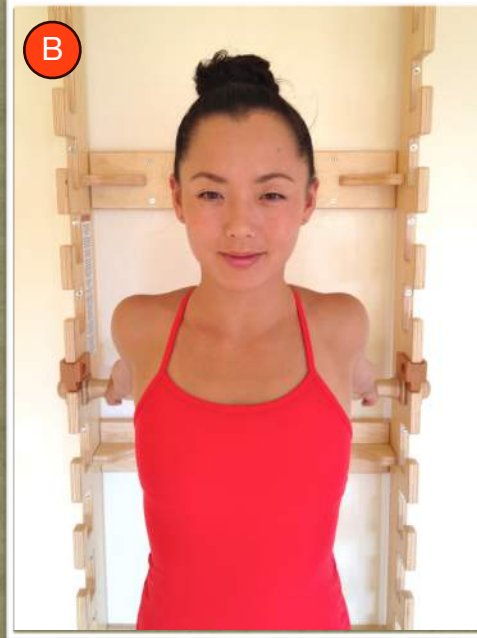


- A**
- Stand parallel to wall with feet 3.5-4' apart.
 - Right foot parallel to wall, heel in line with arch of left foot.
 - Back foot turned in 30-45 degrees.
 - Right hand holds Bhogalign Grip on Bhoga Bar.
 - Adjust height of lower Bhoga Bar to allow both sides of torso to lengthen and spine to elongate from tailbone to crown of head.
 - Left forearm is supported at upper Bhoga Bar, near the wrist. Press into upper Bhoga Bar to increase rotation of upper chest toward wall.
 - Lift kneecaps without locking knees.
 - Slide shoulder blades down the back toward the tailbone.
- B**
- Place Blocks on Bhoga Bar at comfortable level of upper back when in Triangle pose.
- C**
- With Blocks in place, repeat 'A' using the benefit of Blocks to assist in spinal rotation and opening of chest.
 - Lengthen torso from balanced base of leg Triangle at hips thru crown of head.
 - After lengthening, rotate torso lifting from navel and breastbone to upper arm.
 - Repeat on other side.



- A**
 - Place one Bhoga Bar at second, third or fourth notches from bottom. Higher placement for deeper stretch and strengthening of back leg.
 - Place a second Bhoga Bar at height of outer thigh of elevated leg.
 - Place third Bhoga Bar at breastbone height.
 - Place right foot on Bhoga Bar with toes at inner frame.
 - Place back leg at angle.
 - Alternatively, bring back leg directly under hip.
 - From top of left leg, press back leg into ground. Lengthen spine evenly from sitting bones to crown of head.
- B**
 - Lengthen torso and spine. Place left hand in notch behind frame.
 - Maintain lengthening action in back leg.
 - Keep back inner arch active and outer foot grounded.
 - While lengthening the torso, every two to three breaths, allow torso to twist evenly.
 - If you feel compression, back off until you only feel an even spiral twist.
- C**
 - Lengthen on inhalations. Release and rotate on exhalations.
 - Repeat on other side.

Goal - Strengthen and elongate back leg. Massage vital organs gently with supported spinal twist.

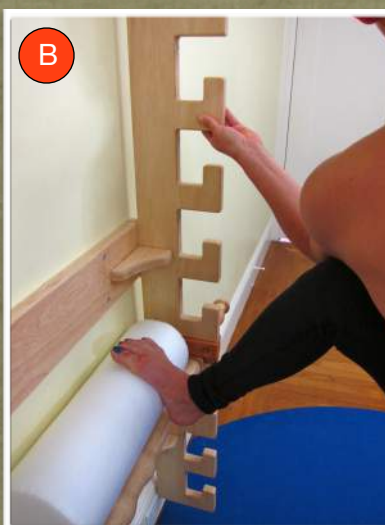


- A**
 - Place Bhoga Bar slightly below shoulder height.
 - Stand with feet hip distance apart and parallel at center of Bhoga Bar.
 - Hold Bhoga Bar with hands equidistant from center.
 - Roll upper arms down all the way and then up all the way. Keep upper arms in the middle, halfway between the two extremes.
 - Roll shoulder blades down the back and let bottom tip of shoulder blades open front chest.
 - Press back thru arms.
 - Allow upper chest to open from balance of shoulder blades moving forward and hands/arms extending back.
- B**
 - Have hands on paired Bhogalign Grips.
- C**
 - Alternate hand position with thumbs on front of Bhoga frames and palms on Bhoga Bar.
 - Adjust Bhoga Bar height as desired.



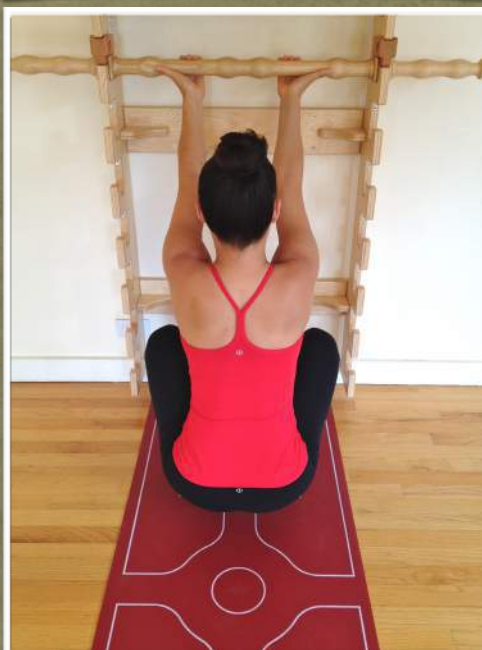
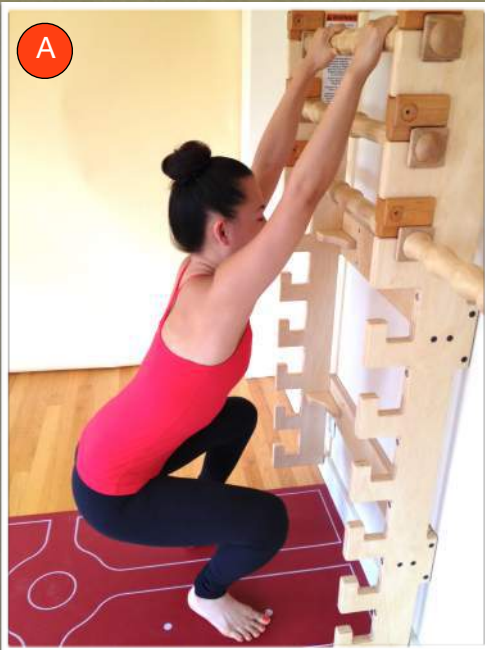
- A** • Stand approximately 3-4 feet from Bhoga. Place right foot on Bhoga Bar at hip height. Keep back leg straight.
- B** • Press down with heel of back leg and lengthen spine thru crown of head. Maintain a neutral curve of neck.
 - Hold on to outer right thigh and rotate torso toward bent knee.
- C** • To increase twist, place outer upper arm against outer right thigh.
 - Place palms together to keep the chest open.
 - Maintain length from back foot through the crown of head.
 - Repeat on the other side.

Goal - Strengthen legs. Massage vital organs. Increase flexibility in spine and torso.



- A**
- Place Bhoga Bar at third or fourth notch from the bottom. The roller on Bar is optional.
 - Place right foot on Bar to the right of center of Bar.
 - Left leg is 3-4' from wall. Left leg and right thigh should appear as in a straight line with each other.
 - Place left outer upper arm against right outer thigh.
 - Use Bhoga Bar held with both hands to stabilize balance and assist in lifting the spine from navel thru crown of head.
 - Keep neck neutral. Let length come thru spine from the bottom up.
- B**
- Maintain lift of front chest and take left hand onto frame.
 - Right hand rolls outer right thigh down.
 - On inhalation, create length thru the center, from back leg to crown of head.
 - Every couple of breaths, on exhalation, left hand assists in rotation of torso while lifting right upper chest.
 - Repeat on the other side.

Goal - Strengthen legs. Massage vital organs. Increase flexibility in spine and torso.



- A**
 - Place Bhoga Bars in two or three consecutive notches at approximately chest to head height.
 - Place hands and feet equidistant from the center. Place palms down.
 - Let feet turn out slightly and keep knees in line with angle of feet.
 - Broaden shoulders away from neck.
 - Extend up thru the arms and hands balanced with sitting down and back from hips.
 - Elongate spine and side torsos evenly.
 - Lower the hands one Bhoga Bar at a time and repeat, as above.
 - B**
 - Rotate hands with palms out and thumbs out.
 - Repeat series as in 'A'.
 - C**
 - Support shin with Bar or Roller. Repeat as in 'A' and 'B' adding the resistance at shins to lengthen hips back.
- Goal** - Release tension in neck and shoulders. Elongate spine and torso.



- A**
 - Stand with feet parallel and hip distance apart, approximately 2' from wall.
 - Have breastbone supported by blocks and Bhoga Bar supporting upper arm near elbows. Blocks are optional.
 - Softly interlace fingers cupping the back of head.
 - Lengthen thru shoulders and reach upwards with elbows. Modify stretch by bending knees to lengthen torso.
 - B**
 - Support upper arms and elbows with roller. Repeat as in 'A'.
 - C**
 - Widen shoulders away from neck and ears. Reach evenly through armpits towards elbows.
- Goal** - **Stretch upper arms. Increase flexibility of shoulders. Release tension in the shoulder area.**



- A** • Place two blocks with resistance bands around them in the center of two adjacent Bhoga Bars at shoulder blades. Place third Bhoga Bar two notches higher.
- Stand about 18-24 inches from wall, feet parallel and hip distance apart. Choose distance so that with knees bent you can press back with hips and torso, as desired.
- Hold onto upper Bar with right hand near or on center Grip.
- With left hand hold outer right elbow and upper arm.
- Move right arm towards center of body while reaching up through elbow.
- Use combination of arm and hip movement to adjust stretch thru torso, shoulder and upper arm.
- B** • Lower the Bhoga Bar one notch and repeat, as above.
- Repeat with the other arm.

Goal - Open and massage upper back and shoulders. Stretch upper arms. Release neck and shoulder tension.

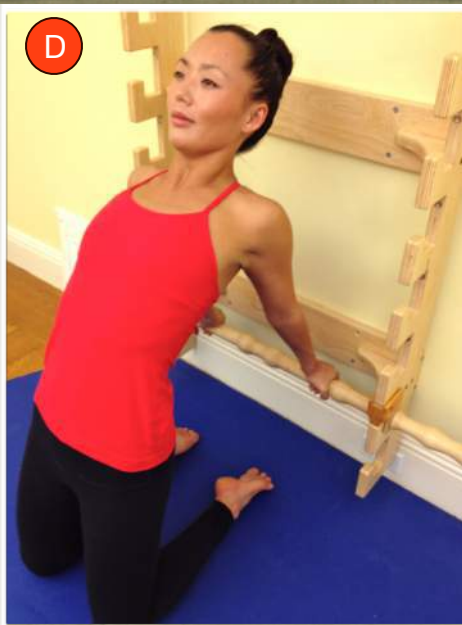
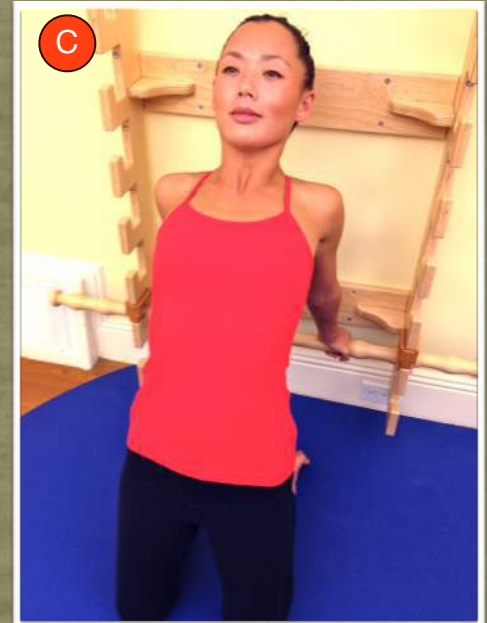


- A** • Place blocks secured with resistance bands, as shown, in the center of two Bhoga Bars at height of shoulder blades. Place third Bhoga Bar two notches higher. Blocks can be placed either parallel or perpendicular to wall.
- B** • Stand at center of Bhoga Bars, feet hip distance apart and parallel.
 - Place hands on Bhoga Bar equidistant from the center Bhogalign Grips.
 - Adjust feet away from wall at distance that gives desired feeling in shoulders.
 - Adjust pressure of blocks against shoulders by slightly bending knees while pressing upward and backward thru legs.
 - Move torso gently side to side and/or up and down, as desired.
 - Keep upper arms and elbows close to parallel while lengthening from torso toward elbows.
- C** • Lower Bhoga Bar down one notch and repeat as above.

Goal - Open and massage upper back and shoulders. Stretch upper arms. Release neck and shoulder tension.



- A**
 - Stand at arms length to right side of frame.
 - Hold back of Bhoga frame at or slightly below shoulder height.
 - With feet together, heels slightly apart, turn feet, hips and torso away from wall until stretch is felt in upper chest.
 - Slide shoulder blades down back and into torso assisting in the lifting and opening of front chest.
 - B**
 - To enhance stretch, turn feet, hips and torso incrementally away from wall.
 - Repeat on other side.
- Goal - Open chest and shoulders. Assist in releasing upper torso tension.**



- A** • Place and lock Bhoga Bar slightly below shoulder height when kneeling. Lower legs should be hip distant apart.
- B** • With fully extended arms, thumbs facing outward, grip the Bhoga Bar. Roll upper arms in and out so the shoulder blades move towards each other without pinching/binding.
- C** • Move Bhoga Bar down one pair of notches at a time.
• Slide shoulder blades down back, lift chest from shoulder blades to open front chest.
- D** • Press lower legs into ground and squeeze buttocks. Create a smooth spinal curve from tailbone to shoulders.
- E** • To deepen backbend, continue to move Bhoga Bar towards the floor, one notch at a time.
• If comfortable, rest head against wall. Breathe smoothly and evenly.

Goal – Release tension in neck and shoulders. Open front chest and torso. Energize body.



- A**
 - Place Bhoga Bar in bottom notch. Position hips in line with center of Bhoga Bar, arms length away.
 - Soles of feet together, hold onto Bhoga Bar with hands equidistant from center of Bar. If knees are higher than hips, sit on folded blanket or height until knees are at same level as hips.
 - Press sitting bones into ground, lengthen spine from pelvis to crown of head.
- B**
 - Keep spine elongated and on exhalation, bend forward from pelvis.
 - Lengthen from hips outward toward knees and up from hips to crown of head.
- C**
 - Adjust height of one or two blocks, so that forehead rests on block.
 - Stretch spine evenly. Elongate from bottom to top and releasing away from spine towards outer torso and arms.

Goal – Open hips and stretch inner groins.



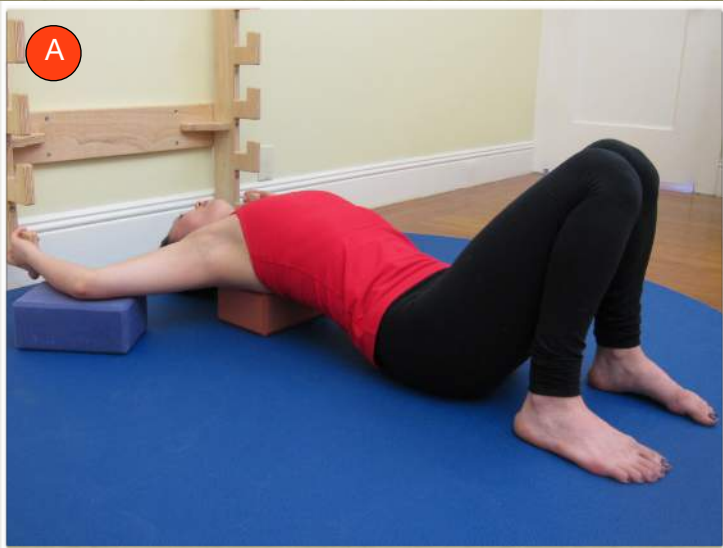
- A**
 - Place Bhoga Bar in bottom notch or higher depending on flexibility. Sit on a height such as folded firm blanket.
 - Feet parallel, hip distance apart. Press feet evenly into wall while pressing down thru thighs. Don't jam knees down. Stretch sit bones away from the feet. Lift and lengthen spine.
 - Keep chest lifting, place hands on Bhoga Bar. Widen shoulders away from ears and neck.
- B**
 - Relax the back and bend forward from sit bones. Feel even stretch thru the torso. If there is more pressure on lower back than other areas of back or spine, elevate torso until lower back is relaxed and feels supported.
- C**
 - Let the head be supported either with block(s) or Bhoga Bar. Drop elbows toward floor and relax shoulders.

Goal - Even stretching thruout legs and torso. Relax and release in an easeful way. Quiet and refresh the mind.



- A** • Place Bhoga Bar in bottom notch. Lie on back in line with center of Bhoga Bar. Bend knees, extend arms and grasp the Bhoga Bar equidistant from the center. Use the Bhogalign Grips as guides for alignment.
- B** • With palms up, extend thumbs toward center.
- Over time, work toward the realigning of balance in the shoulders using interconnection of left and right arm, torso, Bhoga Bar and floor, as guides.
- C** • Optional arm and hand positions: 1) Turn palms down with thumbs out. 2) Place hands, palms up, under the respective left and right side frames. 3) Place and hold the Bhoga Bar under the bottom frame using the rabbit ears of the Bhoga Bar to align Bar under frame.

Goal - **Release tension in neck and shoulders. Provide environment for supported balancing of arms and torso.**



- A**
- Place block at mid shoulder blade area perpendicular to spine. Knees bent, feet flat on ground, hips on ground.
 - Head comfortably on ground. Place support under head as needed to keep throat and neck relaxed.
 - Place support under elbow area including upper and forearms.
 - Hold frame of Bhoga where comfortable evenly on both sides.
- B**
- Roll shoulder blades down the back.
 - Work to balance feeling side to side, breathing comfortably and relaxing.
- C**
- Place Bhoga Bar in bottom notch. Align body in line with center of Bhoga Bar.
 - Hold Bhoga Bar equidistant from center with block below top of shoulder blades.
 - Optionally, support arms around elbow area.
 - Bend elbows. Work to balance feeling and stretch side to side.

Goal - Open chest and shoulders. Assist in releasing upper torso tension.



- A**
 - Body is in line with center of Bhoga Bar.
 - Place Roller perpendicular to spine at shoulder blade level. Place Block under head. Neck in neutral position.
 - Bend knees for firm contact of hips with ground.
 - Place hands on Bhoga Bar, palms up, thumbs toward the center.
 - Breathe into back, widen chest side to side.
 - Relax body and soften shoulders.
- B**
 - Place hands under the frames at bottom notch of Bhoga.
 - Repeat as in 'A'.

Goal - Opens upper chest. Aids in recreating symmetry of upper torso and shoulders. Relaxing and restorative.

Bhōga™



Watch videos and learn about the Bhoga family of products at Bhoga.com