

YOGA

WHEEL GUIDE



Benefits

- ★ Increase muscle and spine flexibility
- ★ Improve balance, core and back strength
- ★ Stretch and release tension from common pain-triggering points
- ★ Gain fluidity of motion that will help you execute all poses with ease
 - ★ Facilitate sequential posing
- ★ Perform advanced backbends and handstands

*“Yoga is the Journey Of the Self,
Through the Self, To the Self.”*

- The Bhagavid Vita



UPCIRCLESEVEN

Safety Disclaimer

We want you to enjoy using our yoga wheel but safety is of our utmost priority. There is an inherent risk that comes with using any exercise equipment, the UpCircleSeven Yoga Wheel is no different.

Improper use can lead to serious injury and anyone participating in these activities should be aware and understand these risks. Consulting your physician before beginning any new exercise regimen can help reduce these safety risks, especially if you have certain medical conditions and limitations.

UpCircleSeven is not liable for any claims for injury and damages resulting from or connected with the use of this Yoga Wheel. We at UpCircleSeven want to make sure you are safe when using any of our equipment.



UPCIRCLESEVEN

BEGINNER

Open Shoulders



Open Shoulders Extended



Build Core Strength



Hips, Groin & Thighs



Open Hips & Side Body



Crescent Pose



INTERMEDIATE

Calves & Hamstrings



Chest, Back & Spine Extension



Chest, Back & Arms



Assisted Plow



Assisted Shoulder Stand



Crazy Crow



ADVANCED

Pigeon Pose



Assist in Headstand



Headstand Plow Pose



Assisted Monkey Pose



Balance & Challenge



Quadriceps Stretch

