



BANDO



Anchored Standing Longyi

Zoom Session Series hosted by Sayaji Gary Layton

The **FIRST** meeting is **Sunday, March 22 at 7PM** (EDT -- the time zone for Atlanta, GA)
-- there will be 3 meetings...each Sunday evening through April 5

These are examples of the standing anchored longyi yoga.



You do not have to be a yoga student or a Bando student to attend...but you will need a longyi rope and anchor system to practice. Information on how to acquire ropes and anchor systems is below.

ZOOM LINK FOR THE SESSIONS FOR THE NEXT 3 WEEKS:

<https://us06web.zoom.us/j/85122362931?pwd=iV4niwkbAfCd3KDHFS9KsposDS1lOd.1>

MEETING ID

851 2236 2931

SECURITY PASSCODE

342712





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Anchored Longyi is one of the unique systems of the Bando Yoga Systems. Anchored longyi uses an external anchor for the longyi rope rather than a body part. External anchors can be a tree, rock, pole, door hinge, etc. – or a floating ring to which multiple practitioners can attach. The group can all serve as anchors for each other.

Anchors must be tested for strength and security to be safe.

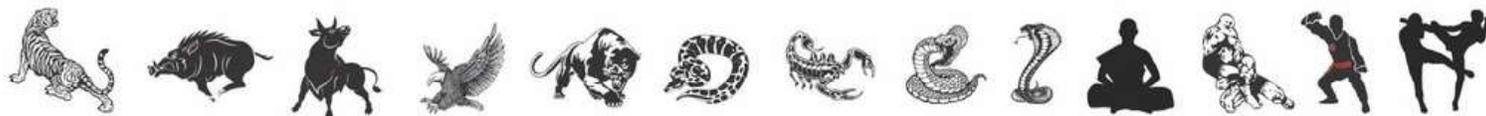
Anchored longyi can be practiced solo or as a group. Solo Anchored Asanas are executed with the rope anchored to an external object (tree, post, door hinge, etc.). The support of the anchor allows the student to safely approach the limits of asanas. The limit of an asana can not only be difficult to approach but can also lead to injury – the longyi rope provides an element of control. The height of the anchor will provide varying levels of support.

Anchored longyi yoga allows one to align, adjust, stretch, strengthen, stabilize, and tone the body. It also helps extend the range of motion for the muscles and joints of the body. The longyi rope allows the practitioner to safely approach their limits by providing support to safely approach and assume difficult and possibly dangerous positions. Adjustments are made to the length of the rope by wrapping it around the wrist, hands, or taking up slack by anchoring it to several points of the body. When the practitioner is fully committed to a pose, the arms and shoulders should be relaxed and extended; let the rope, which represents connective tissues, tendons, and ligaments, do the work and not the muscles. Ideally, using the ropes to provide support allows the muscles to relax and stretch during an asana.

For the Zoom session, be sure to have your anchor and rope ready to go. I suggest a longyi rope of approximately 12 ft to get the best effect out of this system. A longer length works fine, also.

For the Zoom sessions, most people will probably use a door hinge...or you can use an eye bolt in a wall...either can provide a strong anchor at a good height for the practice.

Longyi ropes and anchors are for sale if you need them. The anchor loop is a useful tool for longyi practice...it offers a method of setting a temporary anchor inside the home, a motel, or at a job site so that anchored longyi can be performed in the home, while traveling, or working away from home.





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Our longyi ropes are custom spliced, comfortable, and practical. We also offer anchor loops to make indoor practice simple and carabiners for safe connections...see the pictures below. Pricing is also below.

SPLICED eyes for hand loops provide a smooth surface that makes the longyi practice more efficient and comfortable. Our longyi ropes are:

Nylon, 3-strand rope - very durable and long-lasting

Coarse and soft texture – your choice

Spliced hand loops

Custom lengths are available. Contact us if you need a length other than the 3 lengths offered below.

- 12 feet – “Standard” size for most purposes is \$39 -- 12 feet, end to end. This is the length we most often use in our longyi clinics, classes, and camps.
- 15 feet – “Medium” size is \$45 for folks who need a longer rope because of greater girth and/or lesser flexibility. (approximately 5 available)
- 18 feet – “Long” size is \$52, often used for anchored longyi (for example, on a door hinge at a 5-foot to 6-foot height), where the longer length works out best for the space available. (approximately 5 available)

Two types of “feel” are available. The “hand” of a rope is its feel or texture. We have available a coarse hand and a softer hand.

- Stiffer/coarser hand (or feel) -- more resistant to picking and abrasion when compared to the softer hand.
- Softer hand – If you think your rope will be primarily used with controlled smooth surfaces, such as you would find with a carabiner or a smooth pole, or only in controlled areas (classes, gyms), then the softer lay is fine.

But if you think you might also use your rope with a tree or a pole outside as an anchor, or as a tool to secure a load, make a stretcher, or help safely cross streams, etc., consider the coarser lay as the preferred rope. In the Bando System, our "yoga props" (dhanda staff, longyi rope, Min Zin rocks) are used not only for Bando Yoga but also as tools.

Both types of texture will work fine in all of the postures and motions that are part of Longyi Yoga. I have found the coarser hand rope to produce firmer wraps with more pronounced pressure than the softer rope.





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The stiffer/coarser rope will gradually soften. As you break in the rope, you will also be conditioning your skin and underlying muscles to pressure and compression with your longyi wraps and motions.

Anchor loops made of ½ inch nylon tubular webbing are available...they can be used on a door hinge to provide a sturdy anchor (see pictures below). The looped anchor can be looped/girth hitched on a door hinge to provide an anchor for longyi practice. The anchor is approximately 3 feet of webbing tied into a loop with a water knot.

A locking carabiner to attach the anchor to the rope is available for \$12. This is the efficient and quick way to attach the longyi rope to the hinge anchor (or a floating ring for group longyi; see pictures). Only the green color is available.

Pricing recap:

12 feet longyi rope – \$39

15 feet longyi rope – \$45

18 feet longyi rope – \$52

Anchor for door hinge – a loop of nylon tubular webbing – \$5

Locking carabiner for rope anchor - \$12

Shipping is

\$15 for one rope

\$18 for two ropes

\$24 for three ropes

Combine your order with a friend to save on freight charges. Each carabiner incurs an additional \$1 per carabiner freight charge (when ordered with a longyi rope).

For your longyi rope order, specify:

1. Length (if no length is specified, you will receive a 12-foot rope)
2. Hand – coarse or soft
3. Nylon loop anchor (optional)
4. Carabiner (optional)

Once you place your order, I will send you an invoice that can be paid with Paypal or via check (U.S. mail).

You can contact me via email:

[garylton999 at gmail.com](mailto:garylton999@gmail.com) or [Message me on Facebook](#)

I have included pictures of the ropes, anchors, and carabiners that are available.





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