ABSTRACT

An exercise device in the form of a bag having two ends that hang down over the sides of the chest of a user during use. Each end of the bag is provided with a cavity for receiving weighted substances such as sand or lead. The center of the bag is contoured to fit around the neck and is padded for comfort.
TAI CHI STYLE YOGA BAG

TECHNICAL FIELD

[0001] The present invention relates to exercise equipment and more particularly to a Tai Chi style yoga bag used for gaining increased benefit from deep breathing exercises that includes an elongated bag like device constructed from fabric and adapted to be worn around the neck such that the two ends hang down over both sides of the chest; a center of the bag being contoured to fit around the neck and is padded for comfort; each of the ends of the bag being provided with multiple channels that are filled with heavy weighted substances such as sand or lead.

BACKGROUND OF INVENTION

[0002] Deep breathing exercises can benefit many individuals. It would increase the effectiveness of these deep breathing exercises to have a resistance mechanism such as weights that are positioned against the chest and which provide a resistance during expansion of the deep breathing and which serves to assist in expelling air during the exhalation step.

SUMMARY OF INVENTION

[0003] It is thus an object of the invention to provide a Tai Chi style yoga bag that includes an elongated bag like device constructed from fabric and adapted to be worn around the neck such that the two ends hang down over both sides of the chest; a center of the bag being contoured to fit around the neck and is padded for comfort; each of the ends of the bag being provided with multiple channels that are filled with heavy weighted substances such as sand or lead.

[0004] Accordingly, a Tai Chi style yoga bag is provided. The Tai Chi style yoga bag includes an elongated bag like device constructed from fabric and adapted to be worn around the neck such that the two ends hang down over both sides of the chest; a center of the bag being contoured to fit around the neck and is padded for comfort; each of the ends of the bag being provided with multiple channels that are filled with heavy weighted substances such as sand or lead.

BRIEF DESCRIPTION OF DRAWINGS

[0005] For a further understanding of the nature and objects of the present invention, reference should be had to the following detailed description, taken in conjunction with the accompanying drawings, in which like elements are given the same or analogous reference numbers and wherein:

[0006] FIG. 1 is a plan view of the Tai Chi style yoga bag of the present invention.

[0007] FIG. 2 is a plan view of the Tai Chi style yoga bag in use on a representative user.

[0008] FIG. 3 is a detailed view of the Tai Chi style yoga bag showing individual sand bag weights and the weight receiving pockets.

EXEMPLARY EMBODIMENTS

[0009] FIGS. 1 through 3 show various aspects of an exemplary embodiment of the Tai Chi style yoga bag of the present invention generally designated 10. Tai Chi yoga bag 10 includes an elongated bag member 12 having a right end section 14 and a left end section 16 that are connected by a padded center section 18. Each of the end sections 14, 16 includes multiple pockets 20 into which user insertable weights 22 are positioned to adjust the weight of each of the end section 14, 16. In use, the center section 18 is placed around the neck 26 of the user and end sections 14, 16 positioned onto the chest of the user while deep breathing exercises are performed.

[0010] It can be seen from the preceding description that a Tai Chi style yoga bag has been provided.

[0011] It is noted that the embodiment of the Tai Chi style yoga bag described herein in detail for exemplary purposes is of course subject to many different variations in structure, design, application and methodology. Because many varying and different embodiments may be made within the scope of the inventive concept(s) herein taught, and because many modifications may be made in the embodiment herein detailed in accordance with the descriptive requirements of the law, it is to be understood that the details herein are to be interpreted as illustrative and not in a limiting sense.

1. (canceled)
2. (canceled)
3. A Tai Chi Yoga Breathing Bag comprising:

(a) a plurality of compartments adapted to receive a flowing weighted material, each of said compartments forming a substantially planar surface under which said flowing weighted material can flow in response to motion of a user, said first section adapted to cover and extend below a right shoulder blade of a user; said second section having a plurality of second compartments adapted to receive a flowing weighted material, each of said second compartments forming a substantially planar surface under which said flowing weighted material can flow in response to motion of a user, said second section adapted to cover and extend below a left shoulder blade of a user; and
(b) a support section connected to the first section and to the second section, said support section having a width that is less than a width of the first section, said support section also having a width that is less than a width of said second section, said support section having a gently curved shape to conform with the anatomy of the user.

4. A Tai Chi Yoga Breathing Bag as claimed in claim 3, further comprising additional flowing weighted material selectively added to each of said first and second compartments.

5. A Tai Chi Yoga Breathing Bag comprising:

(a) first and second weighted compartments, said compartments formed to permanently secure a predefined flowing weighted material therein, said compartments extending below a user's shoulder blades, said compartments formed by sewing a seam between adjoining compartments, said compartments constructed to form an interspace therebetween when selected to conform to the rising and falling of the ribs of a user performing tai chi yoga, and
(b) a neck connector having a shape adapted to rest comfortably on the user's neck, the neck connector connecting the first and second weighted compartments.

6. A method of improving breathing while performing Tai Chi Yoga comprising the steps of:

(a) providing a weighted material above left and right chest cavity portions of a user, wherein a space is formed between the weighted material above the left chest cavity and the weighted material above the right chest cavity; and
(b) connecting the weighted material with a fabric supported about the neck of a user, the fabric having a smaller width than the width of the weighted material.

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