

ZORBUN

Embrace Balance, Nurture Serenity.
Your Foundation for a Soulful Journey.

Enhanced Poses *with* YOGA BLOCKS



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Hi, WE'RE ZORBUN.

At Zorbun, **our mission is to support and inspire your journey** towards holistic well-being. We believe that the practice of yoga is not just a physical exercise, but a pathway to achieving balance and harmony in life. **Our vision is to be a beacon of tranquility** and a catalyst for transformation in the lives of our community.

Our yoga blocks are more than just accessories; **they are tools of empowerment**. We understand that every individual's journey is unique, and our goal is to provide products that cater to the diverse needs of practitioners at all levels. The Zorbun yoga blocks are **designed to be your steadfast companions**, whether you're taking the first step into yoga or deepening an established practice.

We are committed to helping you explore the full potential of your practice. With our yoga blocks, **we aim to enhance your stability, support your alignment, and facilitate deeper stretches**. They are a foundation upon which you can build strength, improve flexibility, and cultivate a sense of inner peace.

Our eco-friendly approach ensures that while we aid in your personal growth, we also protect the environment. The high-density EVA foam used in our blocks is robust yet gentle, reflecting our dedication to sustainability and care for the planet.

In essence, Zorbun is not just about providing quality yoga products; **it's about nurturing a community where each individual can find their balance, achieve their goals, and live their best life**. We are here to support you in unfolding your story, one pose at a time, towards a future where wellness and mindfulness are at the heart of every action.

WHO SHOULD USE YOGA BLOCKS?

Think yoga blocks are just for beginners? Think again! These versatile props are a game-changer for yogis of all levels. Whether new to the mat or a seasoned practitioner, yoga blocks can help you fine-tune your alignment, deepen your stretches, and explore new dimensions in your practice. Everybody is unique, and so is the way we experience yoga poses. So why not give blocks a try? Play around with them, see what feels amazing, and take your yoga journey to the next level!

WHAT ARE THE BENEFITS OF YOGA BLOCKS?

Yoga blocks are essential tools that enhance your practice by helping you find proper alignment and engagement.

Here's how they can be used:

1. **To Support:** Blocks make poses more accessible by providing stability and reducing the risk of injury.
2. **To Stretch:** They help deepen stretches safely, allowing you to reach further without strain.
3. **To Strengthen:** Blocks can intensify your practice, engaging muscles in new ways to build strength and stability.

These versatile props can support and elevate your practice, helping you move safely toward your edge.



FINDING THE RIGHT HEIGHT FOR YOUR YOGA BLOCK?

Yoga blocks offer three different heights: low, medium, and high, each adding a layer of versatility to your practice.

Here's how to determine the appropriate height:

1. **Understand Stability:** Blocks at the lowest setting offer greater stability due to their larger surface area.
2. **Guidance for Postures:** We'll provide recommendations for block heights tailored to specific exercises and poses.
3. **Listen to Your Body:** If you're uncertain about the height, start with the lowest setting. Gradually increase the height as you feel more comfortable.
4. **Pay Attention to Breath:** Your breath is a valuable indicator. If it becomes strained or difficult, you may have gone too far. Retreat to a more manageable height.

By starting conservatively and paying attention to your body's cues, you can find the ideal height to support and enhance your practice.

WHAT'S THE BEST TYPE OF YOGA BLOCK?

Yoga blocks have come a long way since their wooden origins in the 70s, now commonly crafted from foam or cork. Additionally, innovative options like **Zorbun blocks** offer unique benefits to practitioners.

Foam Blocks:

Ideal for beginners and restorative practices, foam blocks provide comfort and cushioning.

Chapter 1

They're perfect for supporting various body parts during deep stretches and are favoured for their versatility and lightweight nature.

Cork Blocks:

Offering superior stability and grip, cork blocks are excellent for strength-building exercises and arm balances. Their natural material composition makes them eco-friendly, and they're particularly useful for practitioners seeking a challenge.

***Yogi Tip:** Enhance comfort in restorative poses by covering cork blocks with a yoga blanket or towel.*

Zorbun Blocks:

These innovative blocks combine the benefits of foam and cork. With a soft outer layer for comfort and a sturdy inner core for stability, Zorbun blocks offer the best of both worlds. They're ideal for practitioners looking for a balance between support and stability in their practice.

Whether you choose foam, or cork, or opt for the unique advantages of Zorbun blocks, selecting the right type can significantly enhance your yoga experience.



FOUNDATIONAL POSES



1- Downward Facing Dog

Under Hands:

Shifting your center of gravity backward alleviates pressure from hands and wrists.

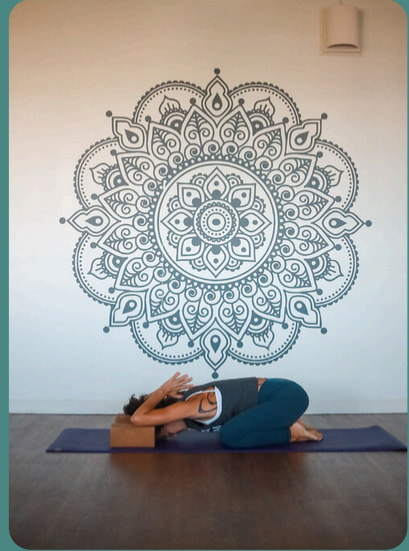
Under Feet:

Emphasizing hip height, and facilitating deep stretches for the legs and calves.

***Yogi Tip:** Combat slipperiness by using a yoga towel or positioning blocks against a wall.*



Chapter 2



2- Child's Pose

Under Seat:

Brings the ground closer to provide comfort in your hips and knees

Triceps Stretch:

Elongate your triceps while gently opening your chest and activating your shoulders



Chapter 2



Mountain Pose



Mountain Triceps



Mountain Chaturanga



Mountain Plank





Mountain Pose

3- Mountain Pose

1. **Between Hands:** Strengthens arms by engaging shoulders, back, and serratus anterior muscles.
2. **Triceps Stretch:** Elongates triceps, opens the chest, and activates shoulders.
3. **Chaturanga Arms:** Enhances mind-body connection by guiding elbows inward during High to Low Plank, activating triceps and back muscles.
4. **Plank Arms:** Activates shoulders to prepare for plank pose.
5. **Between Thighs:** Squeezing the block activates the inner thighs, supporting the pelvis, hips, and lower spine.



Chapter 2



4- Chair Pose

Between Hands:

Strengthens arms by engaging shoulders, back, and serratus anterior muscles.

Between Thighs:

Activates inner thighs, supporting the pelvis, hips, and lower spine.

Under Feet:

Introduces a balance challenge and strengthens stabilizer muscles in feet and ankles.



Chapter 2



5- Drinking Bird

Under Heels:

Stretches the soles of feet, promoting flexibility, while engaging stabilizer muscles in feet and calves for balance and support.



Chapter 3

STANDING POSES



1- Warrior II

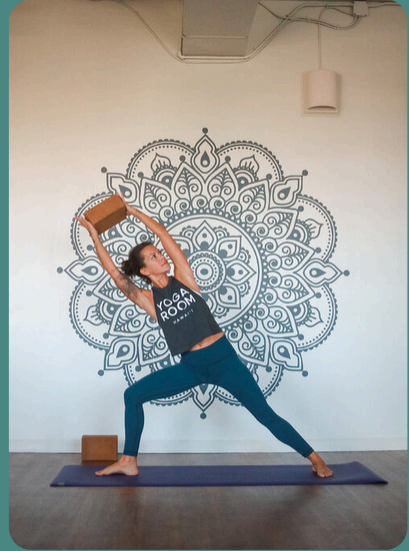
Block Under Front Foot:

Strengthens the front leg by intensifying the challenge to the hamstring and hip.

Alters perception, demanding increased balance and mind-body connection.



Chapter 3



2- Extended Side Angle

Under Front Fingertips:

Lifts chest and lengthens lower side-body, activating obliques.

Between Hands:

Engages transverse abdominals and obliques, supporting the torso while activating shoulders and back muscles through block squeeze.



Chapter 3



3- Horse Pose

Under Heels:

Strengthens calves, quads, and stabilizers in legs and feet



Chapter 3



4- Extended Crescent Lunge

Between Hands:
Challenges core, back, and arm muscles, while shifting more weight into the front leg turns increases the challenge for the front quadriceps.



5- Crescent Lunge

Under Back Toes:
Shifts weight to front leg, strengthening the front quad and glute, and increasing the balance challenge for some.



Chapter 3



6- Double Lunge

Under Back Toes:

Shifts weight to front leg, strengthening the front quadricep, hamstring, and glute.



7- Bear Pose

Between Hands:

Challenges core, back, and arm muscles.

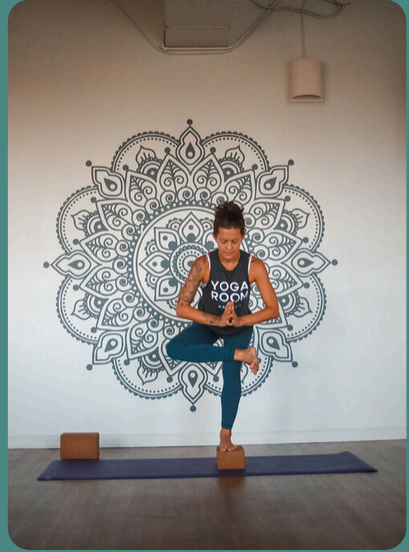


BALANCING POSTURES



1- Tree Pose

Block Under Foot:
Activates stabilizer muscles in the standing foot, calf, and leg.

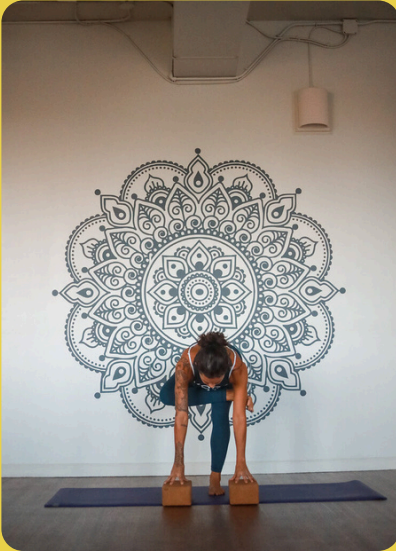


2- Standing Figure Four

Block Under Foot:
Activates stabilizer muscles in standing foot and leg, adding extra core challenge.



Chapter 4



3- Folded Figure Four

Blocks Under Fingertips:

Supports forward folding, enhancing hip stretch as preparation for flying squirrel and flying pigeon.



4- Half Moon

Block Under Front Hand:

Supports upper body stability and encourages chest lift using obliques.



Chapter 4



5- Legs Up The Wall

Block On Feet:

Engages stabilizer muscles to hold the block in place, ensuring feet stack directly over hips.



6- Toe Chair

Block Under Heels:

Elevating your heels shifts your weight subtly forward, intensifying the engagement of your calves and quads for a greater challenge.

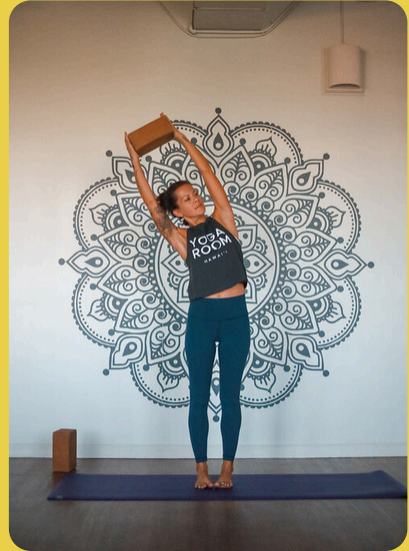


Chapter 4



7- Toe Squat

Block Under Heels:
Stretching the soles of your feet while activating stabilizing muscles in your feet and calves.



8- Standing Half Moon

Block Under Front Hand:
Block Between Hands:
Applying pressure to the block engages the obliques, shoulders, and back muscles, enhancing overall stability and strength.



BACKBENDS



1- Floor Bow Pose

Between Thighs:

Engages the inner thighs to provide support for the pelvis, hips, and lower spine, promoting proper alignment.

Under Belly:

Facilitates a lift of the chest and activation of the back muscles, aiding in maintaining an upright posture.



Chapter 5



2- Cobra Pose

Under Hands:

Promotes the maintenance of elevated and light hands, facilitating the lifting of the sternum through engagement of the core and back muscles.



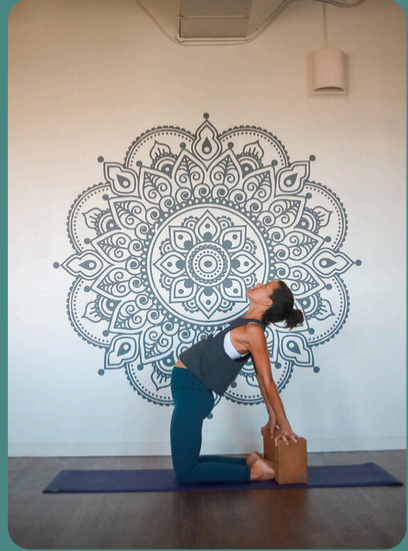
3- Upward Facing Dog

Under Hands:

Utilizing vertical space assists in distributing the curve of the spine more evenly, promoting alignment and balance.



Chapter 5



4- Camel Pose

Between Thighs:

Activates the inner thighs and pelvic floor to maintain an active core during the backbend, enhancing stability and support.

Under Hands:

Provides support for deeper extension of the spine, serving as a stepping stone towards reaching the hands down to the ankles for a more advanced variation.



Chapter 5



5- Supported Bridge Pose

Under Back:

Provides gentle support for the spine, allowing it to experience extension in a relaxed manner, promoting a sense of ease and relaxation.



6- Supported Fish Pose

Under Head/Chest:

Promotes a gentle opening of the heart while fully supporting the head and chest, facilitating relaxation and a sense of openness in the upper body.



Chapter 5



7- Modified Fish Pose

Under Mid Back:

Prevents the collapse of the chest downward, while providing support for the back to safely deepen into the backbend, ensuring proper alignment and comfort.



8- Fish Pose

Under Spine:

Provides support for lifting the sternum and achieving a deep heart opening in this challenging backbend, promoting alignment and comfort while enhancing the stretch.



Chapter 5



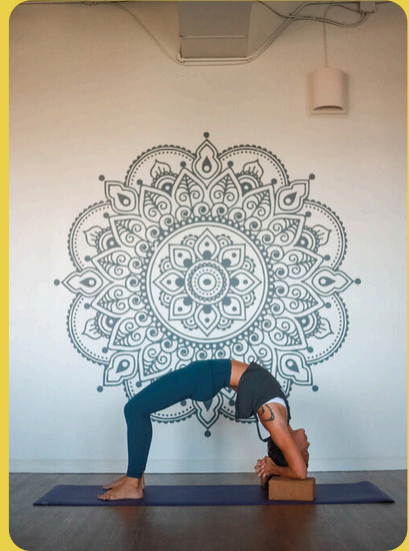
9- Wheel Pose

Under Hands:

Place blocks under your hands for extra lift if your shoulders are tight, preventing lower back strain.

Under Feet:

Use blocks under your feet to help extend tight hip flexors or quads, enhancing your front-line stretch.



10- Forearm Wheel Pose

Under Elbows:

Enhance your chest-opening experience by incorporating blocks under your elbows. This elevated support helps evenly distribute the backbend throughout your spine, preventing strain on your shoulders and lower back.



Chapter 5



11- King Arthur Pose

Under Back Knee:

Use cushioning under your back knee to reduce pressure and shift your weight slightly forward, enhancing hip flexor extension.



12- Flipped Dog

Under Toes:

Use support under your toes to bring the ground closer, providing confidence to move into the backbend.



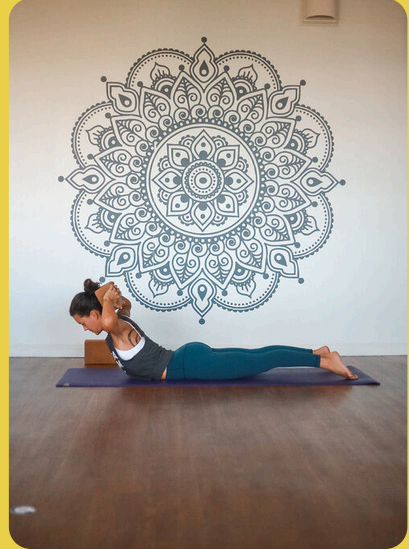
Chapter 5



13- Extended Cobra

Between Hands:

Placing a block between your hands activates your shoulders and back muscles, adding extra challenge and engagement during the lift.



14- Reverse Crunches

Behind Head:

Placing support behind your head targets the upper back, intensifying the strengthening exercise.



TWISTS



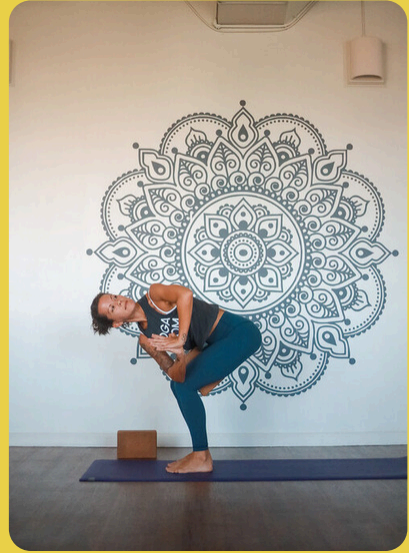
1- Twisted Forward Fold

Under Hand:

Placing a block under your hand helps maintain a parallel chest and keeps length in your spine.



Chapter 6



2- Prayer Twist

Block Between Hands:

Squeezing a block between your hands encourages a deeper twist while strengthening your chest and arms.

Block Between Thighs:

Placing a block between your thighs activates your inner thigh muscles, helping to keep your hips squared and supporting pelvic and lower spine stability during twists.



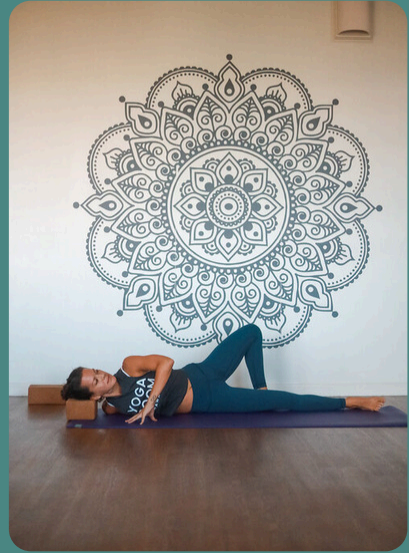
Chapter 6



3- Quad Stretch

Under Hand:

Placing a block under your hand lifts your chest, making it easier to reach and grip your back foot.



4- Shoulder Twist

Under Temple:

Placing support under your temple allows your head to relax, providing more comfort and support in the twist.



Chapter 6



5- Revolved Crescent

Between Elbow and Thigh:

Placing a block between your elbow and thigh enhances balance, requiring you to press both into the block for stability.

Between Hands:

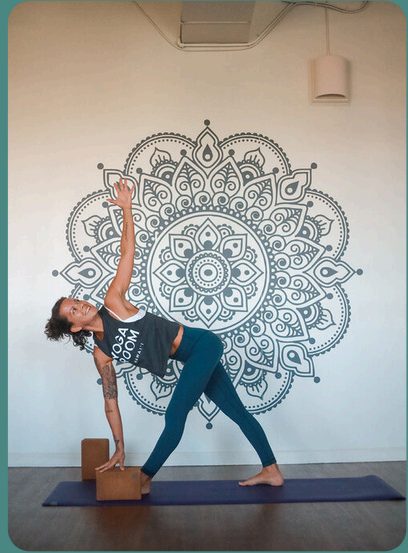
Adding a block between your hands creates more space, encouraging a deeper twist in the posture.





6- Open Twist

Under Hand:
Placing a block under your hand encourages lifting of the chest and lengthening of the spine, providing support for the twist.



7- Revolved Triangle

Under Hand:
Using a block under your hand adds length to your spine, making the twist more accessible and enhancing stability.



Chapter 6



8- Revolved Half Moon

Under Hand:

Placing a block under your hand supports balance and stability in the bottom leg while adding length to the spine, ensuring the chest remains squared with the earth for proper alignment.



9- Revolved Sugarcane

Between Heel and Glute:

Placing a block between your heel and glute strengthens the hamstring and glute of the lifted leg, while also adding a balance challenge to the posture.



Chapter 6



10- Easy Twist

Between Thighs:

Placing a block between your thighs allows for greater relaxation and support in a gentle twist.



CORE EXERCISES



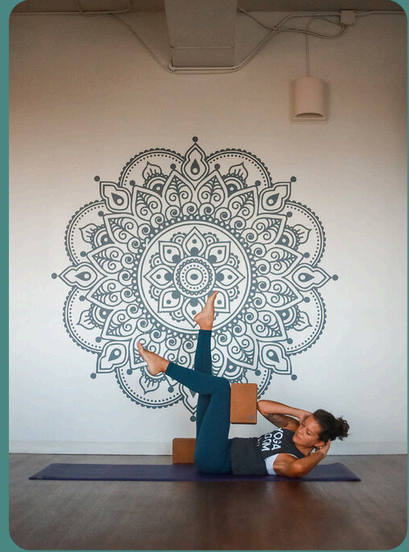
1- Reach and Crunch

Block Between Elbow and Thigh:

Hold one block between your elbow and thigh on the same side, pressing firmly in both directions. Extend and crunch your other arm and leg in and out, lifting your chest each time you crunch. Perform 10-20 reps per side.



Chapter 7



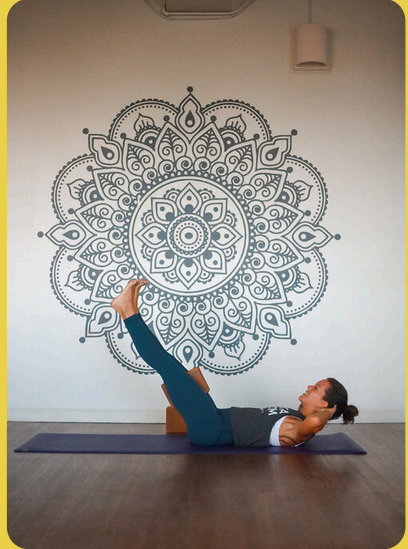
2- Bicycles

Block Between Elbow and Opposite Thigh:

Press the block between your elbow and the opposite thigh. Keeping your chest up, send your opposite leg up and down. For less intensity, bend your knee. Perform 10-20 reps per side.



Chapter 7



3- Leg Lowers

Block Between Thighs: Squeeze the block between your thighs or shins. With your hands by your sides or behind your head, slowly lower your legs down to hover over the ground, and then lift back up. Perform 15-30 reps total.



Chapter 7



4- Low Boat Hold

Block Between Hands:

Lay on your back and squeeze the block between your palms overhead. Drive your lower back into the earth and lift your hands and feet off the ground to activate your belly. Hold for 3-5 breaths.



Chapter 7



5- Russian Twists

Block Between Hands:

In a boat pose, squeeze a block between your hands. Lean your chest slightly back and start to twist side to side. Squeeze your side body with each twist. For more intensity, lift your toes off the ground.



Chapter 7



6- Boat Pose

Block Between Thighs:

Squeeze the block between your thighs to activate your inner thighs and deep core muscles. Hold for 15-30 seconds.

Block Between Hands and Thighs:

With a block between your hands, extend your arms overhead to activate your core, shoulders, and back muscles. Hold for 3-5 breaths.



Chapter 7



7- Side Plank Threads

Block in Hand:

From the plank pose, lift one arm skyward with the block in hand. Stack your hips on top of one another to stabilize your core and lift your hips high. Thread the block under your body, twisting from your ribcage, and then back to the sky.

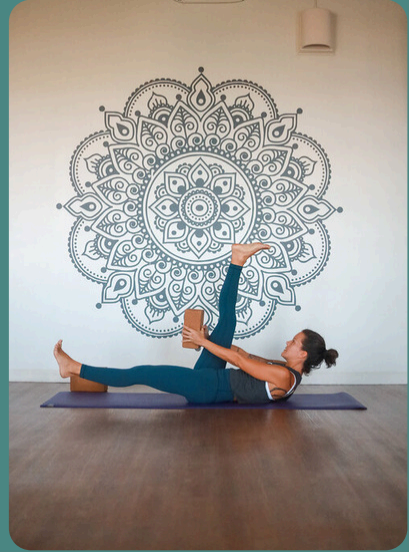


Chapter 7



8- Plank Pose

Block Between Thighs:
Stack your shoulders over your wrists and your hips over your knees. Squeeze the block between your thighs to activate your inner thighs and stabilize your pelvis and core.

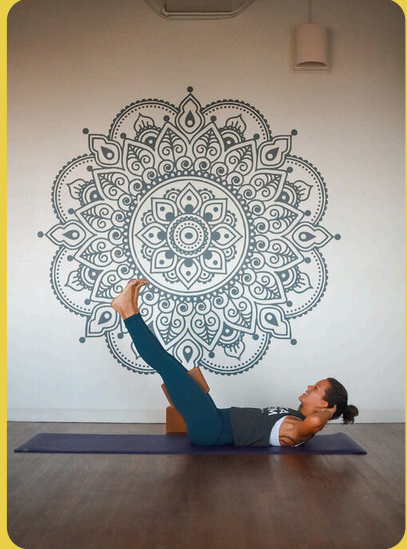


9- Split Leg Pulses

Between Hands:
Extend one leg up and one leg forward. With the block in hand, reach past your top leg and squeeze it. Keep chest lifted, pulse up. 10-20 reps per side.



Chapter 7



10- Block Switches & Thread Swimmers:

Hands to Feet:

Lay on your back. Start with a block between your hands. Pike up, switch to feet, lower, then lift and switch back.

Pass Hand to Hand:

Lift your chest, scissor legs, passing the block hand to hand.





11- Cherry Pickers

Block on Feet:

Balance the block on your feet for hip stability. Reach one hand at a time to tap your opposite foot, lifting your chest off the ground as much as possible.



HiP OPENERS



1- Runner's Lunge

Under Forearms:

Place a block under your forearms to bring the ground closer, making the pose more accessible.



2- Lizard Pose

Under Back Thigh/Shin:

Placing a block under your back thigh or shin deepens the pose by lifting the back leg, providing support compared to the traditional lizard pose where your back leg is lifted with strength.



Chapter 8



3- Side Lunge

Under Heel:

Placing a block under your heel supports balance if the heel doesn't touch the ground fully. It also strengthens the calf and foot arch if the heel naturally drops.



4- Twisted Side Lunge

Under Hand:

Placing a block under your hand encourages more length in the spine and lift in the chest while twisting open, enhancing the pose.



Chapter 8



5- Half Pigeon

Under Thigh:

Placing a block under your thigh provides support if your hip is lifted off the ground or if dropping into the hip causes any discomfort in your knee, ensuring a more comfortable and stable posture.



Chapter 8



6- Butterfly

Under Knees:

Placing a block beneath your knees offers support, facilitating a gentler opening if the inner thighs or groin feel overstretched.

Under Forehead:

Positioning a block under your forehead allows for complete relaxation of the upper body, promoting a deeper release of tension in the fold.



Chapter 8



7- Deer Pose

Under Forearms:

Placing a block under your forearms brings the ground closer, providing support for folding with ease and comfort.



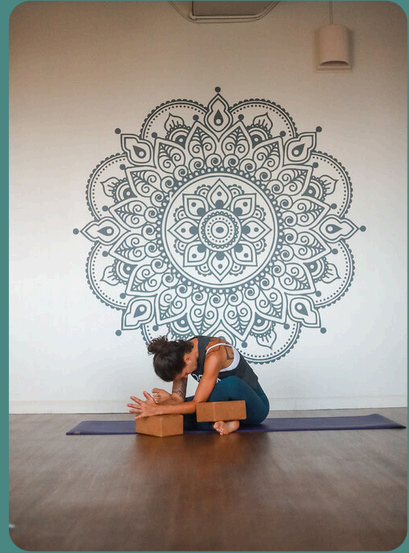
8- Yogi Squat

Under Seat:

Using a block under your seat provides support for your hips, making the pose more accessible and comfortable.



Chapter 8



9- Double Pigeon

Under Knee:

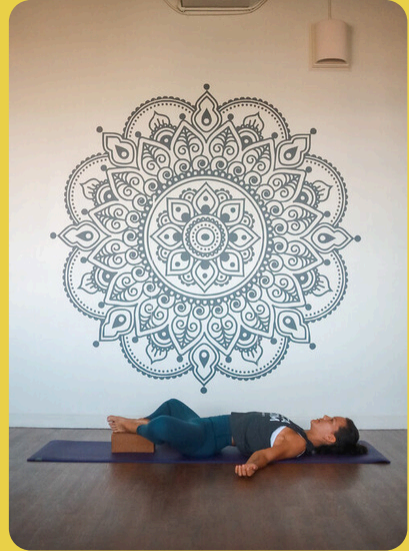
Placing a block under your knee makes the pose more accessible and helps find proper alignment and support if your knees don't naturally fall to rest on each other.

Under Forearms:

Using a block under your forearms brings the ground closer, facilitating a more accessible fold.



Chapter 8



10- Reclined Bound Angle

Under Knees:

Placing a block under your knees allows your inner thighs to relax and prevents overextension, enhancing comfort in the posture.

Under Feet:

Using a block under your feet deepens the stretch in your inner thighs and groin, intensifying the pose's benefits.





11- Rainbow Warrior

Block Supporting Back Thigh:

Resting the thigh on support allows you to keep your hips lifted, enhancing stability and alignment in the pose.



HAMSTRINGS & FOLDS



1- Ragdoll Pose

Under Feet:

Placing a block under your feet gives more space to fold forward and brings greater mind-body connection to the soles of your feet, enhancing the stretch and relaxation in the pose.



2- Wide Legged Forward Fold

Under Feet:

Placing a block under your feet gives more space to fold forward and brings greater mind-body connection to the soles of your feet, enhancing the stretch and relaxation in the pose.





3- Seated Forward Fold

Under Seat:

Placing a block under your seat lifts the hips, automatically lengthening the hamstrings and facilitating a deeper fold.

Past Feet:

Using a block placed past your feet provides support for a deeper fold if your hands can reach past the soles of your feet, enhancing the stretch in the pose.



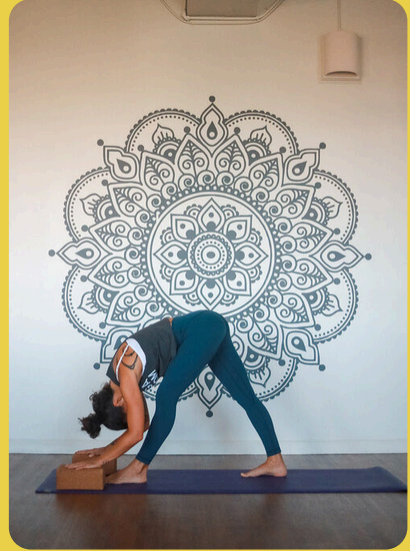
Chapter 9



4- Half Splits

Under Fingertips:

Placing a block under your fingertips brings the ground closer, allowing for more length in the spine and enhancing the stretch in the pose.



5- Pyramid Pose

Under Hands:

Placing a block under your hands brings the ground closer, allowing for more length in the spine and enhancing the stretch in the pose.



Chapter 9



6- Standing Splits

Under Foot:

To Do: Placing a block under your foot challenges balance and allows for a deeper fold, particularly beneficial for those with very open hamstrings.



Chapter 9

7- Shiva Squat

Under Heel:

Placing a block under your heel strengthens the calf and quad of the standing leg, enhancing stability and muscle engagement.

8- Full Splits

Under Front Thigh:

Using a block under your front thigh makes splits more accessible and helps relax into deeper poses, facilitating a smoother and more comfortable stretch.

9- Airplane Pose & Modified Airplane

Under Foot:

Adding a block under your foot in both Airplane Pose and Modified Airplane adds a balance challenge and strengthens the stabilizer muscles in the standing leg, enhancing stability and control.



Chapter 9

Under Hands (Modified Airplane only):

Placing a block under your hands supports the lift of the upper back and helps build strength for the full balance posture, providing additional stability and support.

10- Legs Up the Wall

Under Sacrum:

Placing a block under your sacrum lifts the hips, increasing relaxation and allowing for deeper release in the pose.



DRILLS



1- Low Lunge Step Through

Blocks Under Hands:

From three-legged dog, pull your knee forward towards your nose, keeping your shin lifted high. Gently lower your foot down between your hands, using blocks under your hands for support & balance.



Chapter 10



Chapter 10



2- High to Low Plank

Blocks Under Hands:

From high plank, bend your elbows into your sides at 90 degrees, keeping your shoulders aligned with your hips and toes. Then, straighten your arms and lift your chest into upward upward-facing dog. Flip your toes and press back into a downward-facing dog.

Block Under Chest:

When flowing from high to low plank, pull your chest forward to gently tap the block. As you move into upward upward-facing dog, flip the block forward. This helps you lower to the correct alignment and lead the backbend with your heart.





3- Donkey Kicks

Block Between Heel and Thigh:

Squeeze the block as you lift and lower your knee to activate your hamstring and glute muscles.



Chapter 10



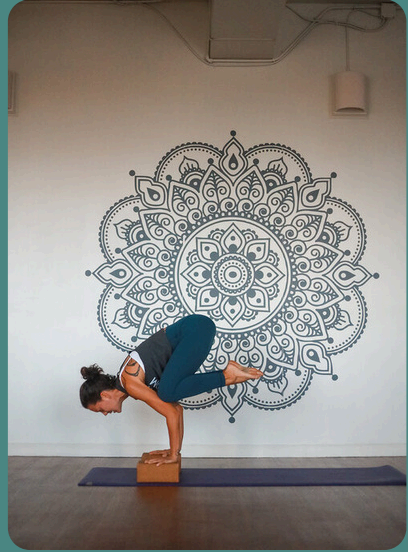
4- Dolphin Push-Ups

Block Between Forearms:

Squeeze the block between your forearms as you lift and lower your hips from forearm plank to dolphin pose. This action strengthens your shoulders, chest, and core.



ARM BALANCES



1- Crow Pose

Under Forehead:

Placing a block under your forehead helps lean forward with trust and stability, assisting in finding balance in the pose.

Hands-on Blocks:

Positioning your hands on blocks adds more height in your arms, helping you get your knees higher on your triceps and adding challenge to the pose. It can also assist with grip and your hand lock, aiding in maintaining the posture.





2- Headstand

Between Hands:

Press the block into the back of your head between your hands to take pressure off your neck.



3- Forearm Stand

Between Forearms:

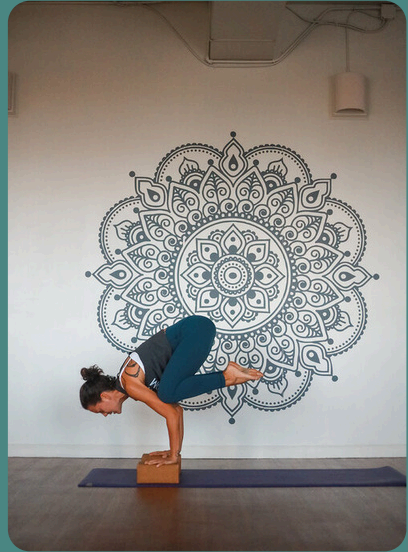
squeeze the block to activate your chest and shoulders, keeping your elbows from splaying out, and providing more stability in the pose.





4- Pentacle Pose

Blocks Under Hands:
Placing blocks under your hands adds more space between your hips and the ground. Activate your core to lift your knees off the earth.



5- Firefly Pose

Blocks Under Hands:
Placing blocks under your hands provides more lift for your chest and arms, aiding in achieving and maintaining the pose.





6- Hurdler's Pose

Under Back Toes:
Placing a block under your back toes helps facilitate lift in the back leg, allowing you to get your hips high and bring your knee to your triceps more easily.



7- Hurdler's Pose

Blocks Under Hands:
Placing blocks under your hands adds more space between your chest and the ground, allowing more weight to shift forward into your hands and aiding in balance and alignment.





8- Side Crow

Blocks Under Hands:

Placing blocks under your hands provides more lift for your chest and arms, helping you achieve and maintain the pose with better alignment and balance.



9- Scissor Leg Side Crow

Blocks Under Hands:

Placing blocks under your hands provides more lift for your chest and arms, aiding in balance and stability while performing the pose.



Chapter 11



10- Peacock Pose Prep

Under Shoulders:
Placing blocks under your shoulders provides stability in the upper body, helping you find the proper strength and alignment needed for the pose.



11- Peacock Pose

Blocks Under Hands:
Placing blocks under your hands provides more lift for your chest and arms, allowing you to shift forward and lower towards the earth with greater ease and stability.



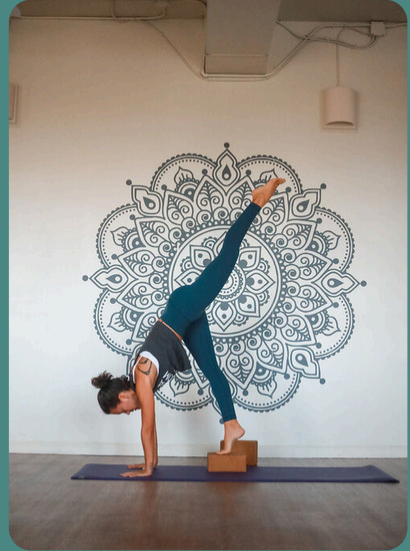
Chapter 11



12- Chin Stand

Under Shoulders:

Placing blocks under your shoulders provides stability in the upper body, helping you find the proper strength and alignment needed for the pose.



13- Handstand Prep

Block Under Toes:

Placing a block under your toes gives more lift to the lower body, making hops into handstand more accessible and helping you find balance and alignment.



Chapter 11



14- Handstand Prep

Blocks Under Hands:
Placing blocks under your hands provides more lift for your chest and arms, allowing you to shift forward and lower towards the earth with greater control and stability during your handstand preparation.



15- Eight Angle Pose

Blocks Under Hands:
Placing blocks under your hands provides more lift for your chest and arms, assisting in shifting forward and lowering towards the earth with enhanced stability and control in Eight Angle Pose.



SURRENDER POSTURES



1- Toe Squat

Under Knees:

Placing a block under your knees relieves pressure in front of the foot, lessens the stretch in the sole of the foot, and provides comfort for the knees during the toe squat position.



2- Easy Seat

Under Seat:

Placing a block under your seat supports lifting up and out of the hips, making the pose more accessible, especially if you have knee, hip, or groin tightness.



Chapter 12



3- Supported Savasana

Under Knees:

Placing blocks under your knees flattens your lower back to the earth, relieving compression from your spine and enhancing comfort during Savasana. If using cork blocks, covering them with a towel or blanket adds extra softness.



4- Savasana

Under Head:

Placing a block under your head tucks your chin slightly, helping to lengthen the back of your neck and promoting relaxation in Savasana.



Conclusion

NAMASTE!

We've explored a comprehensive collection of **134 yoga poses** enhanced with the use of yoga blocks. These versatile props have proven invaluable in deepening stretches, improving alignment, and providing support where needed, making yoga more accessible and beneficial for practitioners of all levels.

By incorporating yoga blocks into your practice, you not only expand your range of motion and flexibility but also cultivate greater awareness of body alignment and balance. Whether you're a beginner seeking stability in foundational poses or an experienced yogi exploring advanced variations, the strategic use of blocks allows you to tailor each posture to your unique needs and abilities.

As you continue your yoga journey, remember that the practice is a personal exploration of body, mind, and spirit. Embrace the journey of self-discovery and growth that yoga offers, and may your practice with yoga blocks enrich your experience on and off the mat.

