

# Yoga Block and Yoga Strap

Includes  
3 Exercises:



## Yoga Block

p.2 Seated Forward  
Bend Pose

## Yoga Strap

p.3 Lord of the  
Dance Pose

p.3 King Pigeon Pose

Whether you're a beginner or a season pro, accessories like the Yoga Block and Yoga Strap can deepen your practice and assist with flexibility. For optimal use, when working with the Yoga Block be sure to spread the fingers to engage the muscles in the hands and arms. Get the extra length you need for binds and stretches from the durable Yoga Strap.



**Starting position:** use the Yoga Block to support the head, placing the spine in ideal alignment

Placing the hands on top of the Block in this pose, increases the length through the arms and shoulders, and places more focus on stabilizing the torso and stretching the hips and legs

To increase the challenge once stability is achieved, place the Block flat on the floor  
This allows for an even greater stretch through the whole body

## Lord of the Dance Pose

Wrap the Yoga Strap around the top of the foot in the Lord of the Dance pose

The strap allows individuals with less flexibility to achieve the pose comfortably

This helps open the front wall of the body resulting in a greater stretch



## King Pigeon Pose

When performing the King Pigeon Pose, use the Yoga Strap to hold the position when there is not enough flexibility to hold the foot directly

This allows greater length through the hip flexors, abdominals and shoulders



## WARRANTY, CARE AND USAGE FOR YOGA BLOCK & STRAP

### Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

### Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Ensure product is dry before using
- Never use corrosive cleaning products

### Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.