



This guide is meant to be used as a reference for prop use. Please consult a qualified yoga teacher to find out how to perform these and other prop-assisted poses correctly.

## YOGA BLOCKS

- 1 Triangle
- 2 Half Moon
- 3 Side Angle Stretch
- 4 Standing Forward Bend
- 5 Wide Leg Stretch
- 6 Downward Facing Dog
- 7 Bridge
- 8 Seated Twist

## WEDGES

- 9 Forward Bend
- 10 Backbend
- 11 Downward Facing Dog

## STRAPS

- 12 Standing Leg Stretch
- 13 Forward Bend
- 14 Bound Angle Pose
- 15 Hamstring Stretch
- 16 Seated Cow Face Pose

## STANDARD OR JUNIOR BOLSTERS

- 17 Child's Pose
- 18 Seated Pose
- 19 Reclined Hero's Pose

## ROUND BOLSTERS

- 20 Savasana
- 21 Seated Forward Bend

## PRANAYAMA

- 22 Supported Savasana
- 23 Supine Pranayama

## BLANKETS

- 24 Cross-Legged Pose
- 25 Shoulderstand

## SANDBAGS

- 26 Reclined Hamstring Stretch
- 27 Tricep Stretch

## FOAM ROLLER POSITIONS

- 28 Hamstring Release
- 29 Low/Mid Back Release
- 30 Upper Back Release

# Celebrate the Journey