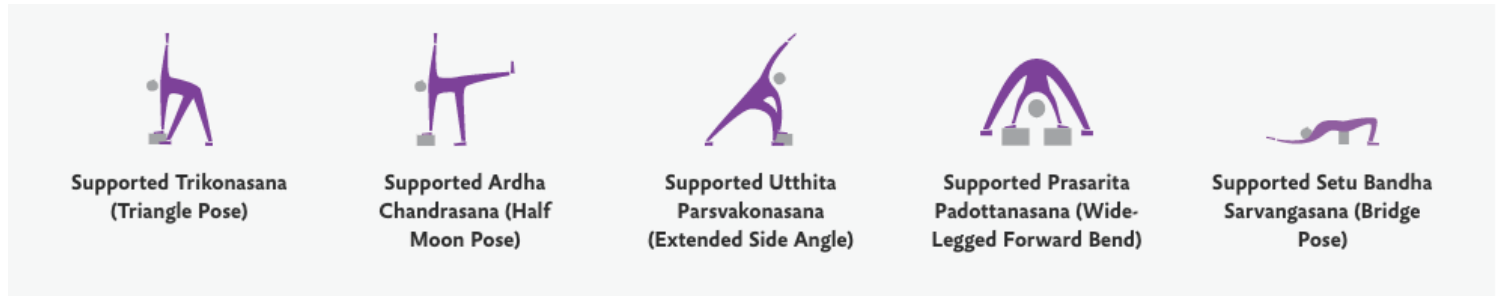





















YOGA PROP GUIDE

 Print Version

Prop your practice and find your alignment with our wide variety of premium yoga props!

BLOCKS



PRODUCT	DIMENSIONS	WEIGHT	PRICE	COLORS	SUMMARY
 <p>4 in. Foam Yoga Block</p>	4" x 9" x 6"	0.8 lb	\$16.95	4 colors 	<p>Our 4 in. Foam Yoga Blocks help you find perfect alignment and feel great to the touch. They are well-loved by the yoga community for their size, durability, and comfort.</p> <p> Best Seller</p>
 <p>4 in. Marbled Foam Yoga Block</p>	4" x 9" x 6"	0.4 lb	\$16.95	4 colors 	<p>The strength & stability you expect from Hugger Mugger, plus a fun marbled pattern.</p> <p> Best Seller</p>
 <p>4 in. Recycled Foam Yoga Block</p>	4" x 9" x 6"	1 lb	\$18.95		<p>If you love a really solid, stable block, here is the one for you! This lightweight prop is a wonderful addition to your practice, and it's made from eco-friendly recycled foam. Please note that these recycled blocks are slightly firmer than our regular foam yoga blocks.</p> <p> Eco-Friendly  Best Seller</p>
 <p>3 in. Foam Yoga Block</p>	3" x 9" x 6"	0.6 lb	\$13.95	2 colors 	<p>Need something smaller? These dense foam blocks provide reliable support when you need just a little lift.</p>
 <p>5 in. Big Foam Yoga Block</p>	5" x 12" x 6"	1.2 lb	\$24.95	2 colors 	<p>Sometimes one yoga block just isn't enough. Our Big Blue steps it up to provide perfect stability and alignment for tall, pregnant, or less flexible yogis.</p> <p> Best Seller</p>
 <p>Cork Yoga Block</p>	3.5" x 9" x 5.5"	1.65 lb	\$21.95		<p>Achieve eco-friendly alignment. This sturdy, sustainable cork block has rounded edges for comfort and a naturally-grippy texture. Great for sweaty hands & hot yoga.</p> <p> Eco-Friendly  Best Seller</p>
 <p>Bamboo Yoga Block</p>	4" x 9" x 6"	2 lb	\$27.95		<p>Get sturdy, stable, and sustainable support from Bamboo blocks, made from the fastest-growing renewable material on Earth.</p> <p> Eco-Friendly</p>

STRAPS



Supported Baddha
Konasana (Bound Angle
Pose)



Supported
Paschimottasana
(Seated Forward Bend)





















Supported Cow Face
Pose (Gomukhasana)



Standing Leg Stretch



Hamstring Stretch

PRODUCT	DIMENSIONS	WEIGHT	PRICE	COLORS	SUMMARY
 <p>Cotton D-Ring 6 ft. Yoga Strap</p>	6' x 1.5" x 1/8"	0.2 lb	\$11.95	6 colors 	<p>This 6-foot yoga strap features a classic metal D-Ring buckle.</p> <p> Best Seller</p>
 <p>Cotton Cinch 6 ft. Yoga Strap</p>	6' x 1.5" x 1/8"	0.2 lb	\$11.95	6 colors 	<p>This 6-foot yoga strap features a lightweight plastic cinch buckle that makes less noise if dropped.</p>
 <p>Cotton D-Ring 8 ft. Yoga Strap</p>	8' x 1.5" x 1/8"	0.4 lb	\$13.95	6 colors 	<p>This 8-foot yoga strap features a lightweight plastic cinch buckle that makes less noise if dropped. Great for taller yogis.</p> <p> Best Seller</p>
 <p>Cotton Cinch 8 ft. Yoga Strap</p>	8' x 1.5" x 1/8"	0.4 lb	\$13.95	6 colors 	<p>This 8-foot yoga strap features a classic metal D-Ring buckle. Great for taller yogis.</p> <p> Best Seller</p>
 <p>Cotton D-Ring 10 ft. Yoga Strap</p>	10' x 1.5" x 1/8"	0.4 lb	\$14.95	6 colors 	<p>This 8-foot yoga strap features a classic metal D-Ring buckle. Great for taller yogis and partner poses.</p>
 <p>Cotton Cinch 10 ft. Yoga Strap</p>	10' x 1.5" x 1/8"	0.4 lb	\$14.95	6 colors 	<p>This 10-foot yoga strap features a lightweight plastic cinch buckle that makes less noise if dropped. Great for taller yogis and partner poses.</p>
 <p>Quick-Release 10 ft. Yoga Strap</p>	10' x 1.5" x 1/8"	0.4 lb	\$16.95	3 colors 	<p>Totally fool-proof! The Quick-Release style is great for anyone who doesn't want to hassle with threading a D-Ring or Cinch buckle.</p> <p> Best Seller</p>

WEDGES






Supported Urdhva
Dhanurasana (Upward-
Facing Bow)



Supported Uttanasana
(Forward Bend)



Supported Adho Mukha
Svanasana (Downward
Facing Dog)

PRODUCT		DIMENSIONS	WEIGHT	PRICE	COLORS	SUMMARY
	Foam Yoga Wedge	6" x 20" x 1.875"	0.4 lb	\$17.95		Very lightweight, great for anyone who carries props to different locations.
	Cork Yoga Wedge	6" x 20" x 1.5"	0.95 lb	\$21.95		Sustainable cork's natural traction adds stability to your practice.  Eco-Friendly