

YOGA BOLSTER GUIDE

Not sure which bolster is right for you? We're here to help! Hugger Mugger has spent decades perfecting the art of creating firm, comfortable, long-lasting bolsters that provide quality support for your Restorative or Yin practices. From start to finish, each and every bolster is hand-made in Salt Lake City, USA. Find out why our bolsters are *the* yoga studio favorite!



Supported Balasana
(Child's Pose)



Supported Sukhasana
(Seated Pose)





















Supported Supta Virasana
(Reclined Hero Pose)



Supported Paschimottasana
(Seated Forward Bend)



Supported Savasana
(Corpse Pose)

| PRODUCT | DIMENSIONS | WEIGHT | PRICE | COLORS | SUMMARY |
|-------------------------------------------------------------------------------------------------------------------------|----------------|--------|-------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Standard Yoga Bolster</p> | 11" x 25" x 6" | 5 lb | \$82.95 - \$99.95 | <p>16 colors</p>  | <p>A great size to start with if you're new to yoga props. This multi-purpose bolster has a rectangular shape with a flat top and bottom for stability. It is a favorite for support in reclining poses, twists, Child's Pose, seated forward bends, and can be used as a cushion in seated poses.</p> <p> Made in USA  Hand Made</p> <p> Best Seller</p> |
|  <p>Round Yoga Bolster</p> | 9" x 27" x 9" | 6 lb | \$86.95 - \$99.95 | <p>15 colors</p>  | <p>This soft, round bolster shape sits perfectly under your knees in Savasana, can be placed on the lap for support in Seated Forward Bends, and can be used for deep backbending practice.</p> <p> Made in USA  Hand Made</p> |
|  <p>Junior Yoga Bolster</p> | 8" x 25" x 5" | 4 lb | \$71.95 - \$88.95 | <p>12 colors</p>  | <p>This narrower, lighter weight bolster is a great option for smaller yogis, lateral bends, and chest-opening poses. Creates a slight lift under the knees in Savasana.</p> <p> Made in USA  Hand Made</p> |
|  <p>Pranayama Yoga Bolster</p> | 4" x 25" x 6" | 2.7 lb | \$52.95 - \$67.95 | <p>15 colors</p>  | <p>Place under the length of your spine and expand your chest and ribcage to attain deeper breathing. Creates a small lift under the knees and/or ankles in Savasana.</p> <p> Made in USA  Hand Made</p> <p> Best Seller</p> |