

HOW TO USE YOGA BLOCKS

yogarove.com

SUPPORT/ALIGNMENT

1 Firelog



2 Garland



3 Hero



4 Pigeon

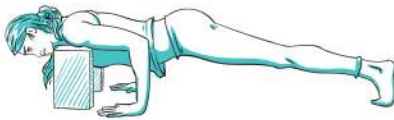


5 Lizard



STRENGTH

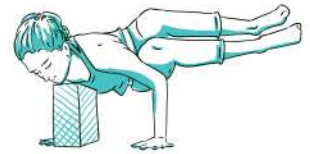
6 Chaturanga



7 Crow



8 Side Crow

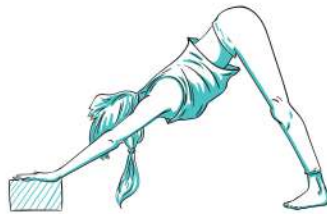


LENGTH/ALIGNMENT

9 Seated Forward Fold



10 Down Dog



11 Standing Fold

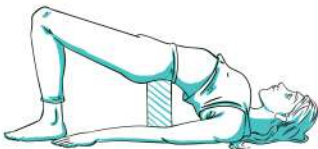


12 Half Moon



RESTORATIVE

13 Bridge



14 Fish



15 Reclined Bound Angle



16 Plow

