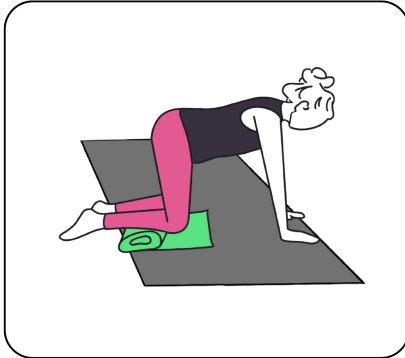


TOOLS FOR KNEES



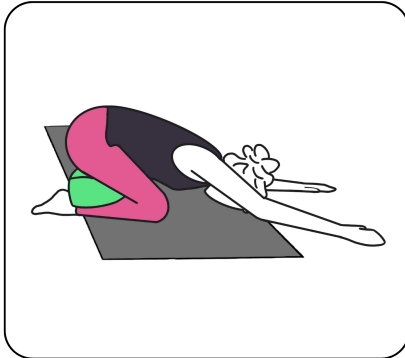
Mat under shin

A simple alternative for those who struggle to go on all fours. The knees are clear of contact with the floor.



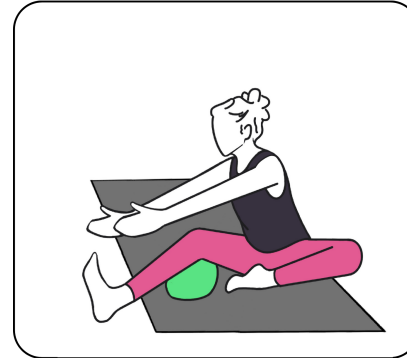
Y/block

By lifting the hips higher you are creating more room for tight hips and taking pressure off the knees.



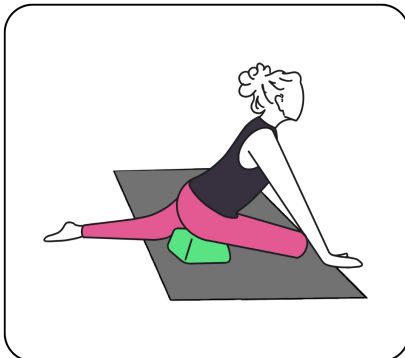
Y/block

This will take some pressure off the knees in child pose.



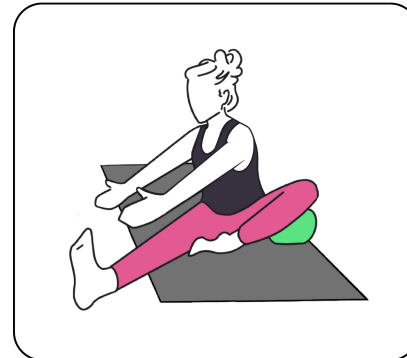
Soft Ball

A nice way to take the pull off a very tight hamstring or pressure off a sore knee.



Y/block

By elevating and supporting the hip, you are taking the pressure off the knee in front.



Soft Ball

By elevating the knee you are taking the weight and angle off the joint. This is also helpful for a sore hip (push it closer to the hip).