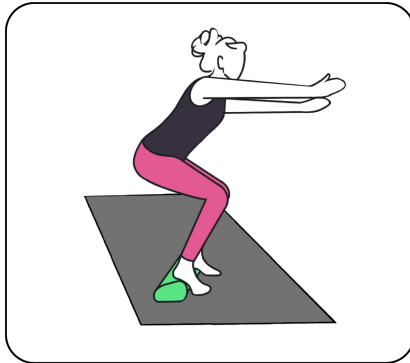
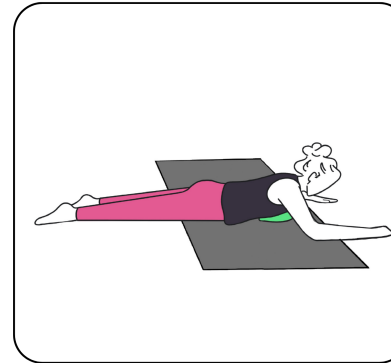


TOOLS FOR RANDOM POSES



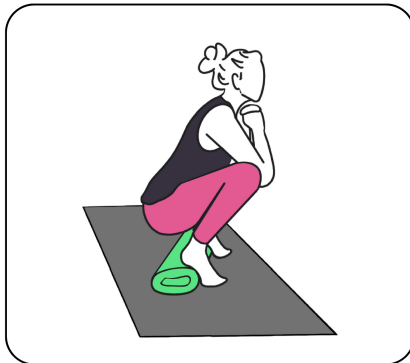
Rolled mat

This can enhance the range of motion and target different muscle groups during squats and reduce strain on the ankles and knees.



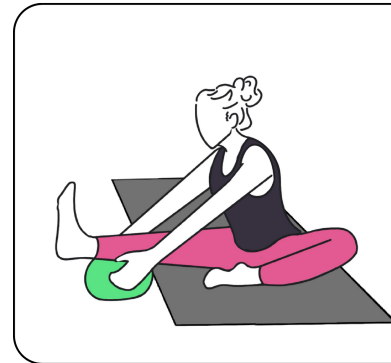
Deflated ball

If you pop the deflated ball under your sternum it can take the pressure off your chest, which is handy if you have tenderness in that area..



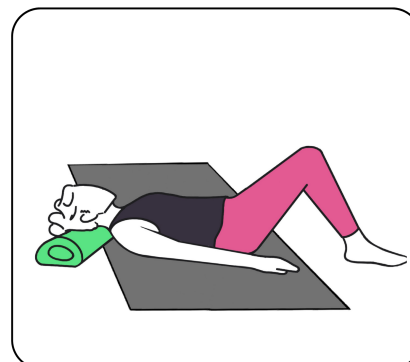
Rolled mat

This can really make the hindu squat accessible to those with tight achilles and calf muscles.



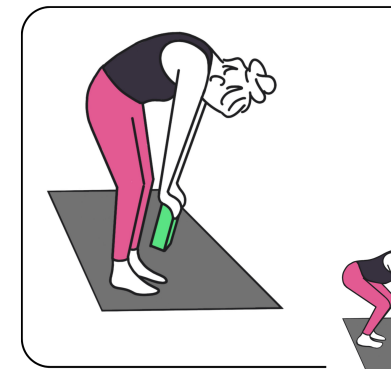
Soft ball

This can make the stretch into the hamstrings deeper.



Rolled mat

The advantage of the rolled mat is that you can take it to the height that suits you for a comfortable neck line.



Block

Handy for those who need the support when doing a roll down with an option to extend the spine rather than flex.