



# YogaDirect®

## Yoga Pose Sequence with Blocks

Combining yoga blocks with different yoga poses is a great way to increase flexibility and improve spinal alignment.

Bring the floor to you yogis for that extra deep stretch without unwanted curvature in the spine.

We Hope you Love this Sequence Just As Much As We Do!

1 Place Block Under Tailbone



2 Place Block Under Thighs or Pelvis



3 Place a Block Outside Each Ankle



4 Place Block Inbetween Thighs



5 Place Block Under Tailbone



8 Place Block Under Hand Closest To Floor



7 Place a Block Under Each Hand



6 Place Block Inbetween Knees to Rest Head

