

(05JUN2019)

yoga mat and block UM

UM SIZE: 210 x 297 mm ; PRINT COLOUR: BLACK

210 mm

Davina



DAVINA AND FITNESS

Thank you for choosing Davina products. We offered you with the best tool and instruction, possible to help you unleash your exercise potential and optimize your training.

Important Note

Consult your physician before starting any exercise program, especially if you have had recent injuries, surgery, physical problems or if you have been inactive for some time. Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage. Keep these instructions for future reference. If you pass this product on to another person, remember to give them these instructions.

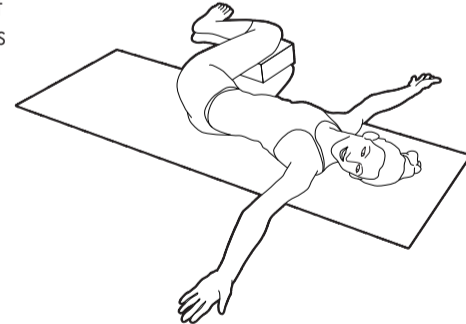
DAVINA'S MESSAGE

"All I want in life is to help everyone be healthier and more active (and hopefully even enjoy it!) however little time they have"

Davina xx

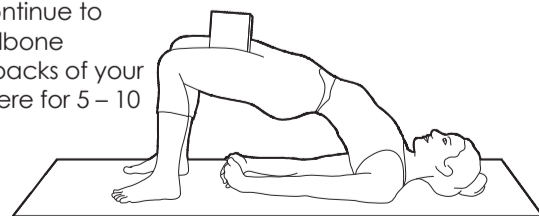
Reclined Twist Variation

Placing your blocks next to you and lie on your back with knees bent, feet flat on the floor. Exhale, draw both knees in towards your chest. Place one block on the narrow width in between the knees –the block should make contact with your inner/lower thighs, as well. Extend your arms out to a T shape, palms up. Shift your hips a few inches to the right and, on an exhale, drop both knees to the left until they rest on the floor. Be sure that both shoulders stay connected to the mat.



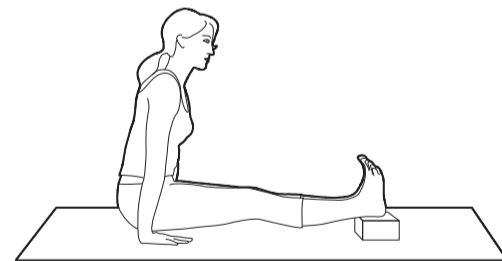
Bridge Pose Variation

Place your block next to you and lie down flat on your back with your knees bent, feet hip distance apart. Place the block – the narrow width – between your inner thighs. Squeeze your inner thighs into the block and lengthen your tailbone towards your heels. Take a few deep breaths here then press your feet and upper arms down into the mat and inhale as you lift your hips up into a gentle bridge pose. Wrap your right shoulder and your left shoulder underneath you and either interlace your hands behind your back or keep your palms pressing flat into the mat. Roll your inner thighs towards the block and continue to draw your tailbone towards the backs of your knees. Stay here for 5 – 10 breaths.



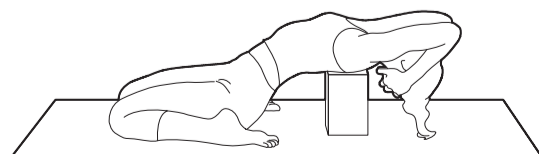
Bridge Pose

Start by lying on your back. Next, bend your knees and place the yoga block in-between your thighs. Relax your arms by the sides of your body and tuck your chin into your chest. Finally, lift your back and bottom off the ground to create a bridge. You are in Bridge Pose. Hold the pose for around 30 seconds before lowering yourself back down to the mat.



Reclined Hero Pose Variation

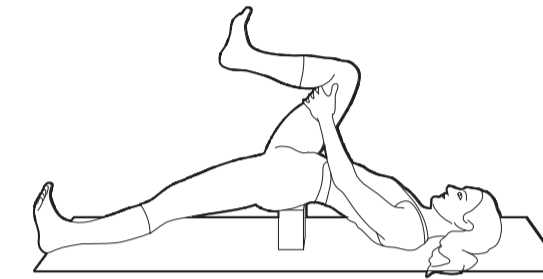
Place your block lengthwise on the highest level about 1 1/2 ft behind you (this distance will vary depending on your height). Bring your hands behind you and carefully lower yourself down onto your elbows. As you come to lie back, the block should make contact with your upper back/spine between your shoulder blades. Once your upper back is supported by the block, interlace your hands behind your head, hug your elbows in towards one another and slowly lie your head back – your head and neck should be off of the block.



210 mm

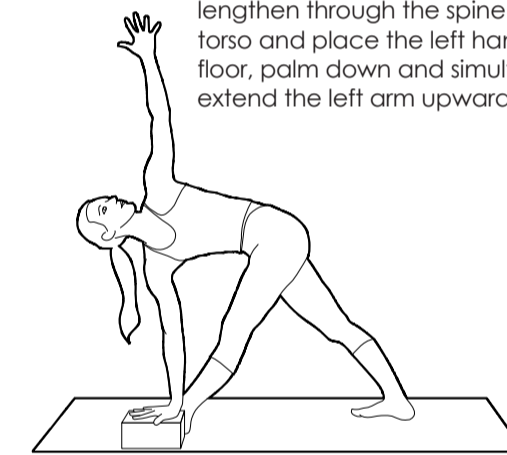
Supported Bridge Variation

Place your block next to you and lie down flat on your back with your knees bent, feet hip distance apart. Take a few deep breaths, then press your feet and upper arms down into the mat and inhale as you lift your hips, then spine, up into a gentle bridge pose. Place the block widthwise directly underneath your sacrum, the triangular-shaped bone at the base of the spine.



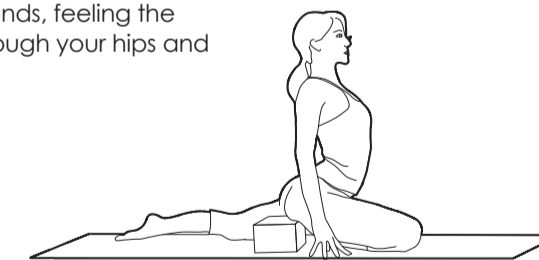
Revolved Triangle Pose

Stand with the feet one and half metres apart, turn the right foot outwards 90 degrees and ensure the left foot is parallel or turned slightly inwards. With the hips square to the front, facing towards the right foot, inhale and raise the arms to shoulder height. Hinge forwards from the hip, folding to floor. Inhale and lengthen through the spine. Rotate the torso and place the left hand on the floor, palm down and simultaneously extend the left arm upwards.



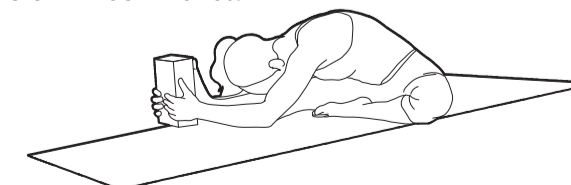
Pigeon Pose

Start by kneeling on your mat. Stretch your left leg out behind you and place the yoga block under your bottom. When you're ready, sit back on the edge of the block. The top of your left foot should now be resting on the mat. Tilt your pelvis forward and lower your upper body towards the floor. As you come forward, rest on your forearms and lower your head toward the ground. You are in Pigeon Pose. Hold the asana for 30 seconds, feeling the stretch through your hips and thighs.



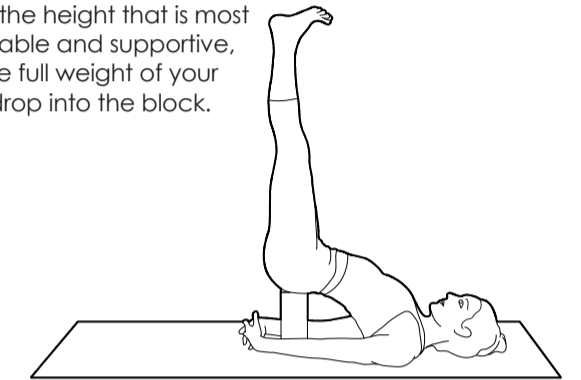
Head-to-Knee Forward Bend

Work on a seated forward bend until you can fold over your thighs and touch your toes. Then, increase the stretch with head-to-knee – one leg bent, one leg extended straight out on the floor, foot flexed, hands reaching to wrap around your flexed instep. Use a brick for a little more stretch and a good grip. Place the brick vertically against your flexed instep and hold it there with both hands.



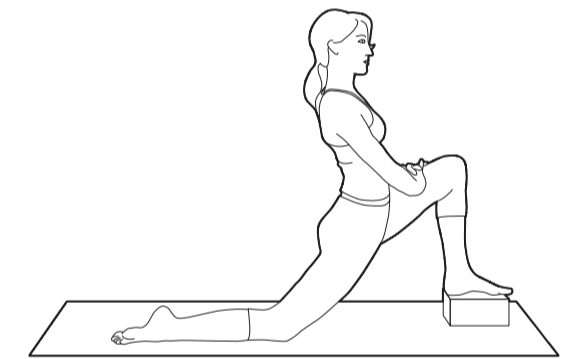
Viparita Karani Variation

Place your block next to you and lie down flat on your back with your knees bent, feet hip distance apart. Start on the lowest block height and, if that feels comfortable, either stay here or consider raising the block up another level. Once you choose the height that is most comfortable and supportive, allow the full weight of your hips to drop into the block.



Crescent Lunge Variation

Place one block lengthwise on the lowest level just inside your right hand. Bring your right knee forward and step your right foot up onto the block. Make sure your heel and the ball of your foot are well supported. Your left knee should be behind your hips. Place your hands on your right thigh and allow your hips to come slightly forward in space. Tone your lower belly in and up and reach your tailbone down towards the floor. Stay here for 5-10 breaths.



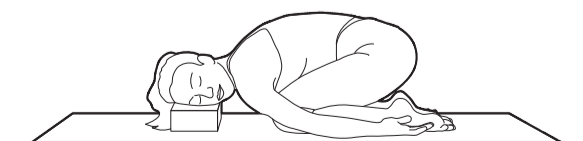
Forward Fold

Using a yoga block in forward folds is another way beginners can find better alignment when the flexibility isn't there yet. Sit on the edge of the block and remove the flesh underneath your butt for a better foundation. Notice that the pelvis tilts forward a bit. Keep this tilt as you exhale and come forward. Hands can be on the shins or the feet.



Child's Pose

Get onto hands and knees on your yoga mat, with the brick flat on the mat just under your chest. Keeping your hands on the mat, sit back on your ankles, extending your arms and lowering your cheek to rest on the brick. Inhale and exhale slowly several times on each cheek for an even stretch that relaxes your spine. The brick takes some strain off your shoulders and back if placing your forehead or cheek directly on the mat is uncomfortable.



297 mm

297 mm

front side

back side