

#FitFlexyFolk

5 WAYS TO ADD BLOCKS TO YOUR PRACTICE

Check out the video on @Freckled_Yogi Instagram



#1 ARM EXTENDERS

Most of us remember that first time we went to a yoga class and the teacher said: "rest your hands on the floor." When you looked down your hands were about 20 miles from the floor...

That is where blocks come in!

Think of the blocks as an extension of your arms rather than an additional prop. They help bring the ground a little closer to help you achieve the full benefits of the posture even before you're in the "full expression" of the pose.



2 PLACE HOLDERS

This one comes in handy especially when you're working on Inversions at the wall. You might think you know exactly how long your legs are but once you start moving upsidedown it becomes pretty obvious that without a placeholder you could be totally off.



Step 1: sit with your bum flat against the wall, extend your legs out in front of you.

Step 2: Place the block at the end of your feet

Step 3: Leave the block in place. Now you have your leg length measured.

Step 4: Place your hands on either side of the block and walk your legs up the wall.

Step 5: Now you can work on YOUR perfect box shape to improve your handstands/inversions.

#3 BALANCE CHALLENGERS

Often times when we practice standing postures the thing that causes us to fall out of the pose is the lack of focus. By standing on top of a block you force your entire body to focus and remain strong. Keeping you balanced moving into and out of the pose, rather than just allowing yourself to fall once the posture is complete.



#4 CORE WEIGHTS

An important part of keeping your body strong and ready for whatever you throw its way is to keep it guessing and to keep challenging the ways you workout. This is especially true of exercises we do to strengthen the core. The more you do the same exercises, the more accustomed your body will become to that exercise. By adding a block to your current routine you not only add the additional weight of the prop but you also add the additional muscle work needed to keep the block stabilized.

Boat Pose Russian Twists



Leg raises



#5 SUPPORT SYSTEM

One of my personal favorites to relax my body at the end of a practice. You can place the block under your body in a couple of different places. You allow the block to hold your weight as gravity does it's work melting the rest of your body into the ground.

Place the block between the shoulder blades going "up & down"
Keep the palms up so the shoulders remain externally rotated
and let the rest of the body sink into the mat



Place the block between the hips going "side to side"
Extend the legs out in a straight line or come into a reclined butterfly like I am demonstrating here and let the rest of the body sink into the mat

