







**The YogaSphere™ system is uniquely designed to address all aspects of yoga practice. These are a few of the many uses of the YogaSphere™ system.**

Use	Pose Example	Alignment	Depth	Mobility
Use for poses requiring static hand binds like Gomukhasana Arms		YogaSphere™ creates superior alignment beginning with proper hand grip which then translates proper alignment of forearms, and turning through wrists and arms.	Once in the pose, making a simple twist in the YogaSphere™ provides additional depth	
Assist in poses requiring behind the head binds such as:  King Dancer King Pigeon Bow		With the YogaSphere™ the hands, arms, and shoulders maintain alignment. The circular shape of the YogaSphere™ accommodates wide shoulders - hands do not have to be together on a single linear plane.	Without tugging/pulling, the hands and feet are able to lift with the YogaSphere™ increasing the backbend	With YogaSphere™, the hands, arms and shoulders rotate up and around and they would in unassisted postures.
Reduce “side slump: and create lift. Engage the side body in asanas like Triangle		By creating a bridge between the toe of the front leg and hand, the YogaSphere™ can be used to create slight resistance that provides lift in the side body reducing the propensity to slump.	Using the YogaSphere™ to create lift engages the side body which resonate into engagement of the legs	
Use a tool to maintain alignment, and stability while increasing strength:  Handstand Plank Chatarunga Forearm Balance		Use YogaSphere™ to teach proper alignment. For most students, the large YogaSphere™ can be placed around triceps creating slight pressure the keep the arms aligned. Ensures hands are placed in line with shoulders.		YogaSphere™ continues to provide support as students kick into handstand or lower through plank and chatarunga
Perfect for general binds. Just select the right size to “bridge your gap” in poses like:  Seated Twist Revolved Side Angle Revolved Triangle		YogaSphere™ mimics that natural circles created in binds thereby the pose is aligned as intended. Hands are aligned as if in natural bind	Once in the pose, making a simple twist in the YogaSphere™ provides additional depth	
The only tool for small binds. Reach your toe in:  Seated bound lotus Standing bound lotus		Foot is able to maintain proper position. YogaSphere™ acts as an extension of the hand, fingers reach for YogaSphere™ creating bind	Hand extends via YogaSphere™ creating necessary reach. Students can gently pull into greater depth of pose.	