

## SHORT CLASS with equipment ideas – practice class #7

I am showing some representative poses with ideas for alternative equipment use if you don't have enough blocks, bolsters, bricks etc.

You can mix and match – I might show folded blankets in one instance but pillows in another – see what works for you.

No blocks?

Sukhasana on folded blankets

Firm woollen blankets shown here, with one cotton yoga blanket in the middle.



Adho mukha virasana – with head on a book!

Sturdy books can make good replacements for bricks/blocks in some cases.



Adho mukha svanasana – heels against wall/door



Don't have free wall space? Or perhaps not within range of your webcam if doing online class?

Use non-slip blocks on the mat for your heels if you can't extend to the floor.



### Ardha Uttanasana to wall

Remember if you're doing an online class, the angle you are to the camera is useful for the teacher.



To the back of a chair – here with wrists supported. This is obviously lower for me than the wall.



Or the table where your tablet/laptop is? Obviously if you're doing a live online class here the teacher can't see what you're doing but if you've no other options.....



No ropes? Do this shoulder opener holding the sides of a door frame.





Parsvakonasana – back heel to wall/door



No wall in suitable place? Fold your mat over a brick (or book) and pin it in place with your back foot.

Note two different upper body variations shown for this pose here.



Trikonasana facing wall

Sometimes facing the wall helps with alignment, and can be more quietening for the mind

Of course back to wall also useful (see reverse trikonasana below)



Parsvottanasana – hands to height

Can't reach the floor? Chair, bricks...or random pouffe thing I found we never use!



Partivrtta trikonasana

Back to wall, and hand to height if you find this one tricky. Could be combined with back heel to wall (or brick-in-mat) as well.



Dwi pada viparita dandasana over crossed-bolsters?

Well, not bolsters. Two foam blocks underneath. Two pillows and a blanket folded twice (see later pic) across the foams.

Similar could be used as bolster replacement for other poses.



Chatushpadasana – if you're lucky enough to have 4 blocks



Or use a vertical brick



Or a combination to suit your height – here one brick, 2 blocks.

Just make sure it's stable, and that you're supporting the sacrum, not digging into your lower back.



Supported shoulderstand (sarvangasana) from my sofa!

Folded blanket for shoulders to land on.

Depending on your sofa height, you might need to add more under shoulders or more under hips.

I'm bracing my arms under sofa to help rotate shoulders.

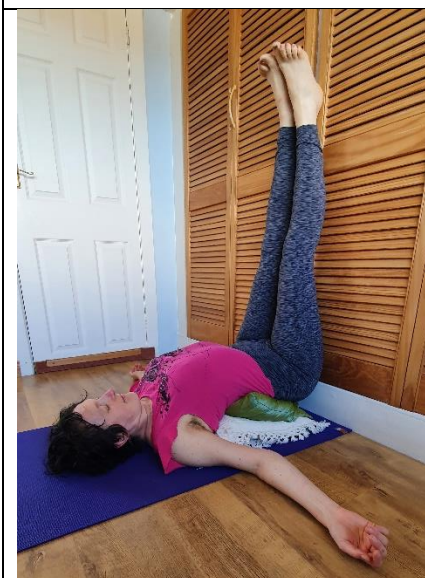




Carefully sliding out.....



And rest 😊



Viparita karini

Here I'm using 3 cushions – note there is a space between the cushions and the wall so my hips can drop down a little.



Two three-fold blankets on top of each other to create even height.

Turn to run along the length of mat for supported savasana.

Could be used instead of bolster in some poses, adding extra blankets as needed.



Support savasana with small pillow for head, for example for supine pranayama



Supta padangusthasana 2

At end of session can be lovely to release back.

Small pillow for head if you tend to tilt head back.

Dressing-gown belt used as strap.

Cushion under outer thigh.



Use your folded blankets (or bolster or whatever else you have) to weight the thighs – very calming for savasana.