



Strengthen and tone your arms and back muscles by squeezing the ball between your palms in Utkatasana (chair pose). Make the legs work harder by sitting down low, or even raising your heels off the floor.



Hold the ball between your knees in Setu Bandhasana (bridge pose) to bring an extra level of engagement to your inner thighs, glutes and abdominals.



Hold the ball between your ankles or legs during supine core poses to challenge your abdominal muscles and tone your legs.



Place the ball under your head to induce relaxation and massage sore neck muscles.

Emma is wearing a prAna top and leggings.

These exercises are suggestions only. Please use your ball mindfully. Yogamatters accepts no liability for accident or injury during use.