



HOW TO BUILD A ROOT BOARD

by Brian McCarthy

I am happy to share a DIY version of The Root Board.

Happy Yogis make the world a better place. We know this will advance your practice!

Step 1

HERE'S WHAT YOU'LL NEED

I recommend checking as to whether these items are in inventory at your nearest home center.

To make that easier, I've provided product links from Home Depot.



A Finish Surface

Home Decorators
Collection Horizontal
Bamboo Flooring

VIEW



Plywood

PureBond
Birch Plywood

VIEW



Sanding Block

3M Fine Block
Sanding Sponge

VIEW



Silicone Sealant

DAP Alex Fast Dry
White Acrylic Latex
Caulk Plus Silicone

VIEW

and

Weights of some kind- to weigh down the boards as the silicone sealant hardens
and a **Small Hammer**.

Step 2

PURCHASE ITEMS AT YOUR NEAREST HOME CENTER

Here are the details for each item.

Bamboo Planks are located in the Flooring Department. We like the Home Decorators Collection Horizontal Toast in the 5/8" depth because it is substantial and it looks and feels just like a yoga studio floor. Available in boxes of 24.12 sq. ft. Buy 1 box.
Estimated Cost/Box: \$47

Find the 4' x 8' sheet of 1/4" **Birch Plywood** and ask an employee to cut the wood to the dimensions of the finished platform. They'll cut the plywood to size for free. **Dimensions: 30" x 77 3/16"**
Estimated Cost: \$34

Next, find the **Sealant**. We went with DAP Alex Fast Dry 5.5 oz. White Acrylic Latex Caulk Plus Silicone because it comes in a tube with an applicator so you don't need a caulking gun. Buy 2 tubes.
Estimated Cost: \$5

Lastly, you'll get the **Sanding Block**. We bought the 3M Pro Grade Precision 2-1/2 in. x 4-1/2 in. x 1 in. 120 Grit Fine Block Sanding Sponge. It's a sponge block so it fits in your hand easily and works great for the mild sanding you'll need to do.
Estimated Cost: \$4

Step 3

SANDING

Lightly sand the edges of the Plywood so they won't snag your hands when you're moving the board around.

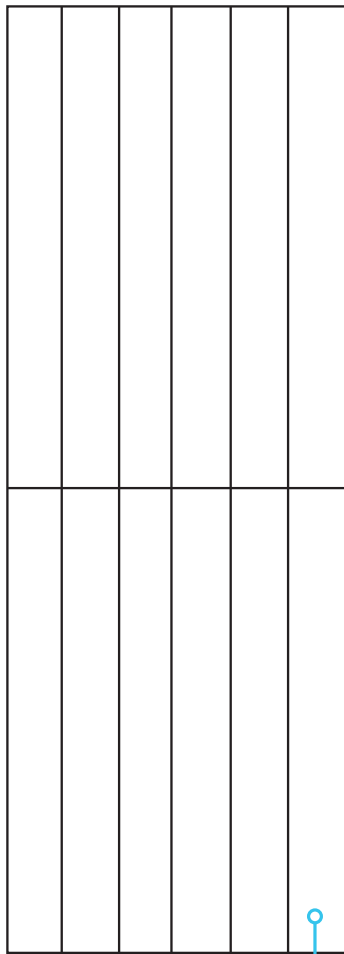
Step 4

ASSEMBLE/GLUE

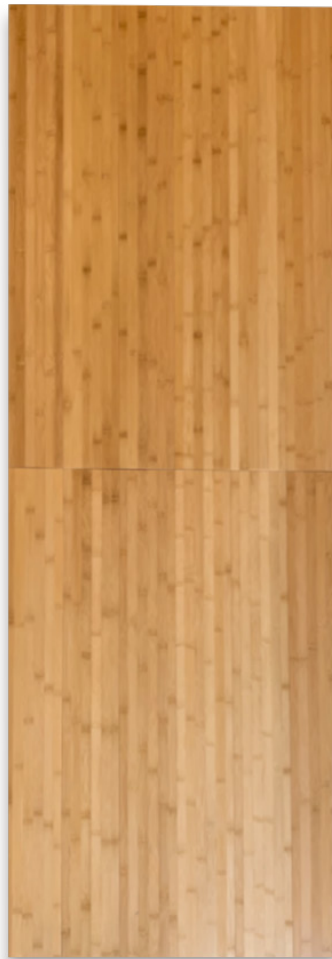
Find a large space to lay out your plywood. The surface should be uniformly flat, so avoid uneven surfaces such as brick or grass. Put paper or plastic under the edges just in case the glue escapes around the outer edge of the board.

Before you begin, lay out all the pieces of bamboo- six across and then another six above the first six. Fine tune the placement of the planks to insure that adjacent pieces have a consistent pattern and color.

LAYOUT SCHEMATIC

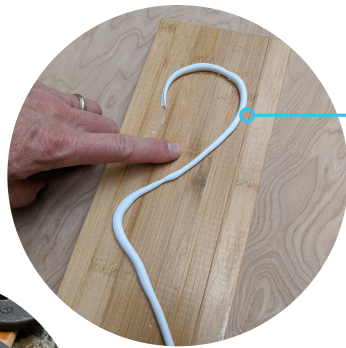


START
HERE





Next, set planks aside and begin assembly by placing the bottom right board. Make sure that the first plank is perfectly positioned. All other planks will use this as a guide.



Squeeze out a bead of silicone about a 1/8" thick. Curve it around so that the whole board will be secured to the plywood.



Placed 10 lb weights on the plank to hold it in place and **wait an hour** before proceeding.

Glue the other five bottom planks, moving right to left and making sure the pieces are snug (you may want to lightly tap them together with a hammer or mallet).

Once the bottom six are set, start with the far right plank on the top row. Repeat till done.

LET THE BOARD CURE OVERNIGHT & ENJOY!!

Share!

We'd love to see your Root Board and Yoga Space.

#TheRootBoard

