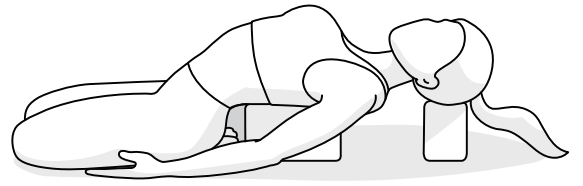
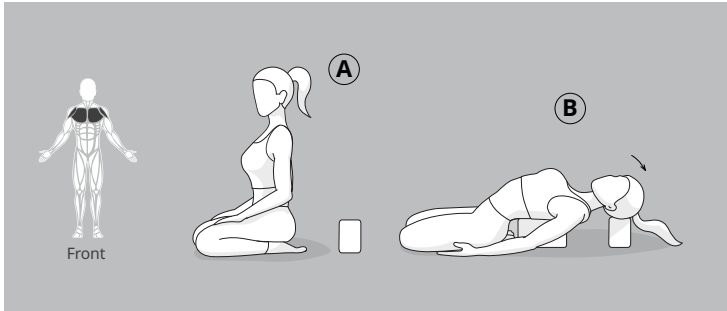


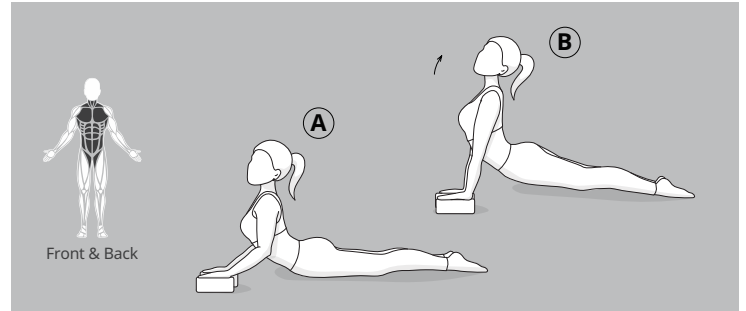
# Beginner's Guide to Yoga Blocks

Front

**A** **B**

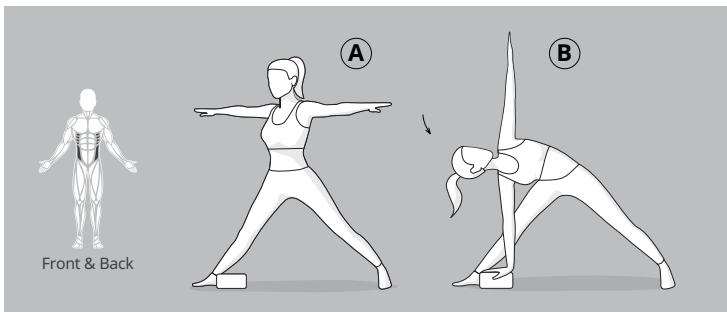
Supine Hero



Front & Back

**A** **B**

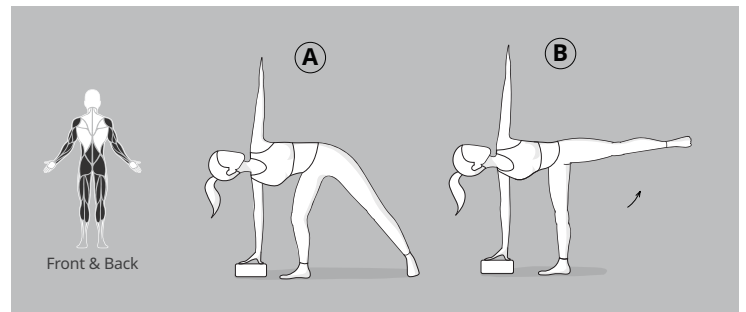
Upward-Facing Dog



Front & Back

**A** **B**

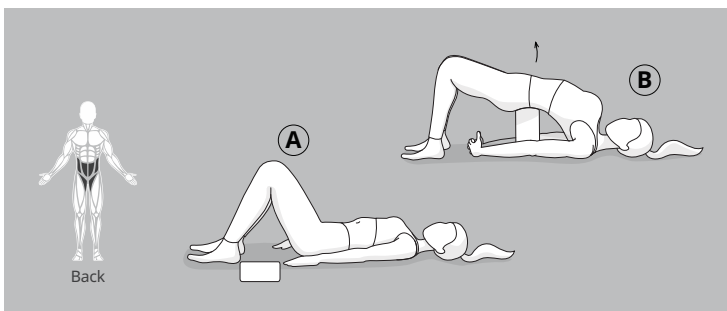
Triangle



Front & Back

**A** **B**

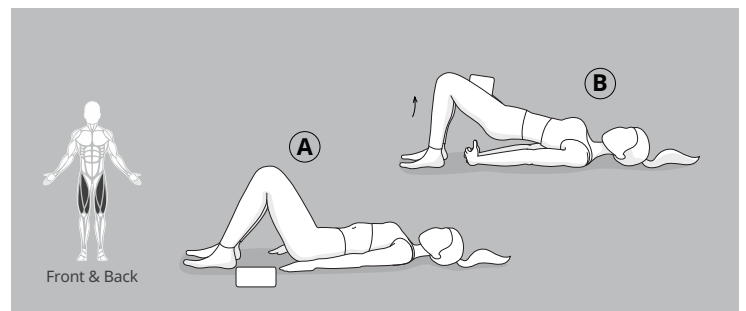
Half Moon



Back

**A** **B**

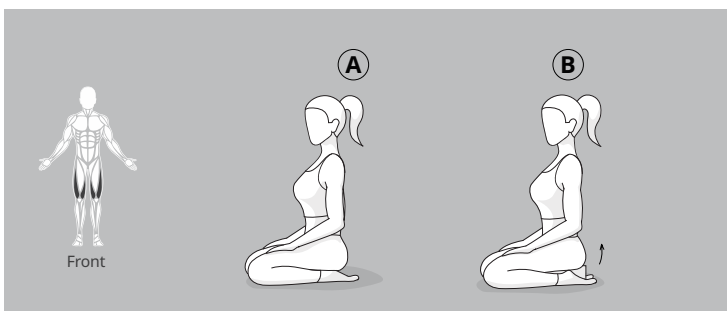
Bridge



Front & Back

**A** **B**

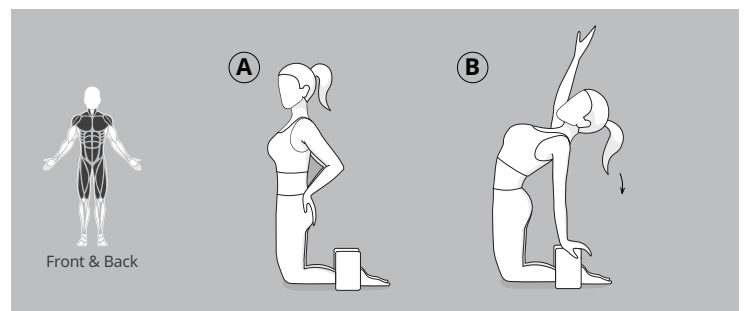
Bridge



Front

**A** **B**

Thunderbolt



Front & Back

**A** **B**

Camel