

compare
bolsters

The ideal support for your practice. We make our bolsters in Vancouver, Canada where we fill them with natural materials and cover them in beautiful, washable fabrics.



rectangular

24"
24" x 10" x 5"

Promotes gentle chest opening

Great for support in back-bends

Use for extra height in legs up the wall or forward folds



cilindrical

24"
24" x 8"

8" high to facilitate deep chest opening or back bending

Contoured shape fits perfectly under knees

Use for support in forward folds



prana

26"
26" x 7" x 3"

Narrow width and gentle lift allows chest to relax and open, soften and relax

26" length supports entire spine from low back to head



restorative

28"
28" x 10" x 5"

28" version of the rectangular bolster

Supports entire upper body in restorative poses

Ideal for those 5'9" and taller



mini cylindrical

16"
16" x 5.5"

Filled with buckwheat hulls to form to the unique curves of the body

Use it for support under the neck, knee, hips, lumbar, and upper back



mini prana

15"
15" x 6" x 3"

Place it under your back or hips for extra support

Perfect for on the go

Great for kids yoga