

yoga for kids

BALANCE CUSION JR. EXERCISE & INFLATION GUIDE

CORRECT POSTURE



INCORRECT POSTURE



Place inflated cushion onto chair. Sit upright with sit bones directly on top-center of cushion. Thighs and shins should be at a 90-degree angle to floor. (If hips are raised higher than knees, deflate cushion until you achieve a 90-degree angle. If hips are lower than knees, inflate cushion until you achieve a 90-degree angle.) Adjusting your chair height can also achieve the 90-degree angle. In proper seated position, the torso should be completely balanced, the spine should feel long and upright and you should feel the natural curve in the lower back.

Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.

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ACTUAL PRODUCT MAY DIFFER SLIGHTLY THAN THE ONE SHOWN.



STEP 1
Remove from box and check for shipping damage. (Note: it is normal for cushion to have slight creases or fold marks at first.) Do not use cushion if deep scratches or gouges exist. Using an inflation needle, inflate to the desired firmness. Do not over-inflate. (Inflation needle included.) Do not use air compressor, use hand pump.



STEP 2
Your pre-inflated balance cushion is ready to use. If more firmness is desired, allow product to reach room temperature before inflating.