

## How to find the Right Yoga Bolsters

Yoga has been part of our lives when it comes to tension and stress relief. Through yoga we gain a deeper knowledge and understanding of oneself. It also serves as a great tool to stay healthy and prevent certain diseases.

Yoga through the years of repeatedly usage has become a popular alternative medicine. Today it is now used to cure chronic diseases and ailments in the different body systems. It includes the nervous, circulatory, endocrine, respiratory, digestive, reproductive and the musculoskeletal system.

Yoga can be practiced by anyone, including the elderly and those that have or suffers from certain injuries. The use of specific yoga equipments can help people who are not perfectly capable of doing yoga. The use of yoga Equipment can help you achieve the maximum physical and mental results of your practice.

One of the best examples of yoga equipments is the Yoga bolsters.

Yoga bolsters are being used in various styles of yoga like the Bikram, Ananda and Kripalu yoga. These are yoga form that needs much of your yoga bolsters for they instill more use of extensive yoga poses.

Yoga bolsters provide support for the back, abdomen and legs. Yoga bolsters also aids in the proper alignment of the body and the stack of spinal vertebrae.

It is also an effective way to cushion and relieve tension in your lower body and upper body, the neck and the abdomen when doing your poses.

It aids yoga master in doing supine and passive yoga positions. Putting your yoga bolsters on top of your mat provides added cushioning and support to your lower body and makes your yoga session more comfortable.

Yoga bolsters are light and can be easily carried and stored at the corner of

your room. It can easily fit in to your drawer or a closet without taking much space.

Yoga bolsters also comes in a variety of size, shapes, colors and materials which is designed to fit your need and preference.

Different sellers offer cylindrical, rectangular, Zafu, and a lot of other types of Yoga Bolsters.

Sometime people buying yoga bolsters are quite confused on whether to buy cylindrical or rectangular yoga bolsters.

So here are some brief discussions on the difference between this two. But if you are into yoga class and like the yoga bolsters that you are using then you can buy the type you use.

Cylindrical bolsters are a larger and much more firm that the rectangular yoga bolsters.

Cylindrical yoga bolsters are heavier than the rectangular ones, owing the fact that they have different respective filling materials with different weights.

You can do most things equally well with either kind of Bolster, but the different shapes do have marginal advantages for certain poses.

Yoga Bolsters are used for comfort in different positions, and come in a variety of shapes and sizes to provide that extra level of comfort and support. Placed under knees, ankles, or neck, these Bolsters help to relieve muscle strain during difficult poses.

The round bolsters and Rectangle Bolster props, supports and encourages your body to stretch, relax and open the areas that need it most.

What ever kind of bolsters that you need, I am sure that you will be able to find one

that will suit your needs.

If ever nothing would fit you in yoga store, make one of your own or find somebody who can make them, giving you a much more flexibility and customization in getting the yoga bolsters that you like.