

Multi Function Prop



Leaders in innovative yoga prop development & design.

This product is exclusive to iYogaprops.



The Multi Function Prop (MFP)

Can be used for a number of yoga poses and can have various of utility functions around the home.

Designed by Peter Harley of iYogaprops, MFP was the result of several years development work on a form of support for Salamba Sarvangasana (shoulder stand) as on page 4-5 which provided support for the pose without the use of a strap. Many find the strap often used in Sarvangasana uncomfortable due to the tourniquet effect on the arms.

The second purpose of the prop was to create an adjustable height support for Ardha Halasana (half plough pose) as on page 6-7.

In trialling the product, it became evident that that an adjustable height bench is a very useful prop in a yoga room and can be used for many poses, some of which are shown here. Let us know if you come up with any more by emailing info@iyogaprops.com.au



The Parts

There are 5 parts to the MFP- 2 paddles (arm restraints), 2 legs, one deck.

Storage & transport

The 2 paddles are stored inside one end of the deck. The deck can then be picked up by that end and carried by your side with fingers through the uppermost slot.

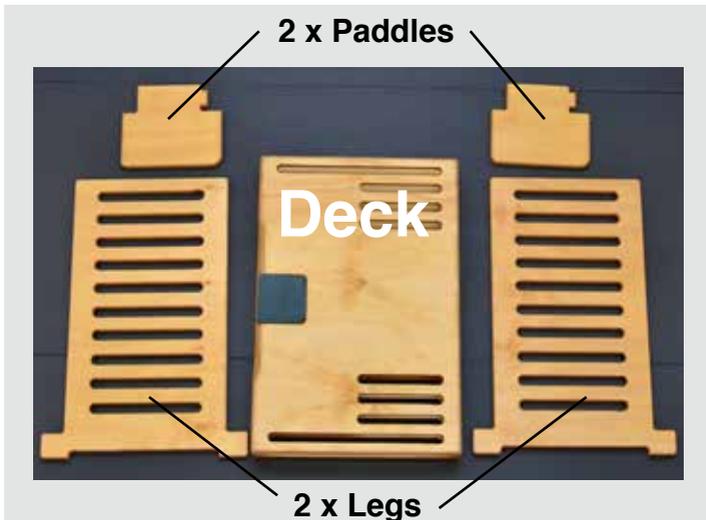
The 2 legs can be carried in your other hand with fingers through the top slot.

Care

The MFP has been finished with a furniture oil. Any wood conditioning product (such as linseed oil) can be used in future if you wish to recoat MFP.

General instructions

We at iYogaprops recommend that where possible an Iyengar yoga teacher be sought out for instruction in the safe practice of asanas. If you have any injuries especially to the spine or neck, hypertension, glaucoma or detached retina you should seek medical advice and/or the advice of a qualified Iyengar teacher before performing Sarvangasana or Halasana.



Salamba Sarvangasana

Shoulder Stand

Sarvangasana is a safe pose for most provided it is practiced with care. In Sarvangasana, the body weight is borne by the shoulders and the head is bent forward with chin toward the sternum. This head position is called Jalandara Bandha. We recommend that the shoulders be elevated relative to the head on a platform such as the deck of the MFP.

To prepare MFP

1. Lay the deck down, foam pad side up. It is preferable that the surface on which the back of the head rests is relatively slippery like a piece of clothing or a blanket, not a grippy yoga mat.



2. The Paddles are inserted in the deck as shown at a width appropriate to your shoulder width. Ideally elbows and upper arms are held shoulder width apart. Paddles do not have to be set symmetrically. The width can be increased slightly for those with very tight shoulders.

To perform the Asana

3. Lay on your back on the deck with arms by your side pressed between the paddles. The shoulders should be on the deck, set about 5cm from the edge with back of the head resting on the floor. The head and shoulders should be at the foam pad side of the deck.

4. Press your finger tips into the floor draw your knees toward your chest in a rolling action and lift the hips up vertically over the shoulders into Sarvangasana position placing your hands on your back ribs to support your body in the vertical position. You may also take the feet all the

way over your head to the floor on the other side for Halasana. If you do not have sufficient flexibility to do Halasana with feet on the floor, rest your feet on a chair or some other platform.

Note: If you have difficulty lifting up into Sarvangasana, place some height under your hips when laying on your back in step 2 above to make the lift easier. A bolster is good.

5. Stay in the pose for a short time initially but over time your stay can be built up to 10 minutes or more.

6. To exit the pose, press your hands into the floor and lower your back to the floor.



Ardha Halasana

Half plough pose

Ardha Halasana is regarded as a resting or restorative pose in which the body is completely supported and is therefore able to relax completely as in Savasana (Corpse pose).

To prepare MFP & shoulder support

1. Ardha Halasana is a development of Sarvangasana where the body weight is on the shoulders, the head is bent forward, chin toward the sternum and the shoulders are supported at a height greater than the back of the head. Because the deck is being used to support the legs in this variation, another form of support must be taken for the shoulders. A firm stack of blankets or firm cushions such as iYogaprops iYoga cushion can be used. We recommend a firm height of 6-8cm.

2. The deck needs to be adjusted upon the MFP legs to a height which suits you and will enable your legs to rest horizontally on the deck with back

lifted. When the correct height is taken the spine will feel elongated, your legs will be horizontal and roughly half your body weight will be on the thighs and half on the shoulders.

Note: the paddles are used as a key to lock the deck in place at the desired height on the MFP legs.

3. Place the shoulder support beside (not under) MFP with the long firm edge of the shoulder support in line with the feet of MFP.



Ardha Halasana **continued** **Half plough pose**

To perform the Asana

- 4.** Stand on the side of MFP most distant from the shoulder support.
- 5.** Bend forward over MFP taking your hands to the floor on or beside the shoulder support.
- 6.** Slide over the deck. Tuck your head under MFP and bring your shoulders to rest on the shoulder support. Thighs will be resting flat on the deck and hips will be at the edge of the deck, abdomen, touching or close to the edge of the deck. This is Ardha Halasana.
- 7.** Stay for 5-10 minutes
- 8.** To exit the pose, press your hands into the floor, slide your legs off the deck and lower your back to the floor.

Additional poses which can be taken include sitting asanas, Setu bandha, Urdhva Danurasana. See photos.



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The Multi Function Prop is designed and manufactured in Australia. Designed by iYogaprops

Please let us know if you come up with any alternate usages for the MFP by emailing info@iyogaprops.com.au

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