



Yoga Wheels Maker Kit

Guide

Yoga Wheels are tools that are used when practicing yoga to improve balance, provide a relaxing flow, and even to target specific pain points in your body. Yoga wheels also help to build strength and assist in getting deeper into certain postures. Use the yoga wheel to elongate and strengthen your core muscle groups and improve flexibility overall.

Starting Out

You can start using the yoga wheels right away – they do not require any special setup to use. The Yoga Wheel book included will provide you with some simple poses to get you started. Use the knee pads for added support in certain poses as well.

These videos are also a great tool to get you familiar with using your yoga wheels!

How to Use the Chirp Wheels: <https://tinyurl.com/mse94u2u>

10 Minute Yoga Wheel Flow: <https://tinyurl.com/yc2h4j29>

Chirp Wheel stretches: <https://tinyurl.com/29x2tmv8>

Troubleshooting

If you experience problems, please contact the Reference Desk at cvref@wclibrary.info.

Feedback

We would love to hear how your experience was! Please consider sharing photos or videos of your experience with us on social media:

Facebook

<https://tinyurl.com/mr3j82m3>



Instagram

<https://tinyurl.com/f8rjs8c5>

