



PLEASE NOTE: The outer sheath and core piece may have an extremely tight fit right out of the box. You may not be able to separate them at first—this is normal. We recommend rolling on the F&R for at least 2 minutes before attempting to remove the outer sheath. With continued use as a foam roller, the insertion and removal of the core piece will become easier as the F&R is broken in naturally.



## FLOAT

Remove the outer foam sheath of the F&R by pushing the core piece through either end of the outer sheath. Attach the inner core piece to your mat using the lateral clips to anchor the F&R as shown below.



While in down-dog, start with the F&R close to your feet as you begin building the core strength and technique needed to clear the roller. The closer you move the F&R to your hands, the more challenging your vinyasa becomes. Always try to clear the F&R without touching it. Remember to step and land soft during your transitions.



## SUPPORT

Seated postures can allow time to slow the body and draw awareness to the breath. It can be hard to focus on the inhales and exhales if you're experiencing discomfort in a certain asana. The F&R core piece provides cushioning and height to support the body in static, grounded postures. Try placing the F&R under the hips, hands, heels, or head as needed. Go to [www.yogafloatroll.com](http://www.yogafloatroll.com) for more examples of how to use your F&R as a supportive prop.



## ROLL

Before or after your practice, slide the foam sheath over the core piece to transform your F&R into a foam roller. Move your body over the cylindrical surface to promote muscular release and relaxation. Popular areas to self-massage with the F&R are the calves, quadriceps, hamstrings, mid back, upper back and shoulders.



Foam Roller Weight: 9.5 Ounces

### Dimensions

- Outer sheath: 24" long x 4" OD
- Inner core piece: 24" long X 2.5" OD
- Clips: 2" tall x 3.25" deep

### Compliance

- Width: Fits mats ranging 24-26" wide (most mats are 24" wide)
- Density: Fits mats ranging 1mm-9mm thick

### Cleaning

- Use soap and water, tea tree oil, and / or a disinfectant solution with a rag, small towel or sponge to wipe down the YFR after usage. Allow ample time to dry.