# YOGA FLOAT & ROLL ™

## YFR MINI

Build better alignment, create a more mindful practice, and promote your body's recovery with one simple and versatile prop.

Made to fit every mat and every practitioner, the Yoga Float & Roll is portable, lightweight, and easily integrated.

## FLOAT

The YFR is the ultimate vinyasa trainer. Whether stepping forward and back through your vinyasa, or floating forward and jumping to the back of your mat, the YFR provides a virtually infinite number of difficulty settings to accommodate yogis of all levels. Start with the YFR close to your feet as you begin building the strength needed to clear the roller. The closer you move the YFR to your hands, the more challenging your vinyasa becomes. Land soft.
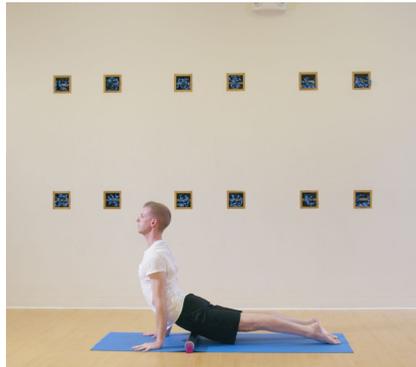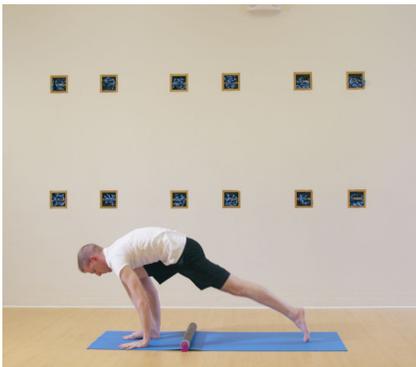
## SUPPORT

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 YFR provides cushioning and height to support the body in static, grounded postures. Try placing the YFR under the hips, hands, heels, or head as needed.

# ROLL

Before or after your flow, use the YFR Mini as you might a foam roller, moving your body over the cylindrical surface to promote muscular release and relaxation. Popular areas to self-massage with the YFR are the calves, quadriceps, hamstrings, mid back, upper back and shoulders.



# CONNECT & CARRY

Adjustable end clips allow you to connect the YFR with ease, whether your mat is thick or thin, or even extra wide. If you practice with a skidless mat towel during hot yoga, you can fit that beneath the clips, too. The YFR is the only yoga prop designed to attach securely to your mat and be rolled conveniently within for easy transport.
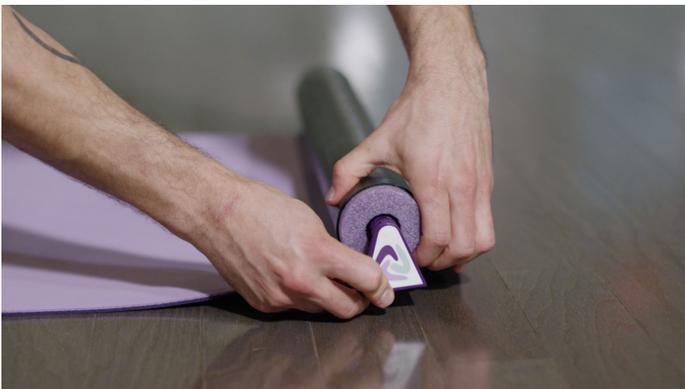


# SPECS

WEIGHT: 1.1 lbs
DIMENSIONS
- roller: 24 inches long x 2.5 inch diameter
- clips: 2 inches tall x 3.25 inches deep
COMPLIANCE
- width: fits mats ranging 24-26 inches wide (most mats are 24 inches wide)
- density: fits mats ranging 1mm-9mm thick