



The Y!PP

The Yoga Inversion and Performance Prop

GENERAL GUIDELINES

CAUTION

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product should be used under the direct supervision of a licensed Yoga Instructor for all inversions. Failure to follow all warnings and instructions could result in bodily injury or property damage.

SAFE PRODUCT USAGE

- As with any exercise program, consult a physician before using The Y!PP.
- The Y!PP is not a toy. Keep out of reach of young children.
- Never use The Y!PP with any rips in the canvas, strap, or zipper. Never use The Y!PP if the foam becomes uneven. This is especially important in inversion postures.
- Be sure to stretch and warm up slowly before using The Y!PP.
- Never push your yoga practice beyond your comfort zone. Inversions should always be performed under the supervision of a licensed Yoga Instructor.



Y!PP CARE

To keep The Y!PP in good condition, use these easy steps:

- Unzip the canvas cover and remove the foam core.
- Clean The Y!PP canvas cover by machine washing in cold water. Dry on low heat or air dry.
- To replace cover, fold the foam core from its side and insert into the canvas cover. Release the foam core and fit canvas cover. Zip to close.



In Triangle, gently press into The Y!PP to create deeper opening in the hamstrings and create core strength.



In Reverse Prayer, press into The Y!PP to create upper back strength and cause the chest and shoulders to open.



In a Seated Forward Bend, press The Y!PP into flexed feet to open the hamstrings and create core strength.



In Inversion postures, The Y!PP takes the feeling of the floor away, allowing you to fully focus on the inversion.



Headstands are comfortable and effective. The Y!PP takes the feeling of the floor away and allows space in the shoulder



Use The Y!PP in any inversion to add ease and comfort to your posture.



In a Seated Twist, use The Y!PP to bolster the hip.



Place The Y!PP under the knee for comfort and alignment.



Use The Y!PP to support the knee in hip extensions.



In Side Plank, The Y!PP provides padding for your wrist and hand.



Use The Y!PP in a Seated Forward Bend to help you reach your toes.



Savasana has never been more comfy and relaxing.



The Y!PP can allow full relaxation in Goddess.



Some of the most intense postures can be comfortable.



The Y!PP provides stability for the neck in Plow.



In Half Moon, The Y!PP can either assist in getting into the pose or provide a new place to find balance.



Pressing into The Y!PP in Reverse Prayer causes strength to build in the back while the chest opens.



In Twisting Forward Bend, The Y!PP creates a deeper opening just by pressing gently.



In Fish, use The Y!PP to provide padding for the head.



In modified Mermaid, The Y!PP provides support in the hip, maintaining alignment until you reach the mat.



During Seated Forward Bend, The Y!PP can allow deeper opening.



In Twisting Low Lunge, use The Y!PP to cause deeper opening in the hip and hip extensors.



Tripod Headstand is stable and comfortable with The Y!PP.



The Y!PP
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