

Blanket folding



Above picture shows a Shavasana set-up.



1 Blanket folded in half.



Half blanket folded again, square.



A square folded one more time, into a flat. (rectangle)



1 Double folded blanket.



A) Shavasana set-up with 1 flat blanket (rectangle) under the head
2 triple fold and a roll for the legs.



B) Shavasana set-up for with 1 flat blanket (rectangle) with the top half folded down when you need more Heads support.



3 Double folded blankets. Used for seated poses. Can be more as needed.

C) Shavasana set up with a double folded blanket for head support.



Making a great roll. Fold a half folded blanket again in half, fringes on the inside.



Then roll tightly. the roll is used for Shavasana. (and Pigeon)



2 triple fold blankets and a roll on top for shavasana



2 flat blankets in width and 1 flat blanket in the lengthwise. Used for 1/2 frog. (Dhanurasana leg).



Supported fish. Triplefold blanket in length under the head. A square fold blanket rolled tightly for behind the heart. (You can substitute this one also with a rolled up bath-towel.) and 1 triple fold and a

Support for Virasana. 3 double fold blankets in the length and a blanket roll in front for the knees to rest on. Can be more blankets as needed.

roll for the legs to rest on, your feet can easily touch the floor this way..