

THE TUILFUL GUIDE 118 ESSENTIAL YOGA POSES FOR EVERY LEVEL

Embrace Balance, Nurture Serenity
Your Foundation for a Soulful Journey



CONTENT

Chapter No	Topic	Page No
Chapter 1	Introduction	3-6
Chapter 2	Foundational Poses	7-12
Chapter 3	Balancing Postures	12-16
Chapter 4	Backbends	16-24
Chapter 5	Twists	24-30
Chapter 6	Core Exercises	30-36
Chapter 7	Drills	37-40
Chapter 8	Hip Openers	41-47
Chapter 9	Arm Balances	48-55
Chapter 10	Surrender Postures	56-57
Chapter 11	Hamstrings & Folds	58-61
Chapter 12	Standing Poses	61-65
	Conclusion	66

Introduction

Welcome to Tuilful



At Tuilful, we believe yoga is more than movement – it's a way to connect mind, body, and spirit. Our purpose is to inspire balance, calm, and growth for everyone who steps onto the mat. We envision Tuilful as a source of peace and a partner in transformation, guiding you toward a healthier and more mindful lifestyle.

Our yoga blocks aren't just functional pieces of equipment – they're designed as supportive companions on your practice. Every journey is personal, and that's why our products are thoughtfully crafted to meet the needs of beginners and seasoned practitioners alike. Whether you're building strength, refining alignment, or deepening flexibility, Tuilful blocks are here to help you feel stable, confident, and connected in every pose.

Sustainability is also at the core of what we do. Made with durable, high-density EVA foam, our blocks offer long-lasting performance while reflecting our care for the planet. We strive to create products that support your growth without compromising the environment.

For us, Tuilful is more than a brand – it's a community built on wellness, mindfulness, & empowerment. We're here to walk beside you as you explore your practice, one breath and one pose at a time. Together, let's create space for balance, strength, & inner peace.

Who Should Use Yoga Blocks?

Many people assume yoga blocks are just for beginners, but in truth, they are for every yogi. Whether you're stepping onto the mat for the first time or you've been practicing for years, blocks can open doors in your practice that you didn't know existed.

At Tuilful, we see blocks as more than props – they are companions in your journey. They help you refine alignment, protect your joints, deepen your stretches, and build confidence. For beginners, they make the impossible feel possible. For seasoned practitioners, they offer new layers of challenge and discovery. Yoga is deeply personal, and blocks are there to meet you exactly where you are.

Benefits of Yoga Blocks

Blocks aren't accessories – they are essential. Their presence on your mat changes how you move, breathe, and grow. With Tuilful blocks, you can:

Support & Stability – Create a strong foundation that keeps you safe and steady.

Deeper Stretching – Extend your reach and ease into tight spaces with confidence.

Strength & Engagement – Challenge muscles in new ways, helping you build balance and resilience.

They allow you to meet your body with kindness while

still encouraging progress.

Finding the Right Height

Each yoga block is a versatile tool, offering three heights: low, medium, and high. Choosing the right level transforms how a pose feels:

Lowest side – Wide surface, maximum stability.

Medium side – Balanced support for many standing and seated postures.

Tallest side – Extends your reach and encourages deeper exploration.

Your body – and your breath – will guide you. Start with the lowest setting, and as your comfort grows, experiment with other levels. Remember, yoga is never a race; it is about listening inward.



Choosing the Best Block

Not all blocks are the same, and the material you choose shapes your experience:

Foam Blocks – Soft, lightweight, and forgiving. Ideal for gentle support and restorative practices.

Cork Blocks – Sturdy, dense, and naturally grippy. Perfect for strength-based postures or advanced balances.

Tuilful Hybrid Blocks – Our signature design blends both comfort and strength, offering a soft exterior for ease and a firm core for stability.

These choices allow you to find the block that supports your practice style, whether it is gentle and restorative or strong and dynamic.

The Tuilful Difference

At Tuilful, our yoga blocks are designed with every journey in mind. They adapt to your body, your level, and your goals, helping you build strength, flexibility, and confidence without compromise.

No matter where you are in your practice, Tuilful blocks beside you – guiding you toward balance, safety, and growth.

Yoga blocks are not a crutch; they are an extension of your practice. With them, you don't limit your journey – you expand it.

FOUNDATIONAL POSES



Downward Facing Dog

Under Hands: Shifts your center of gravity backwards, taking pressure out of your hands and wrists

Downward Facing Dog

Under Feet: Places emphasis on hip height, deeply stretching the back of your legs and calves.



Child's Pose

Under Seat: Brings the ground closer to provide comfort in your hips and knees





Child's Pose

Triceps Stretch: Elongates triceps while gently opening your chest and activating your shoulders

Mountain Pose Between Hands:

Strengthens arms by activating your shoulders, back, and serratus anterior muscles





Mountain Pose

Triceps Stretch: Elongates triceps while gently opening your chest and activating your shoulders

Mountain Pose

Chaturanga Arms: Helps mind-body connection to hug elbows into sides during High to Low Plank while activating triceps and back muscles



FOUNDATIONAL POSES



Mountain Pose

Plank Arms: Activates shoulders to prepare for plank pose

Mountain Pose

Between Thighs: Squeezing the block helps activate inner thighs to support pelvis, hips, and lower spine



FOUNDATIONAL POSES



Chair Pose

Between Hands: Strengthens arms by activating your shoulders, back, and serratus anterior muscles

Chair Pose

Between Thighs: Activates inner thighs to support pelvis, hips, and lower spine



Chair Pose

Under Feet: Adds balance challenge; strengthens stabilizer muscles in feet and ankles

FOUNDATIONAL POSE



Drinking Bird

Under Heels: Stretches soles of feet and activates stabilizers in feet and calves

BALANCING POSTURE



Tree Pose

Block Under Foot: Activates stabilizer muscles in standing foot, calf, and leg

BALANCING POSES



**Standing Figure Four
Block Under Foot:** Activates stabilizer muscles in standing foot and leg with extra challenge for core

**Standing Figure Four
Blocks Under Fingertips:**
Supports ability to fold forward for more stretch in the hip as a preparation pose for flying squirrel and flying pigeon



BALANCING POSES



Half Moon

Block Under Front Hand:

Supports stability of upper body and encourages lift of chest using obliques

Legs Up The Wall

Block On Feet: Helps engage stabilizer muscles to keep block in one place. Allows you to find the place where your feet stack directly over your hips



BALANCING POSES



Chair Pose

Block Under Heels: Lifting the heels shifts weight slightly forward, which brings more challenge into the calves and quads

Tuck and Curl

Block Under Heels:

Stretches soles of feet and activated stabilizers in feet and calves



BALANCING POSES



Standing Half Moon **Block Between Hands:**

Squeezing the block helps to activate obliques, shoulders, and back muscles

BACKBENDS



Floor Bow Pose

Between Thighs: Activates inner thighs to support pelvis, hips, and lower spine and maintain alignment

BACKBENDS



Floor Bow Pose

Under Belly: Encourages lift of chest and activation of back muscles to stay upright

Cobra Pose

Under Hands: Encourages keeping hands high and light to lift the sternum up with core and back engagement



BACKBENDS



Upward Facing Dog

Under Hands: Vertical space helps to distribute curve of the spine more evenly

Camel Pose

Between Thighs: Activates inner thighs and pelvic floor to keep core active during backbend



BACKBENDS



Camel Pose

Under Hands: Supports deeper extension of spine as a step towards bringing hands down to ankles

Supported Bridge Pose

Under Back: Allows spine to gently experience extension with support for relaxation



BACKBENDS



Supported Fish Pose
Under Head/Chest:
Encourages gentle heart opening with full support for relaxation

Modified Fish Pose
Under Mid Back: Keeps chest from collapsing down and allows back to be supported in deeper backbend



BACKBENDS



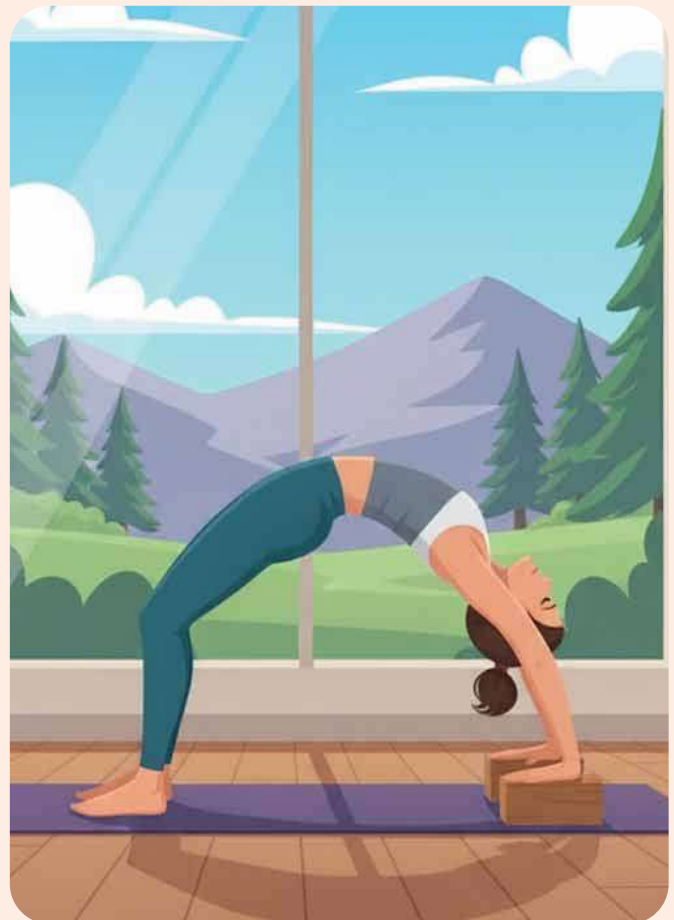
Fish Pose

Under Spine: Encourages lift of sternum and deep heart opening with support in this challenging backbend

Wheel Pose

Under Hands: If your shoulders are tight, propping your hands on blocks gives you extra lift to keep from crunching into your lower back

Under Feet: If you have tight hip flexors or quads, propping blocks under your feet can help you find the extension needed in your front line.



BACKBENDS



Forearm Wheel

Under Elbows: Prepare yourself to move into deeper chest openings by using blocks. The higher support more evenly distributes the backbend through your spine to avoid crunching your shoulders or low back.

King Arthur Pose

Under Back Knee: Provides cushioning for back knee while shifting weight slightly forward to offer more hip flexor extension and less pressure in back knee



BACKBENDS



Wild Thing

Under Toes: Gives confidence to move into backbend by bringing the ground closer

Extended Cobra

Between Hands: Activates shoulders and back muscles, while weight of block provides more challenge in the lift



BACKBENDS



Reverse Crunches

Behind Head: Focuses strengthening on upper back, providing greater challenges

TWISTS



Twisted Forward Fold

Under Hand: Helps keep chest parallel to the earth and keep length in the spine

TWISTS



Prayer Twist

Block Between Hands:

Encourages deeper twist and strengthens chest and arms when you squeeze the block

Prayer Twist

Block Between Thighs:

Activates inner thigh muscles to keep hips squared during twists and support pelvic and lower spine stability



TWISTS

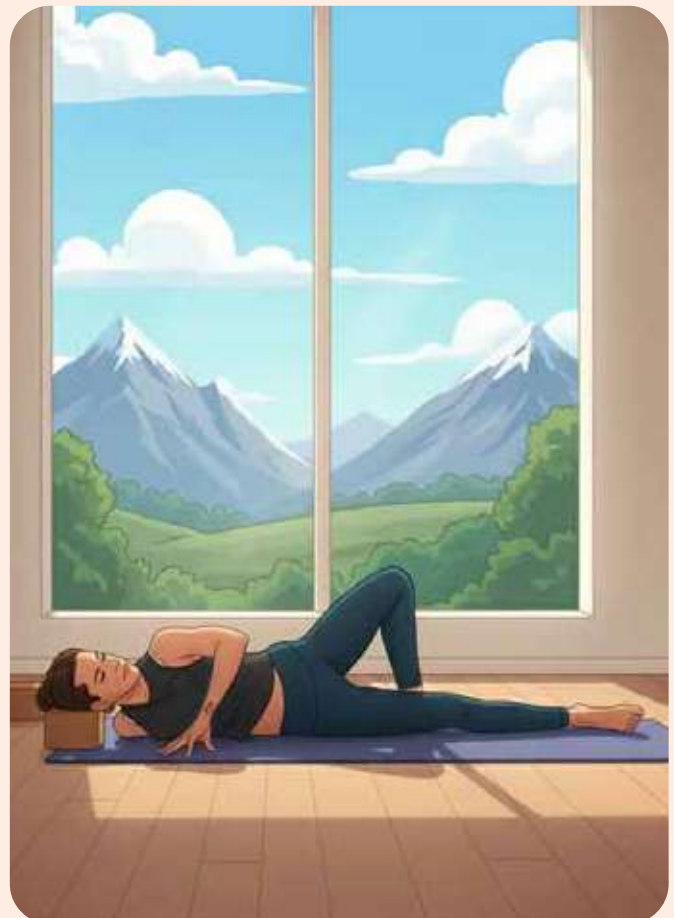


Quad Stretch

Under Hand: Lifts chest making it easier to find the grip between hand and back foot

Shoulder Twist

Under Temple: Allows head to release for more relaxation and support in twist



TWISTS



**Revolved Crescent
Between Elbow and Thigh:**
Helps balance by needing to
press both your elbow and
thigh into the block

**Revolved Crescent
Between Hands:**
Encourages deeper twist by
adding more space between
palms



TWISTS



Open Twist

Under Hand: Encourages lift of chest and length in spine to support the twist

Revolved Triangle

Under Hand: Adds more length to spine to make twist more accessible



TWISTS



Revolved Half Moon

Under Hand: Supports balance and stability in bottom leg while adding length to spine to keep chest squared with earth for proper alignment

**Revolved Sugarcane
Between Heel and Glute:**
Strengthens hamstring and glute of lifted leg while providing more of a balance challenge



TWISTS



Easy Twist

Between Thighs: Allows greater relaxation and support in gentle twist

CORE EXERCISES



Reach and Crunch

Block Between Elbow and Thigh:

o Do: Hold one block between your elbow and thigh on the same side, pressing firmly in both directions. Extend and crunch your other arm and leg in and out, lifting your chest up each time you crunch. Perform 10-20 reps per side.

CORE EXERCISES



Bicycles

Block Between Elbow and Opposite Thigh:

To Do: Press block between your elbow and opposite thigh. Keeping your chest up, send your opposite leg up and down. For less intensity, bend your knee. Perform 10-20 reps per side. proper alignment

Leg Lowers

Block Between Thighs

To Do: Squeeze the block between your thighs or shins. With your hands by your sides or behind your head, slowly lower your legs down to hover over the ground, and then lift back up. Perform 15-30 reps total.



CORE EXERCISES



Low Boat Hold

Block Between Hands

To Do: Lay on your back and squeeze the block between your palms overhead. Drive your lower back into the earth and lift your hands and feet off the ground to activate your belly. Hold for 3-5 breaths.

Russian Twists

Block Between Hands

To Do: In boat pose, squeeze a block between your hands. Lean your chest slightly back and start to twist side to side. Squeeze your side body with each twist. For more intensity, lift your toes off the ground.



CORE EXERCISES



Boat Pose

Block Between Thighs To

Do: Squeeze the block to activate your inner thighs and deep core muscles. Hold for 15-30 seconds.

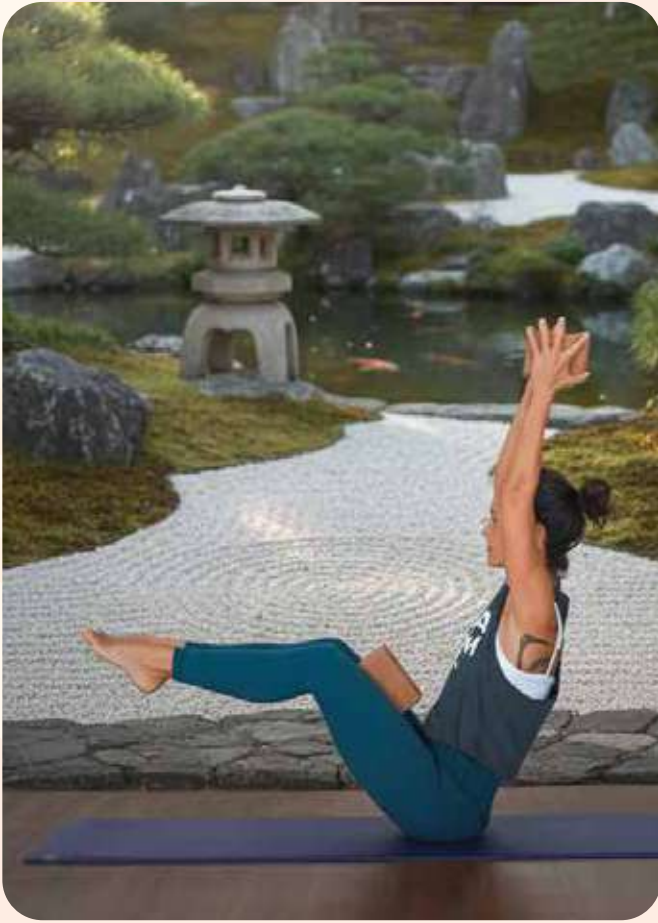
Boat Pose

Block Between Hands and

Thighs To Do: With a block between your hands, extend your arms overhead to activate your core, shoulders, and back muscles. Hold for 3-5 breaths.



CORE EXERCISES



Side Plank Threads

Block in Hand To Do: From plank pose, lift one arm skyward with block in hand. Stack your hips on top of one another to stabilize your core and lift your hips high. Thread the block under your body, twisting from your ribcage, and then back to the sky.

Plank Pose

Block Between Thighs:

Stack your shoulders over your wrists and your hips over your knees. Squeeze the block between your thighs to activate your inner thighs and stabilize your pelvis and core.



CORE EXERCISES



Split Leg Pulses

Between Hands To Do:

Extend one leg up to the sky and one leg forward to hover over the earth. With your block in hand, reach your arms past your top leg and squeeze the block so that it doesn't make contact with your hamstring. Keep your chest lifted off the ground and pulse up. Perform 10-20 reps per side.

Block Switches

Hands to Feet To Do: Lay on your back with your arms overhead and your legs out long. Start with a block between your hands. Pike your arms, legs and chest up, and switch the block to between your feet. Slowly lower to hover, then lift back up and switch the block back to your hands.



CORE EXERCISES



Block Thread Swimmers

Pass Hand to Hand To Do:

Lift your chest and and scissor your legs, passing the block under your thighs from hand to hand.

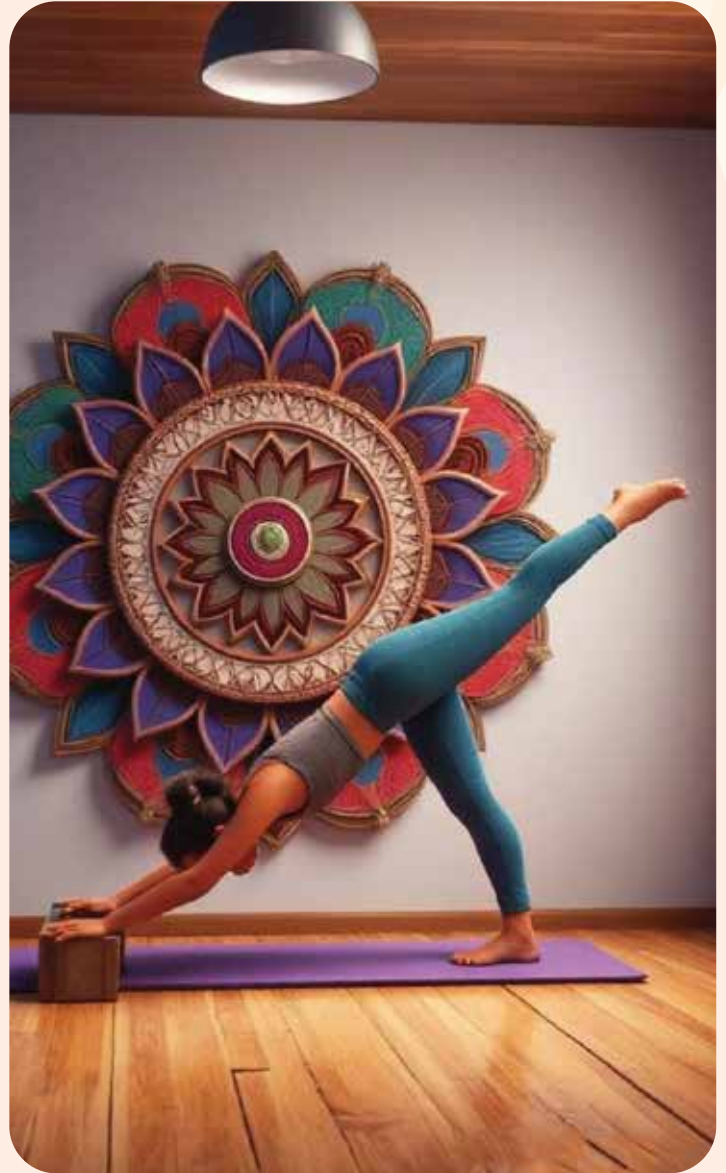
Cherry Pickers

Block on Feet To Do:

Balance the block on your feet to keep your hips stable. Reach one hand at a time to tap your opposite foot, lifting your chest off the ground as much as you can.



DRILLS



Low Lunge Step Through Blocks Under Hands: To Do: From three legged dog, pull knee forward towards your nose, keeping your shin lifted high. Gently lower your foot down between your hands.

DRILLS



High to Low Plank

Blocks Under Hands: SFrom high plank, bend your elbows into your sides at 90 degrees, keeping your shoulders in line with your hips and toes. Then, straighten your arms and lift your chest into upward facing dog. Flip your toes and press back into downward facing dog.

High to Low Plank

Block Under Chest: When flowing from high to low plank, pull your chest forward to gently tap the block. As you move into upward facing dog, flip the block forward. This helps you lower to the correct alignment and lead the backbend with your heart.



DRILLS



Donkey Kicks
Block Between Heel and Thigh:
Squeeze the block as you lift and lower your knee to activate your hamstring and glute.

DRILLS



Dolphin Push-Ups

Block Between Forearms: Squeeze the block between your forearms as you lift and lower your hips from forearm plank to dolphin pose, strengthening your shoulders, chest, and core.

HIP OPENERS



Runner's Lunge

Under Forearms: Bring the ground closer to make the pose more accessible

Lizard Pose

Under Back Thigh/Shin:

Deepens the pose by lifting the back leg, or gives support compared to traditional lizard pose where your back leg is lifted with strength.



HIP OPENERS



Side Lunge

Under Heel: Supports balance if heel does not come all the way to the earth, or strengthens calf and foot arch if heel naturally drops

Twisted Side Lunge

Under Hand: Encourages more length in spine and lift in chest while twisting open



HIP OPENERS



Half Pigeon

Under Thigh: Provides support if hip is lifted off the earth or if dropping into hip causes any pain in your knee

Butterfly

Under Knees: Supports a more gentle opening if inner thighs/groin feel overstretches in traditional butterfly



HIP OPENERS



Butterfly

Under Forehead: Allows upper body to fully release and relax in the fold

Deer Pose

Under Forearms: Brings the ground closer to allow you to fold with support



HIP OPENERS



Yogi Squat

Under Seat: Provides support for hips to make the pose more accessible

Double Pigeon

Under Knee: Makes pose more accessible and helps find proper alignment and support if your knees don't naturally fall to rest on each other



HIP OPENERS



Double Pigeon

Under Forearms: Brings ground closer to facilitate a more accessible fold

Reclined Bound Angle

Under Knees: Allows inner thighs to relax and avoid overextension



HIP OPENERS



Reclined Bound Angle

Under Feet: Deepens stretch in inner thighs and groin

Rainbow Warrior
Block Supporting Back
Thigh: Resting thigh on support allows you to keep hips lifted



ARM BALANCE

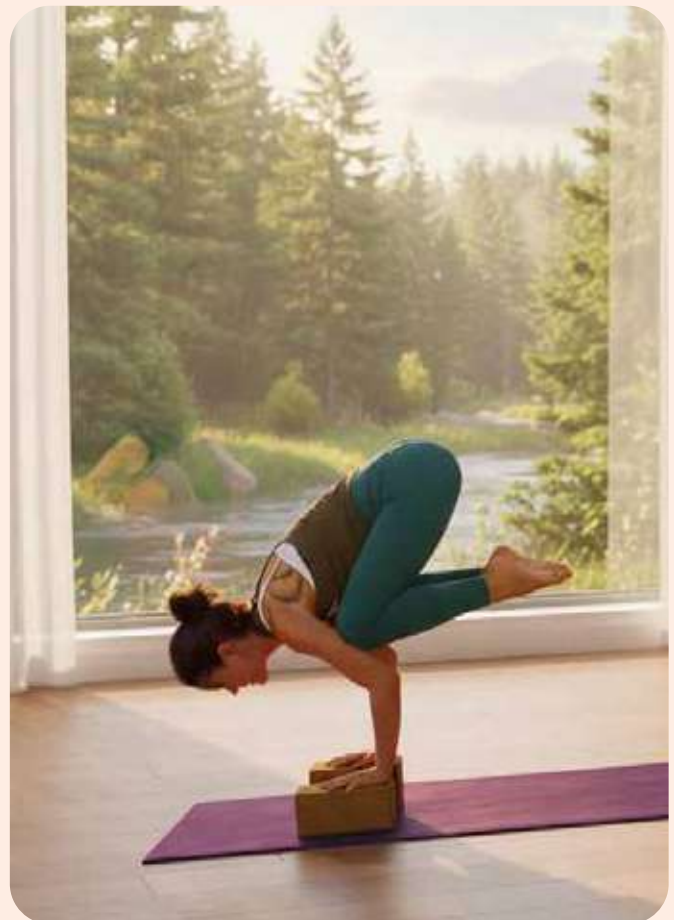


Crow Pose

Under Forehead: Helps lean forward with trust and stability.

Crow Pose

Hands on Blocks: Adds more height in arms to help get your knees higher on your triceps and add challenge. Can also help with grip and your hand lock.



ARM BALANCE



Headstand

Between Hands: Press the block into the back of your head between your hands to take pressure out of your neck.

Forearm Stand

Between Forearms:

Squeeze the block to activate your chest and shoulders and to keep your elbows from splaying out, providing more stability.



ARM BALANCE



Pentacle Pose

Blocks Under Hands: Adds more space between hips and the earth. Activate your core to lift your knees off the earth.

Firefly Pose

Blocks Under Hands:

Provides more lift for your chest and arms



ARM BALANCE



Hurdler's Pose

Under Back Toes: Helps facilitate lift in back leg and get your hips high to bring your knee to your triceps more easily

Hurdler's Pose

Blocks Under Hands: Adds more space between chest and earth to allow more weight to shift forward into your hands



ARM BALANCE



Side Crow

Blocks Under Hands:

Provides more lift for your chest and arms

Scissor Leg Side Crow

Blocks Under Hands:

Provides more lift for your chest and arms



ARM BALANCE



Peacock Pose Prep

Under Shoulders: Provides stability in upper body to be able to find the proper strength and alignment

Peacock Pose

Blocks Under Hands:

Provides more lift for your chest and arms to shift forward and lower towards the earth



ARM BALANCE



Chin stand

Under Shoulders: Provides stability in upper body to be able to find the proper strength and alignment

Handstand Prep

Block Under Toes: Gives more lift to lower body to make hops into handstand more accessible



ARM BALANCE



Handstand Prep

Blocks Under Hands:

Provides more lift for your chest and arms to shift forward and lower towards the earth

Eight Angle Pose

Blocks Under Hands:

Provides more lift for your chest and arms to shift forward and lower towards the earth



SURRENDER POSTURES

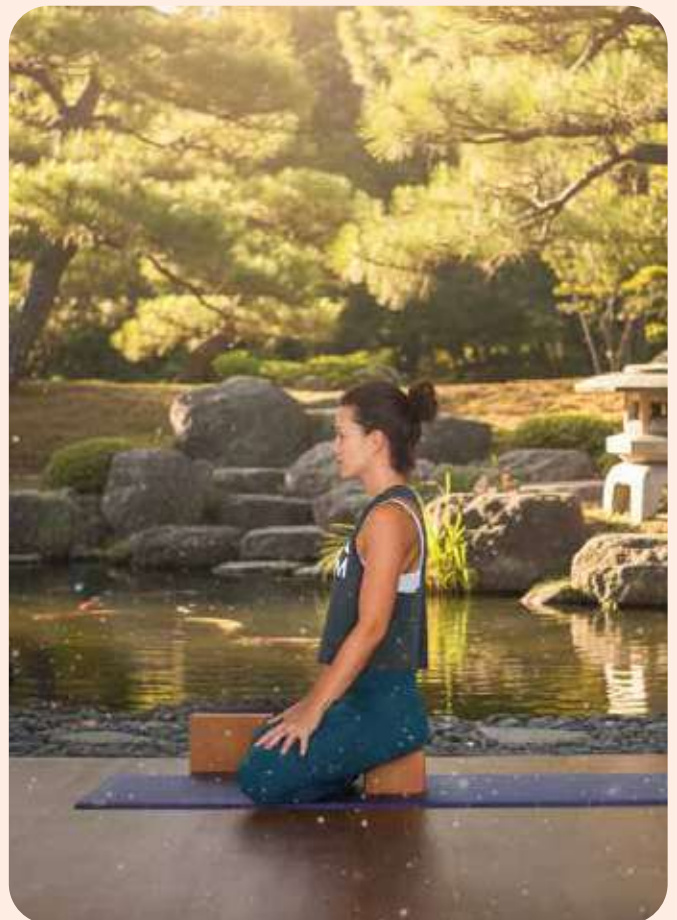


Toe Squat

Under Knees: Relieves pressure in front of foot and lessens stretch in the sole of foot. Can also provide comfort for knees.

Easy Seat

Under Seat: Supports seat to lift up and out of hips, making the pose more accessible if you have knee, hip, or groin tightness



SURRENDER POSTURES



Supported Savasana

Under Knees: Flattens your lower back to the earth to take compression out of your spine. If you have cork blocks, cover them with a towel or blanket for more softness.

Savasana

Under Head: Tucks chin slightly to lengthen the back of your neck.



HAMSTRINGS & FOLDS



Ragdoll Pose

Under Feet: Gives more space to fold forward and brings more mind-body connection to the soles of your feet

Wide Legged Forward Fold

Under Feet: Gives more space to fold forward and brings more mind-body connection to the soles of your feet



HAMSTRINGS & FOLDS



Seated Forward Fold

Under Seat: Lifts hips to automatically lengthen hamstrings

Seated Forward Fold

Past Feet: Gives support for a deeper fold if your hands can reach past the soles of your feet



HAMSTRINGS & FOLDS



Half Splits

Under Fingertips: Brings the ground closer to allow more length in spine

Pyramid Pose

Under Hands: Brings the ground closer to allow more length in spine



HAMSTRINGS & FOLDS STANDING POSES



Standing Splits

Under Foot: Challenges balance and allows for a deeper fold for those with very open hamstrings



Warrior II

Block Under Front Foot: Strengthens front leg by adding challenge to hamstring and hip. Changes perception and requires more balance and mind-body connection.

STANDING POSES

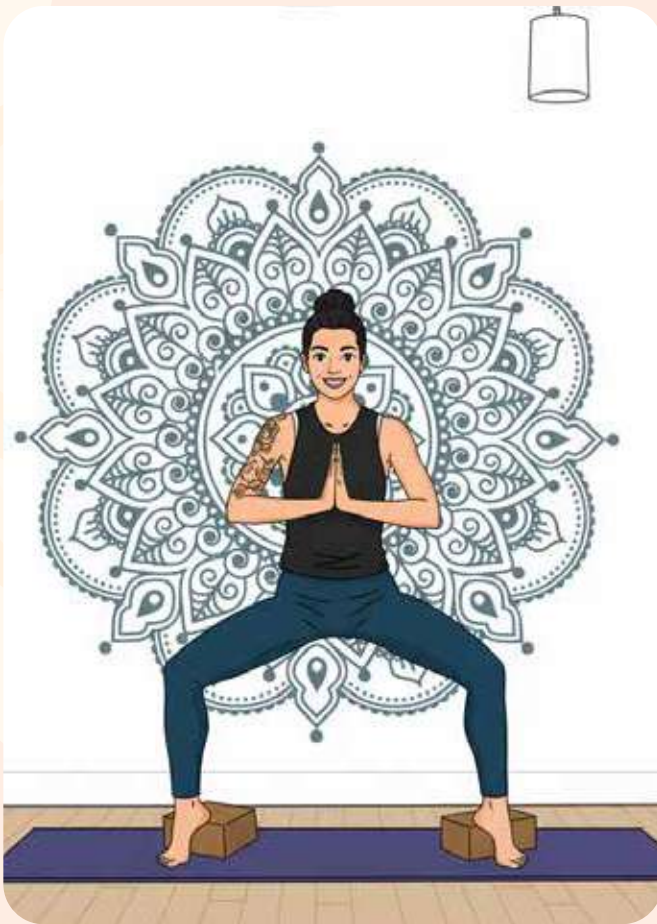


Extended Side Angle Under Front Fingertips: Encourages lift of chest and length through lower side-body to activate obliques.

Extended Side Angle Between Hands: Challenges transverse abdominals and obliques to hold torso in place while activating shoulders and back muscles when you squeeze the



STANDING POSES



Horse Pose

Under Heels: Strengthens calves, quads, and stabilizers in legs and feet

Extended Crescent Lunge

Between Hands: Challenges core, back, and arm muscles, while shifting more weight into the front leg turns increases challenge for front quadriceps.



STANDING POSES

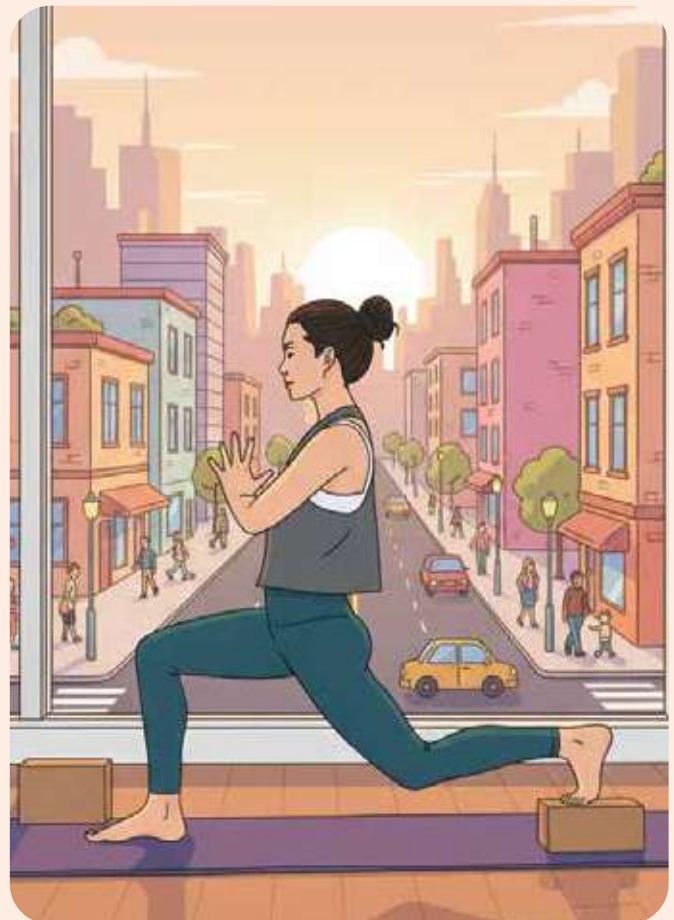


Crescent Lunge

Under Back Toes: Shifts more weight into front leg, making the lunge more challenging by strengthening front quad and glute. For some, this may require more balance, too.

Double Lunge

Under Back Toes: Shifts more weight into front leg, strengthening front quadricep, hamstring, and glute. quadriceps.



STANDING POSES



Bear Pose

Between Hands: Challenges core, back, and arm muscles

CONCLUSION

As we come to the close of this guide, we've journeyed through 101 yoga poses designed to inspire strength, balance, and inner peace. Along the way, you've seen how yoga is more than a sequence of movements – it's an exploration of body, mind, and spirit.

At Tuilful, we believe that every pose is an opportunity for growth. Whether you're using blocks for stability, deepening your stretches, or simply finding comfort in your practice, these tools are here to support you at every stage.

Remember, yoga is not about perfection – it's about presence. Each breath, each movement, and each pause is part of your unique journey. As you continue to explore and expand your practice, let your mat be a space of discovery, healing, and empowerment.

We at Tuilful are honored to be part of your yoga story. May your practice bring you clarity, strength, and a deeper connection with yourself – on and off the mat.



MY FAVORITE POSE & WHY



HOW YOGA MAKES ME FEEL TODAY



A GOAL I'D LIKE TO ACHIEVE IN MY PRACTICE

REFLECTIONS AFTER COMPLETING 118 POSES
