



YOGAboard



EFFICIENT

- train deep muscles, stability and coordination
- avoid injuries and increase your performance

MULTI-FUNCTIONAL

- Yoga
- Pilates
- Functional Training
- Balance Training
- Physical Therapy
- and more

MIND-BODY CONNECTION

- requires conscious movement and focus
- you learn to accept where you are at
- breath becomes essential to drop into poses

INNOVATIVE

- patented sports and therapy device
- provides a balance effect like being on the water

SAFE

- safe training due to low fall height and stability
- no tipping over