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Working Plans of the
PROPS USED FOR IYENGAR YOGA

at the
Ramamani Iyengar Memorial Yoga Institute
Pune, India

Prepared by
François Lozier

Published by Francois Lozier

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LOZIER STUDIOS
58 Inglewood Drive
Toronto, Ontario
Canada M4T 1H1

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Introduction

2

This handbook contains the working drawings of all props used at the *Ramamani Iyengar Yoga Institute* in Pune, India, as of January 1994. These drawings, or perspective plans, are being made available to enable Hatha Yoga teachers and students around the world to build standardized props as easily and accurately as possible.

Following are a few pointers on how to use this handbook:

Material

In Pune, the material used for most of the props is teak with a finishing coat of polyurethane. This, however, is not the best choice for the West. The type of wood you choose is important. For personal or minimally used props, a light wood such as pine or spruce, is recommended. A hard wood, such as maple, oak or beach, is advised for classroom props when sturdiness and durability is necessary. If you have any questions about your choice, I recommend that you research the woods available in your area by consulting a lumber store or cabinet maker.

The same applies to finishes. There are a great variety of finishes to choose from. Select a finish that will withstand considerable wear. Interior clear finishes can be applied on personal props, whereas exterior, floor or boat clear finishes are best for classroom props. Avoid using lacquers because they become sticky from body heat and sweat.

<i>S-Hooks</i>36	<i>Trestle, Horse, Pony</i>18
<i>Simhasana Box</i>23	<i>Trestle, Small</i>19
<i>Slanting Plank</i>26	<i>Viparita Dandasana Bench</i>20,21
<i>Sticks</i>32	<i>Viparita Dandasana Bench, Small</i> ..22
<i>Stool</i>11	<i>Viparita Dandasana Board</i>17
<i>Stool, Short</i>10	<i>Viparita Dandasana T</i>16
<i>Stool, Tall</i>12	<i>Viparita Karani Boxes</i>9
<i>Strap</i>40	<i>Wall Hooks</i>35
<i>Stump</i>15	<i>Wall Ropes</i>34
<i>Table</i>13	<i>Weights</i>42

Decimal/Fractions Equivalents Table

.0625 = 1/16	.3125 = 5/16	.5625 = 9/16	.8125 = 13/16
.1250 = 1/8	.3750 = 3/8	.6250 = 5/8	.8750 = 7/8
.1875 = 3/16	.4375 = 7/16	.6875 = 11/16	.9375 = 15/16
.2500 = 1/4	.5000 = 1/2	.7500 = 3/4	

Belt/Straps.....	40	Mat, Thick.....	43
Big Block, Brick.....	26	Pad.....	43
Blanket.....	44	Pavanmukta Asana Benches.....	5
Bolster.....	39	Pillow.....	38
Bricks.....	24	Pillow, Pranayama.....	38
Brick, Quarter Round.....	27	Pony.....	18
Bricks, Rectangular.....	25	Props Without A Name.....	30,31
Chair.....	44	Roll.....	32
Cylinder.....	33	Round Blocks.....	28,29
Drum.....	33	Setu Bandha Ledge.....	8
Halasana Boxes.....	14	Setu Bandha T.....	7
Head Wrap.....	42	Setu Bandha Bench, Long.....	6
Horse.....	18	Setu Bandha Bench, Narrow.....	5
Lead Rods.....	41	Setu Bandha Benches, Wide.....	4
Mat, Sticky.....	43	Sirsasana Ropes.....	37

Joints

You will note that the plans do not include joint details and fasteners. I recommend the use of classical joints such as mortice and tenon, dado or dovetail, where appropriate. If your knowledge of construction is limited in this field, seek guidance from someone who is experienced.

Measurements

Although the original props were built in inches, all dimensions in this handbook are given in both inches and centimeters. In the conversion from imperial to metric, careful attention has been paid to precisely convert important measurements. Exact conversion, however, is not always necessary. When this is the case, numbers have been rounded off for ease of construction. You will find the metric equivalents in parentheses at the bottom of each page.

Finally, it is important to note that while all measurements in this handbook are exact, the plans have been drawn to facilitate visual comprehension and therefore are generally not to scale. Where a measurement is not given, this means it is of an aesthetic nature and dimensions are left to your own discretion.

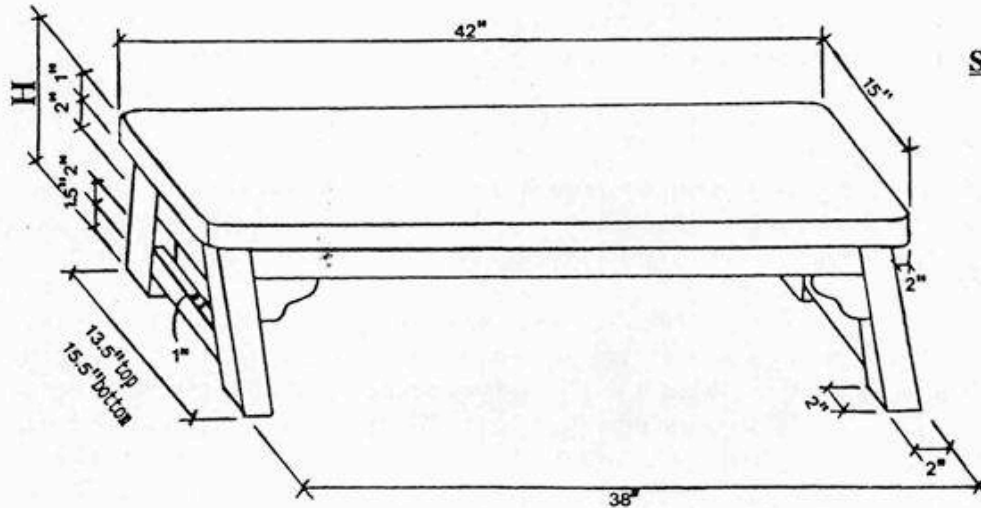
Terminology

Most technical words used in this text are marked with an asterisk* and defined on page 45. Drawing abbreviations are also explained on page 45. A table converting decimals to fractions can be found on page 47.

May this handbook serve you well for many healthy years.

Wide Setu Bandha Benches

4



NOTE:

- All edges 1/4" (.63cm) round over*.

SIZE: Height

- 12" (30.5cm)
- 15" (38cm)

1"(2.5cm); 1.5"(4cm); 2"(5cm); 13.5"(34cm); 15"(38cm); 15.5"(39cm); 38"(96.5cm); 42"(106cm)

Glossary

ANGLE BRACKET:	<i>A metal piece shaped 90 degrees to help strengthen an angle.</i>
ANGLE IRON:	<i>A piece of steel bent in an L-shaped section.</i>
DOVETAIL:	<i>Consult a handbook containing furniture joints.</i>
DOWEL:	<i>A round rod or stick.</i>
INLAID:	<i>Set into material so that surfaces are flush (smooth).</i>
JACOB'S LADDER KNOT:	<i>Consult a handbook containing marine knots.</i>
LEATHERETTE:	<i>Imitation leather.</i>
MEDICAL BANDAGE:	<i>A flexible (stretchy) strip or band used to cover and compress.</i>
ROUND OVER:	<i>Edge slightly rounded.</i>
SKIRTING:	<i>A cross member which supports the seat, located between 2 legs.</i>
SLEEVE:	<i>An open-ended tubular cover.</i>

Abbreviations

C	<i>Centerline. A line that indicates the center of a particular part.</i>
D	<i>Diameter.</i>
H	<i>Height.</i>
L	<i>Length.</i>
r	<i>Radius.</i>
T	<i>Thickness.</i>
W	<i>Width.</i>

NOTE: - Purchase commercial metal tube folding chair with the following details:

- Backrest panel should be removable to create space.
- Check that nothing is protruding that could scratch during postures.
- Front legs should be at least 16"(40cm) apart.
- Seat should be rounded on all edges and corners.
- Leg bracing should be 3"(8cm) to 4"(10cm) high and parallel to floor.
- A simple and sturdy design is best.
- Be sure to test the chair with some postures before purchasing.

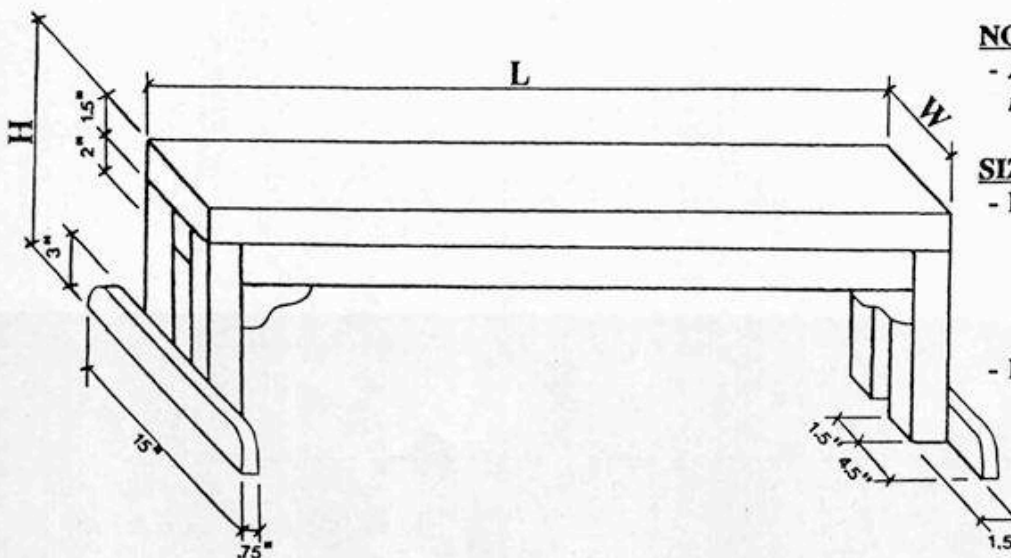
SIZE: - The chair seat at the Institute is 15.5"(39cm) wide by 16"(41cm) long. It's height is a standard 17"(43cm) high. For tall people, chairs were obtained by special order with a 19.5"(50cm) high seat.

Blanket

NOTE: - Material: Thick cotton blanket.

SIZE: L x W
 -84" x 60"
 (213cm x 152cm)

Narrow Setu Bandha Bench Pavanmukta Asana Benches



NOTE:
 - All edges 1/4"(.63cm) round over*.

SIZE:
 - Narrow Setu Bandha Bench:
 L x W x H
 -48" x 8" x 12"
 (122cm x 20cm x 30cm)
 - Pavanmukta Asana Bench:
 L x W x H
 -48" x 8" x 17"
 (122cm x 20cm x 43cm)
 -48" x 8" x 19"
 (122cm x 20cm x 48cm)

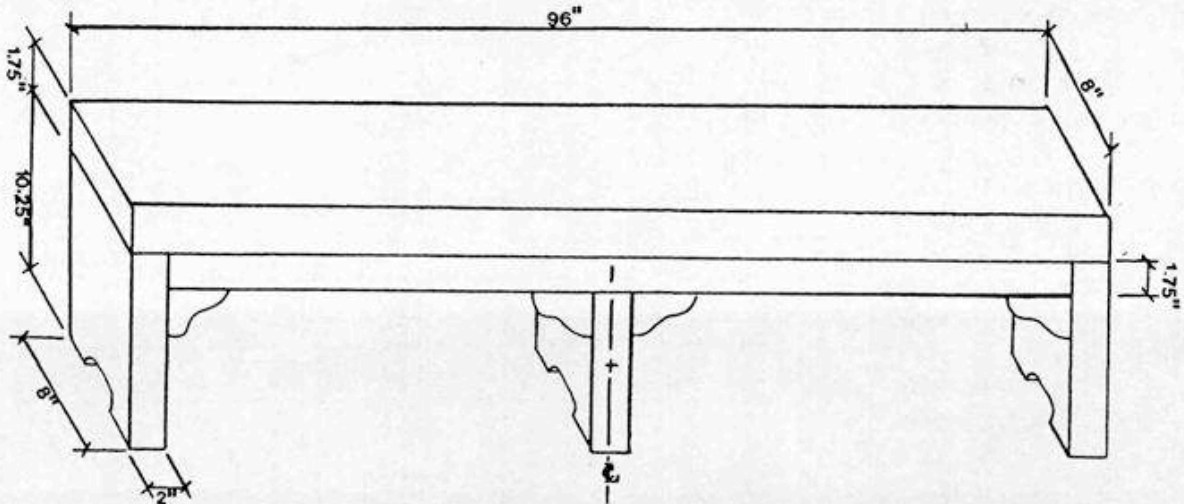
.75"(2cm); 1.5"(4cm); 2"(5cm); 3"(7.5cm); 4.5"(11.5cm); 15"(38cm)

Long Setu Bandha Bench

6

NOTE:

- All edges 1/4"(.63cm)
round over*.



1.75"(4cm); 2"(5cm); 8"(20cm); 10.25"(26cm); 96"(244cm)

Pad

NOTE: - Material: hard foam covered with leatherette*.

SIZE: L x W x T
6" x 4" x .75"(15cm x 10cm x 2cm)

Sticky Mat

NOTE: - Purchase from a Hatha Yoga supplier.

SIZE: L x W
69" x 24"(175cm x 61cm)

Thick Mat

NOTE: - This is a gymnastic mat.

SIZE: L x W x T
69" x 24" x .75"(175cm x 61cm x 2cm)

43

NOTE: - *Material: Purchase metal dumb-bell weights.*
- *Cover weights with leatherette*.*

WEIGHT:

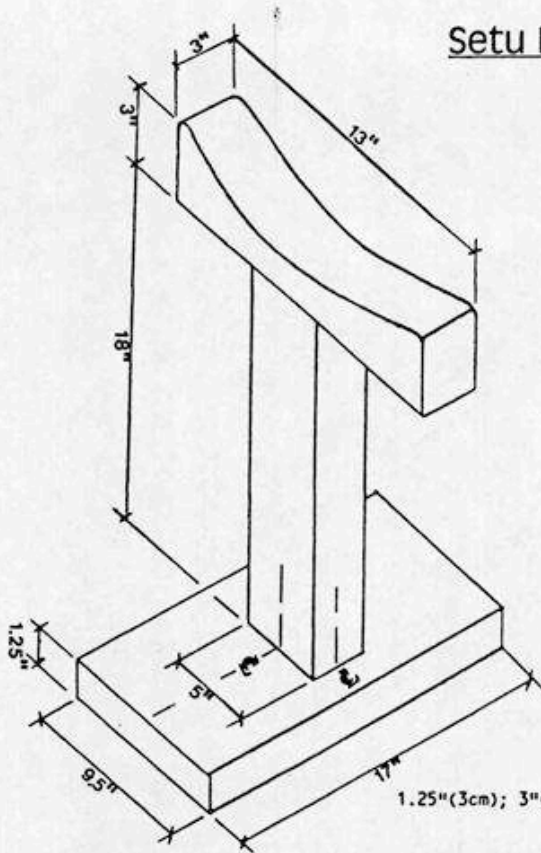
lbs	(kg)
2.75	(1.25)
5.5	(2.5)
11	(5)
25	(11.3)
50	(22.7)

Head Wrap

NOTE: - *Purchase a medical bandage*, preferably thin.*

SIZE: - *Length: 96"(244cm)*
- *Width: 4"(10cm)*

Setu Bandha T

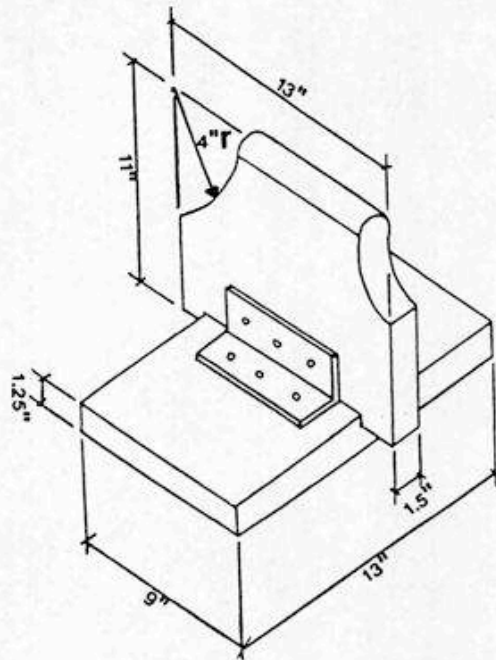


NOTE:
- *All edges 1/4"(.63cm) round over*.*

1.25"(3cm); 3"(8cm); 5"(13cm); 9.5"(24cm); 13"(33cm); 17"(43cm); 18"(46cm)

Setu Bandha Ledge

8

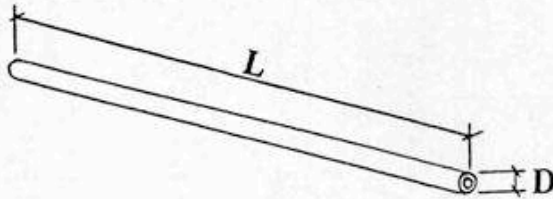


1.25"(3cm); 1.5"(4cm); 4"(10cm); 9"(23cm); 11"(28cm); 13"(33cm)

NOTE:

- All edges 1/4"(.63cm) round over*.
- Angle iron* on both sides.

Lead Rods



NOTE:

- Material: Solid steel rod covered with thick plastic sleeve*.
- Color coded to identify diameter sizes.

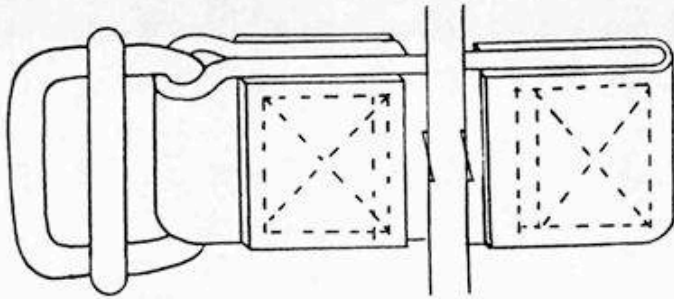
SIZE: L x D

- Black: -48" x .75"
(122cm x 2cm)
- 34" x .75"
(86cm x 2cm)

- Red: -34" x 1"
(86cm x 2.5cm)

NOTE:

- Material: Cotton strap.
- Leatherette* is sewn to ends to prevent fraying.
- Belts are color coded for length & style identification.
- Buckles can be bought at sewing or leather craft supply stores.
- Can be purchased ready-made from a Hatha Yoga supplier.



ACTUAL SIZE

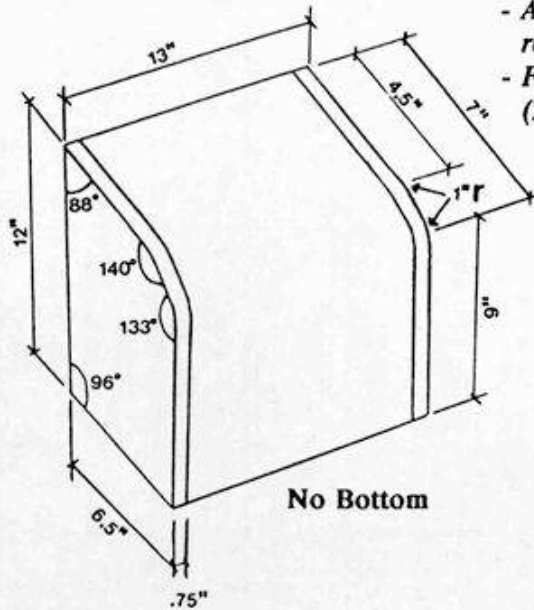
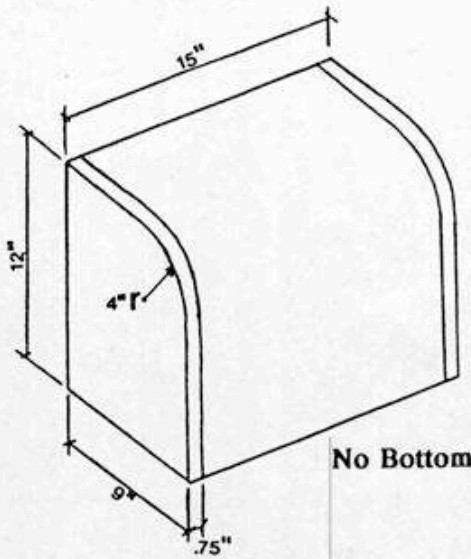
SIZE:

- | | L x W x T |
|------------------------------|--|
| - Belt:
(white) | -77" x 1" x .125"
(195cm x 2.5cm x .3cm) |
| - Long Belt:
(red) | -108" x 1" x .125"
(274cm x 2.5cm x .3cm) |
| - Double Buckle:
(violet) | -72" x 1" x .125"
(183cm x 2.5cm x .3cm) |

Viparita Karani Boxes

NOTE:

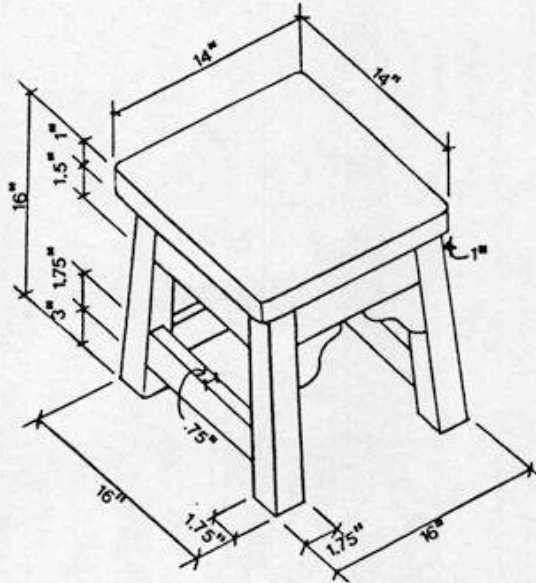
- All edges 1/4"(.63cm) round over*.
- Front, top & bottom 3/4" (2cm) thick.



.75" (2cm); 1" (2.5cm); 4.5" (11.5cm); 6.5" (16.5cm); 7" (17.8cm); 9" (23cm); 12" (30.5cm); 13" (33cm); 15" (38cm)

Short Stool

10

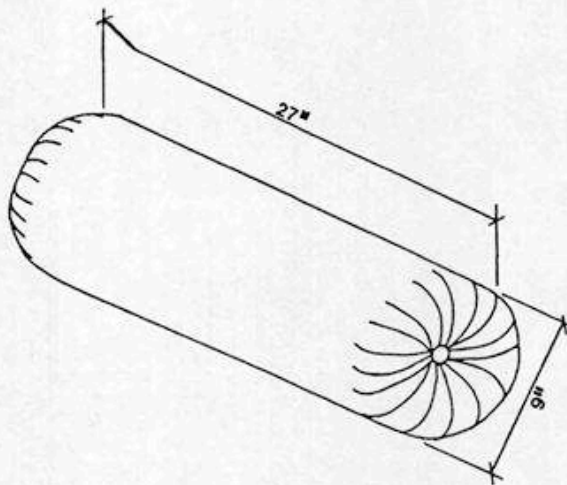


.75"(2cm); 1"(2.5cm); 1.5"(4cm); 1.75"(4.5cm); 3"(7.5cm); 14"(35.5cm); 16"(40.5cm)

NOTE:

- All edges 1/4"(.63cm) round over*.
- For personal use, height can be adjusted so person's feet reach the floor with legs bent 90 degrees at knee.

Bolster



NOTE:

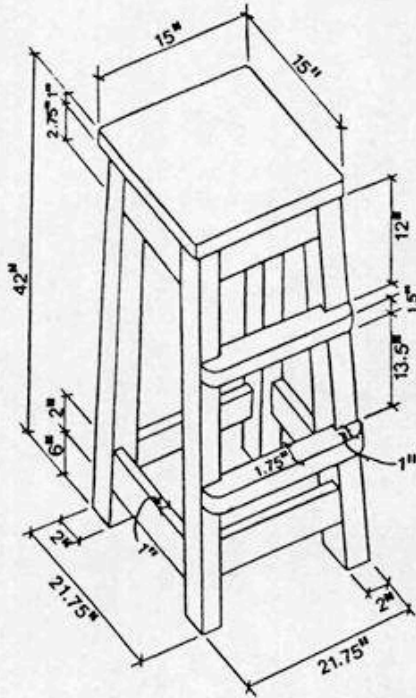
- Material: This bolster must be hard with minimal give.
- Removable bolster case advisable for easy washing.
- Can be purchased from a Hatha Yoga supplier.

9"(23cm); 27"(68.5cm)

39

Tall Stool

12

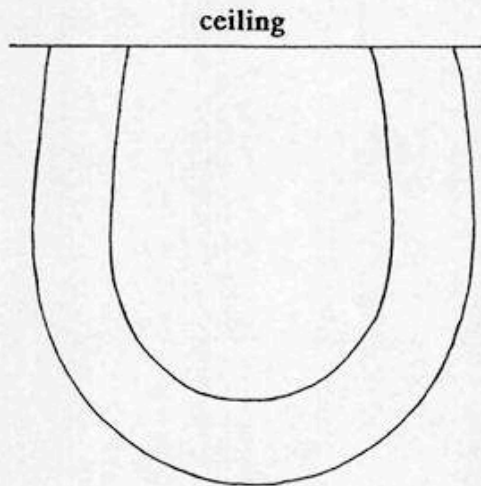


NOTE:

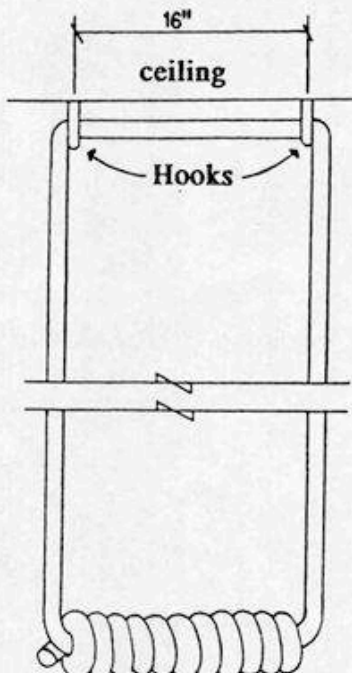
- All edges 1/4" (.63cm) round over*.
- Metal angle bracket* fastens skirting* & legs together in back.

1"(2.5cm); 1.5"(4cm); 1.75"(4.5cm); 2"(5cm); 2.75"(7cm); 6"(15cm); 12"(30.5cm); 13.5"(34cm); 15"(38cm); 21.75"(55cm); 42"(106.5cm)

Sirsasana Rope



CEILING HOOK
ACTUAL SIZE



Jacob's Ladder Knot
11 wraps

NOTE:

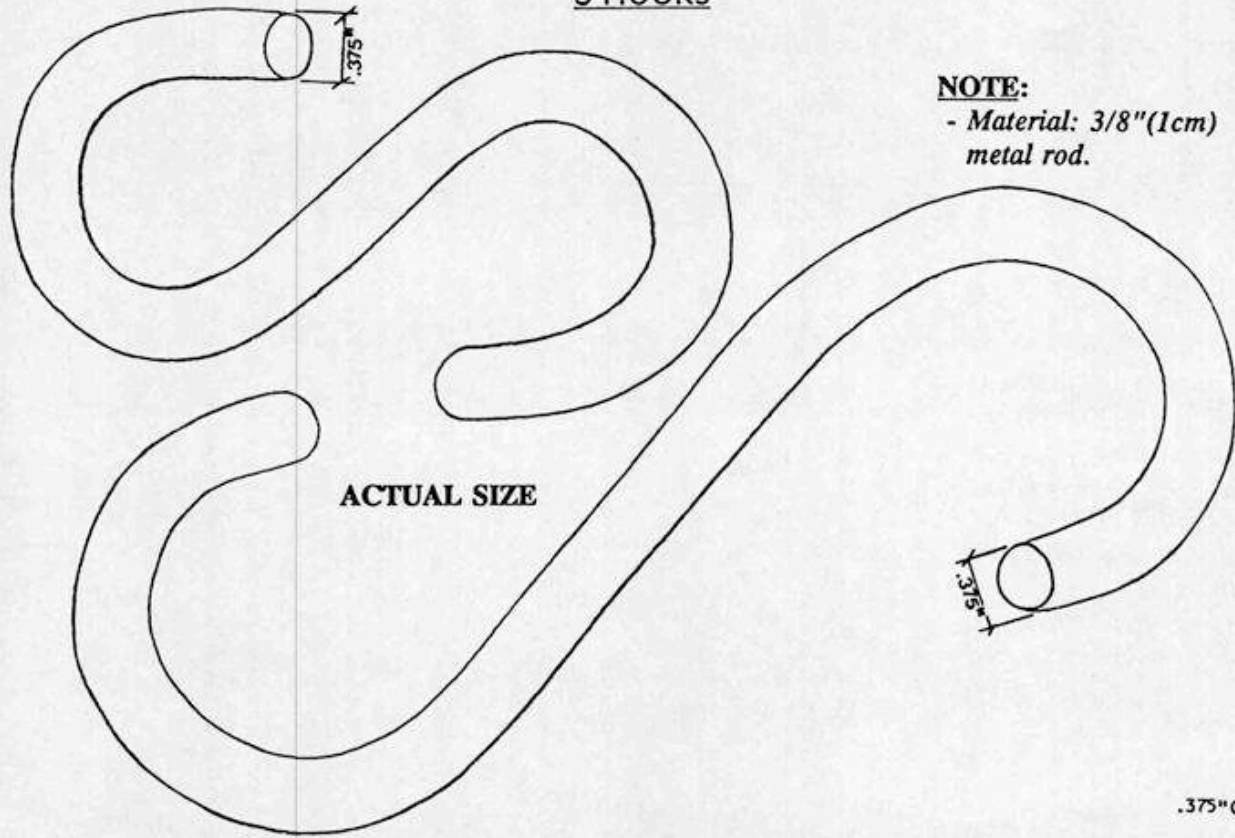
- Material: Strong cotton/nylon non-stretch rope.
- The construction of the ceiling will determine the technique for fastening ropes.
- The fastener should be secure.
- Knot: Use Jacob's Ladder* knot, wrap 11 times.
- Various models of ropes for inversions can be purchased at Hatha Yoga suppliers.

SIZE:

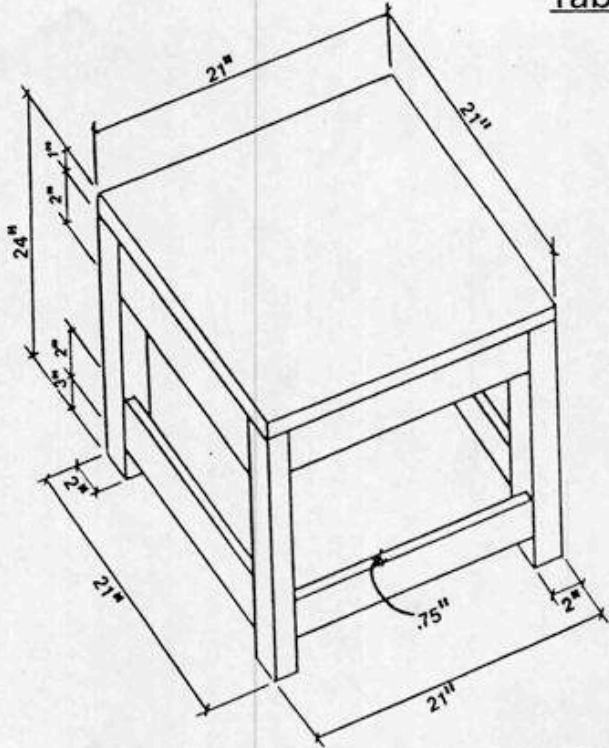
- Diameter: 1" (2.5cm)
- Measurement from floor to bottom of rope should be at least the length from sacrum to fingertips with arms raised above head.

16"(40.5cm) 37

S-Hooks



Table



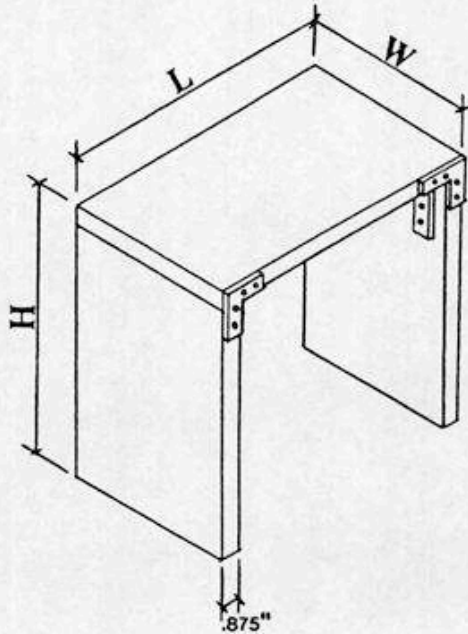
NOTE:

- All edges $1/4''(.63cm)$ round over*.

$.75''(2cm)$; $1''(2.5cm)$; $2''(5cm)$; $3''(8cm)$; $21''(53cm)$; $24''(61cm)$

Halasana Boxes

14



NOTE:

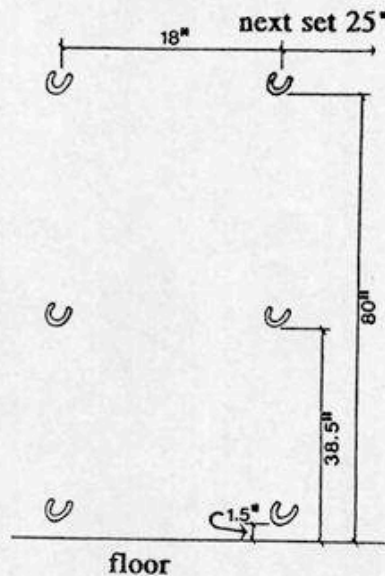
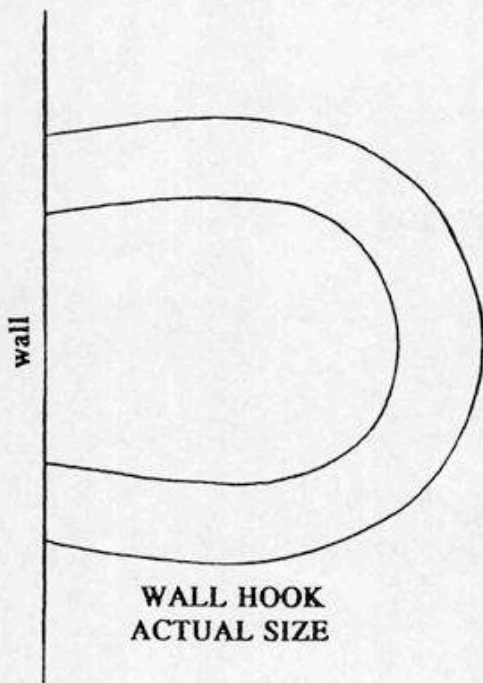
- All edges 1/4" (.63cm) round over*.
- Dovetail* corner joints.
- Four 1/4" (.63cm) flat metal angle brackets*, inside (could be inlaid*).
- To know height for a specific body, measure from waist to top of shoulder, subtract 2" (5cm).

SIZE: L x W x H

- 15" x 16" x 7"
(38cm x 40cm x 18cm)
- 15" x 16" x 10"
(38cm x 40cm x 25cm)
- 17" x 16" x 10"
(43cm x 40cm x 25cm)
- 17" x 16" x 12"
(43cm x 40cm x 30cm)
- 22" x 16" x 12"
(56cm x 40cm x 30cm)

.875" (2cm)

Wall Hooks



NOTE:

- Material: metal hooks.
- The construction of the wall will determine the technique for fastening hooks.
- The fastener should be secure.
- In Pune each set is 25" (63cm) apart. If space is available, 36" (91cm) will allow more range of movement.

SIZE:

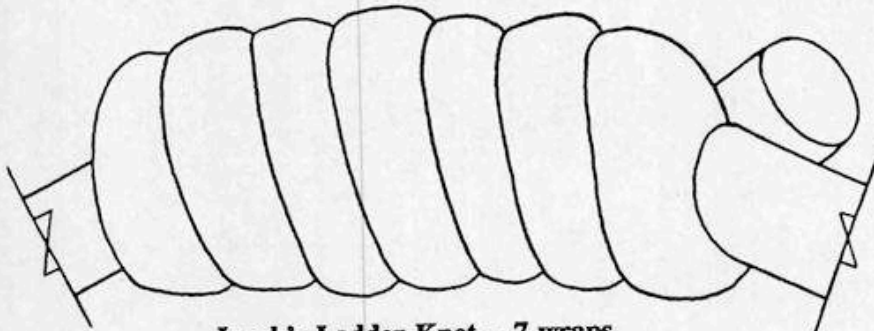
- Hook diameter size 3/8" (1cm).

1.5" (4cm); 18" (46cm); 25" (63cm); 38.5" (98cm); 80" (203cm)

35

NOTE:

- *Material: Cotton/nylon blend.*
- *Burn end of ropes to prevent fraying.*
- *Knot: Use Jacob's Ladder*, 7 wraps.*
- *Ropes are color coded for length and style identification.*

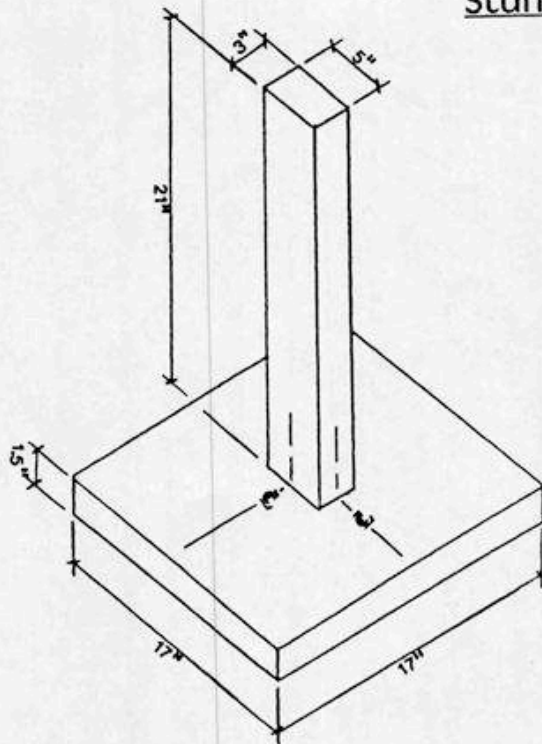


Jacob's Ladder Knot – 7 wraps

SIZE: L x D

- **Blue:** -86" x .5"
(218cm x 1.27cm)
- **Red:** -66" x .625"
(168cm x 1.6cm)
- 78" x .625"
(198cm x 1.6cm)
- 120" x .625"
(305cm x 1.6cm)

Stump



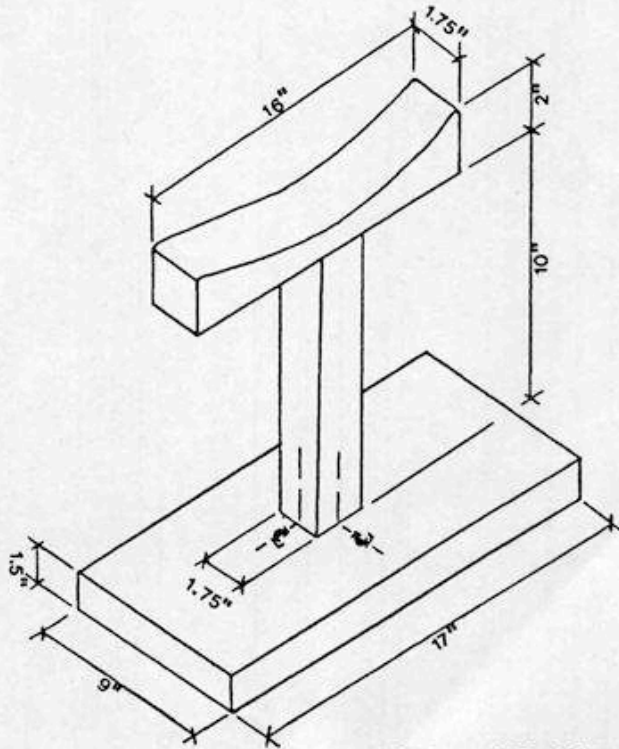
NOTE:

- *All edges 1/4" (.63cm) round over*.*
- *Height should match accompanying platform (stage, table, bed, etc.).*

1.5"(4cm); 3"(8cm); 5"(13cm); 17"(43cm); 21"(53cm)

Viparita Dandasana T

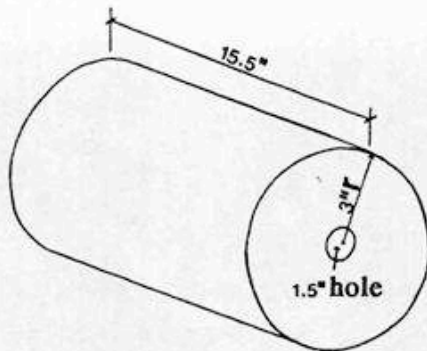
16



1.5"(4cm); 1.75"(4.5cm); 2"(5cm); 9"(23cm); 10"(25.5cm); 16"(41cm); 17"(43cm)

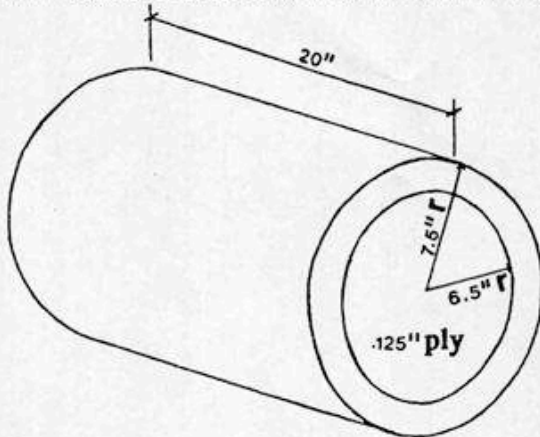
NOTE:

- All edges 1/4"(.63cm) round over*.

Cylinder**NOTE:**

- Material: dense, firm foam with minimal give.

1.5"(3.8cm); 3"(7.6cm); 15.5"(39cm)

Drum**NOTE:**

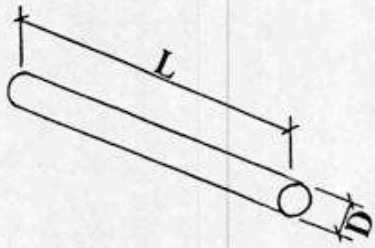
- Use a thick plastic cylinder pipe.
- Insert 1/2"(1.3cm) thick plywood inside cylinder & flush to ends. Fasten by screwing.
- Glue 1"(2.5cm) firm foam around cylinder & ends.
- Cover completely with thick canvas.
- Cover ends with 1/8"(.3cm) plywood as specified.

.125"(.3cm); 6.5"(16.5cm); 7.5"(19cm); 20"(51cm)

33

NOTE:

- Round Wood Dowel*

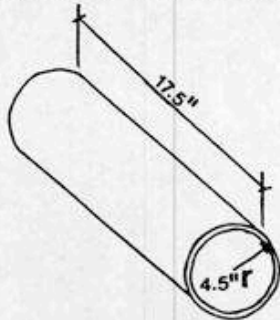


SIZE:

- L x D**
- 15" x 5.75" (38cm x 14.6cm)
 - 19" x 1.75" (48cm x 4.4cm)
 - 21" x 1.75" (53cm x 4.4cm)
 - 18" x 1.5" (46cm x 3.8cm)
 - 20" x 1.5" (51cm x 3.8cm)
 - 23" x 1.5" (58cm x 3.8cm)
 - 62" x 1.5" (157cm x 3.8cm)

- L x D**
- 29" x 1.25" (74cm x 3.2cm)
 - 5" x 1" (13cm x 2.5cm)
 - 5" x .75" (13cm x 1.9cm)
 - 15" x .75" (38cm x 1.9cm)
 - 7" x .5" (18cm x 1.3cm)
 - 15" x .5" (38cm x 1.3cm)
 - 5" x .25" (13cm x 0.6cm)

Roll

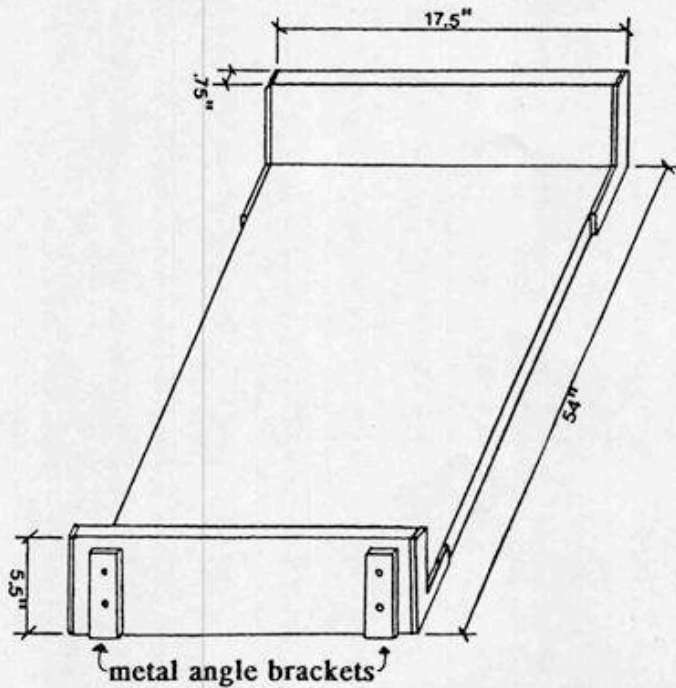


NOTE:

- Material: thick, rigid plastic pipe (i.e. P.V.C. or A.B.S.) covered with a sticky mat.

4.5"(11.4cm); 17.5"(44.5cm)

Viparita Dandasana Board



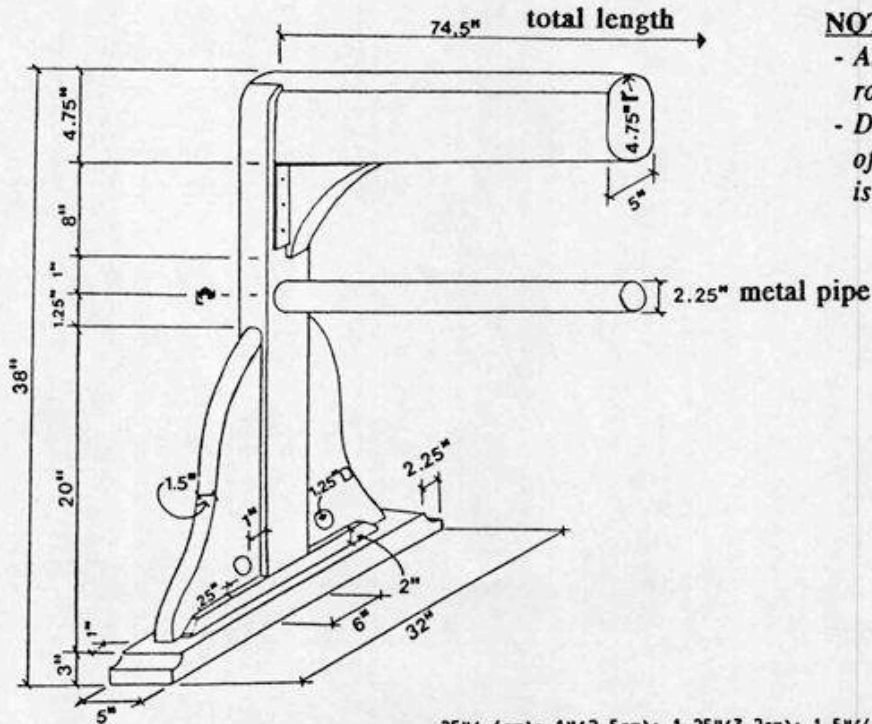
NOTE:

- All edges 1/4"(.63cm) round over*
- Metal angle brackets* could be inlaid*; otherwise three 1"x1"x17.5" (2.5cm x 2.5cm x 44cm) boards should be fixed to bottom at both ends and middle to avoid scratching floor.

.75"(2cm); 5.5"(14cm); 17.5"(44.5cm); 54"(137cm)

Trestle, Horse, Pony

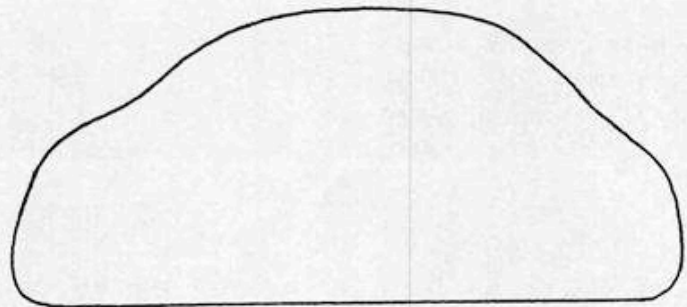
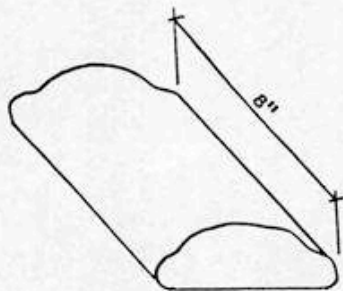
18



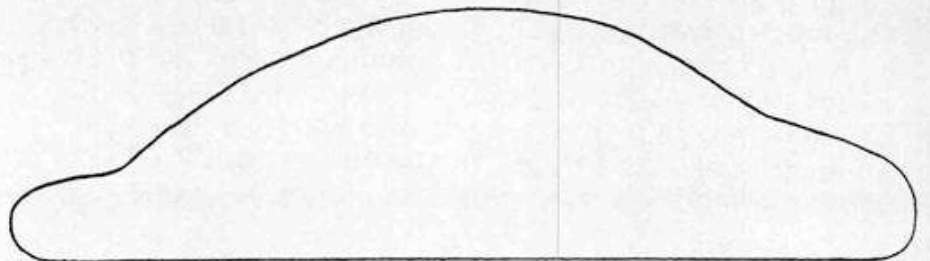
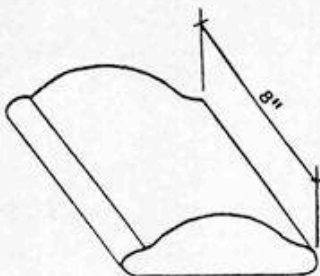
NOTE:

- All edges 1/4" (.63cm) round over*
- Drawing shows only half of trestle. The other end is identical.

.25"(.6cm); 1"(2.5cm); 1.25"(3.2cm); 1.5"(4cm); 2"(5cm); 2.25"(5.7cm); 3"(7.62cm); 4.75"(12cm); 5"(12.7cm); 6"(15.24cm); 8"(20.32cm); 20"(50.8cm); 32"(81.28cm); 38"(96.44cm); 74.5"(189.23cm)



ACTUAL SIZE



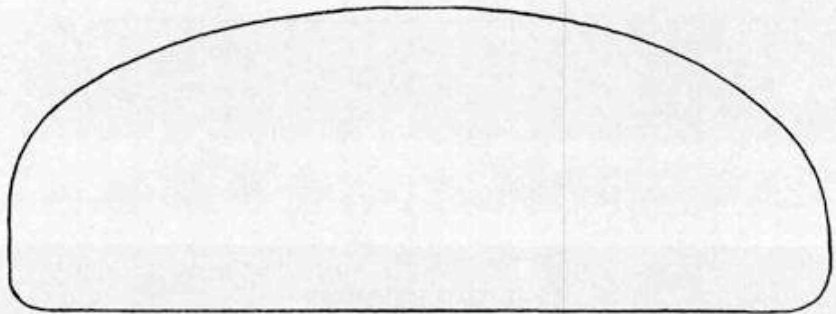
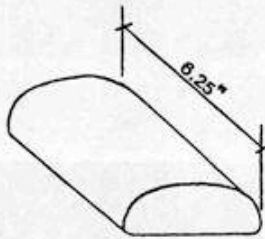
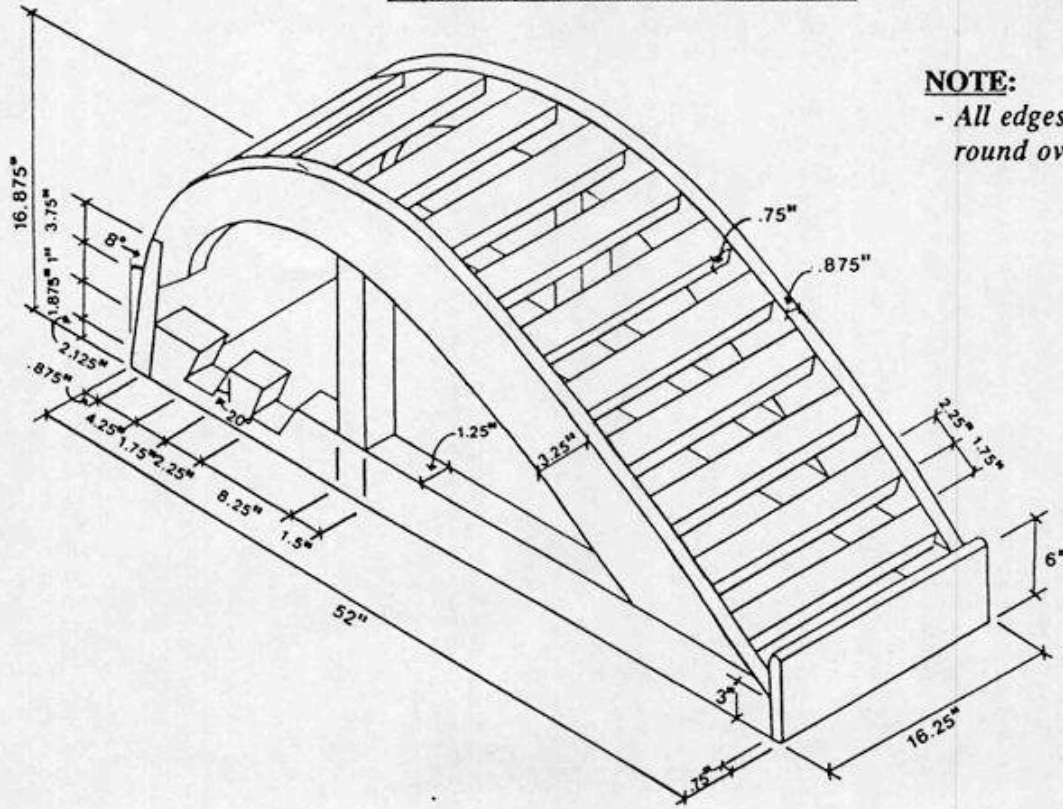
ACTUAL SIZE

8"(20cm)

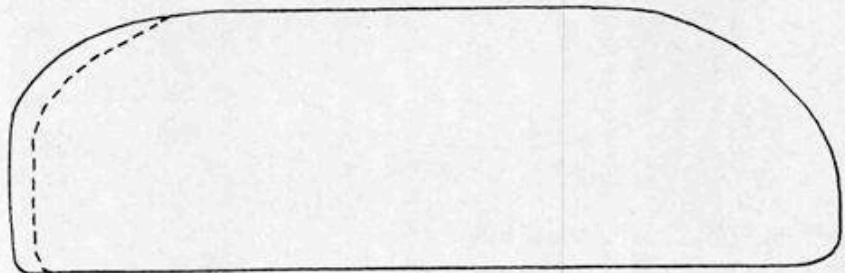
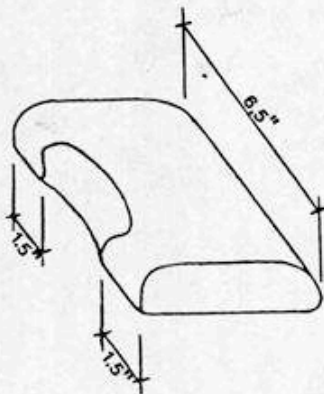
31

Viparita Dandasana Bench

20



ACTUAL SIZE



ACTUAL SIZE

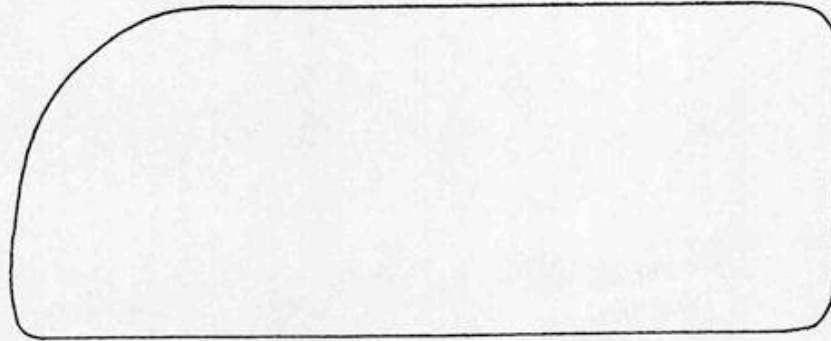
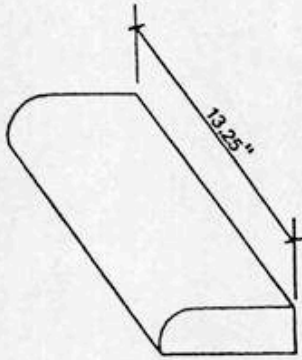
1.5"(3.8cm); 6.25"(16cm); 6.5"(16.5cm)

29

Round Block

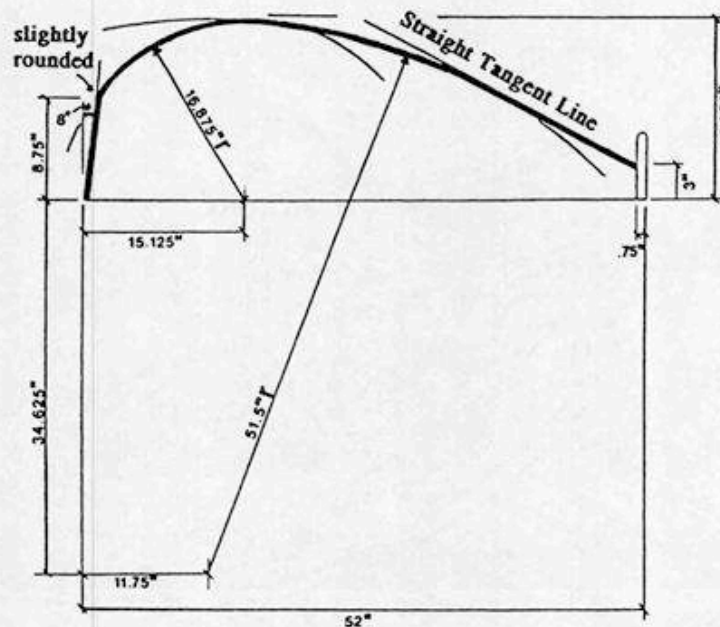
NOTE:

- All edges 1/8"(.32cm) round over*.
- The two drawings on page 29 are variations of the Round Block.



ACTUAL SIZE

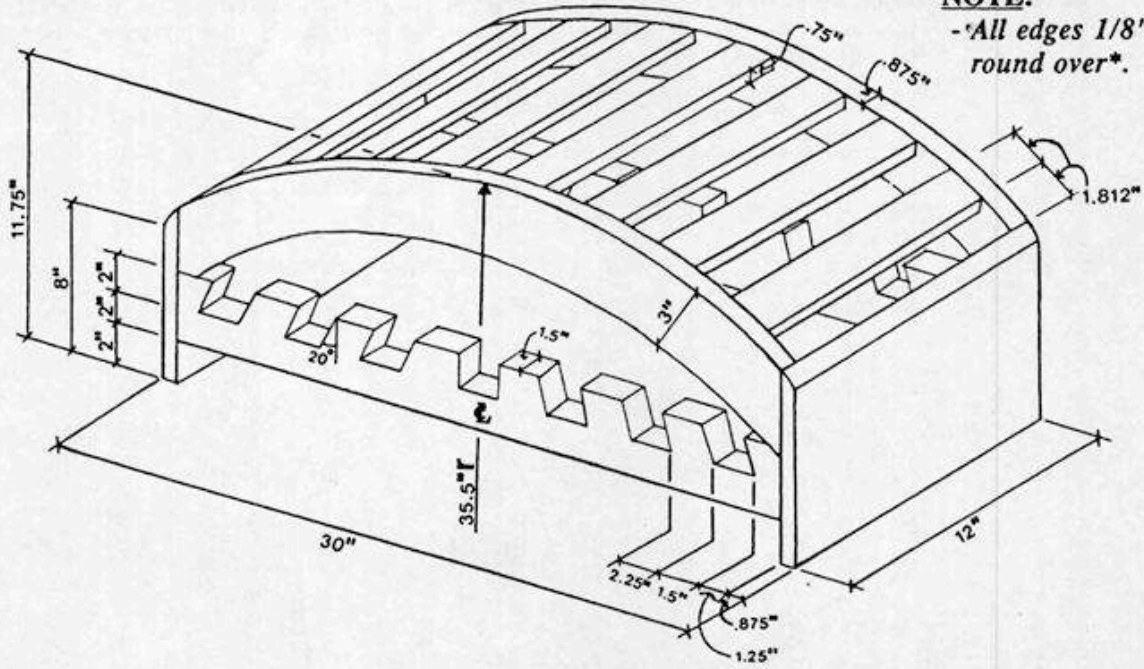
13.25"(33.5cm)



Drawing to Scale

.75"(1.9cm); .875"(2.2cm); 1"(2.5cm); 1.25"(3.2cm); 1.5"(3.8cm); 1.75"(4.4cm)
 1.875"(4.8cm); 2.125"(5.4cm); 2.25"(5.7cm); 3"(7.6cm); 3.25"(8.2cm); 3.75"(9.5cm); 4.25"(10.8cm); 6"(15.2cm); 8.25"(21cm);
 8.75"(22.2cm); 11.75"(29.8cm); 15.125"(38.4cm); 16.25"(41.3cm); 16.875"(42.9cm); 34.625"(88cm); 51.5"(130.8cm); 52"(132.1cm)

Small Viparita Dandasana Bench

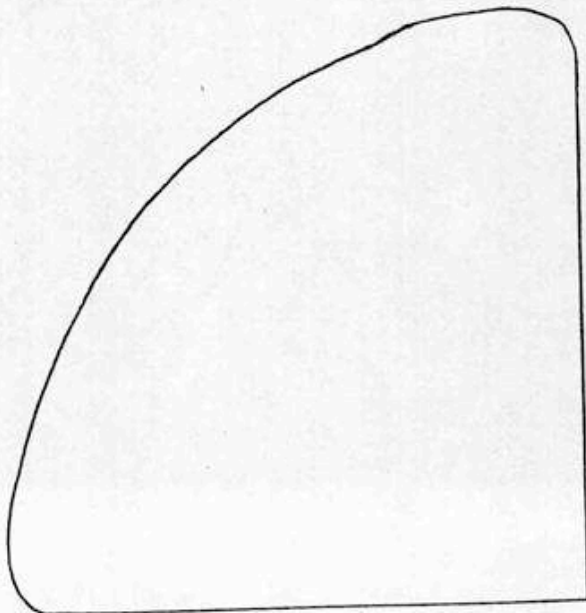


NOTE:
 - All edges 1/8" (.32cm) round over*.

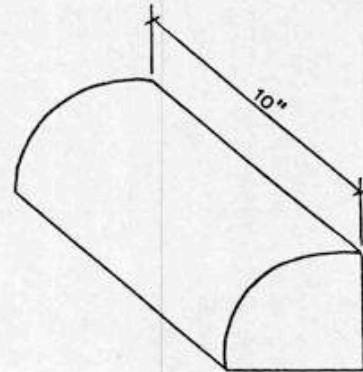
.75" (2cm); .875" (2.2cm); 1.25" (3cm); 1.5" (3.8cm); 1.812" (4.6cm); 2" (5cm); 2.25" (5.7cm); 3" (7.6cm); 8" (20.3cm); 11.75" (29.8cm); 12" (30cm); 30" (76cm); 35.5" (90cm)

Quarter Round Brick

NOTE:
 - All edges 1/8" (.32cm) round over*.

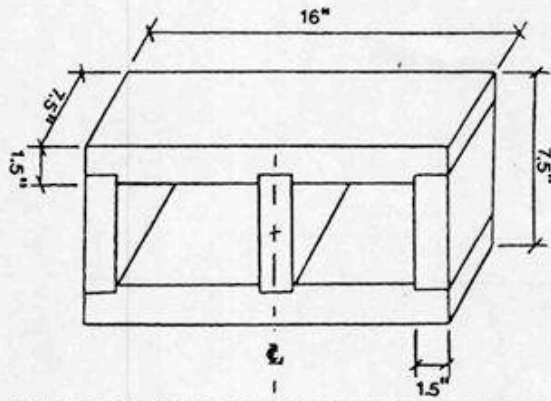


ACTUAL SIZE



10" (25.4cm)

Big Block (Brick)

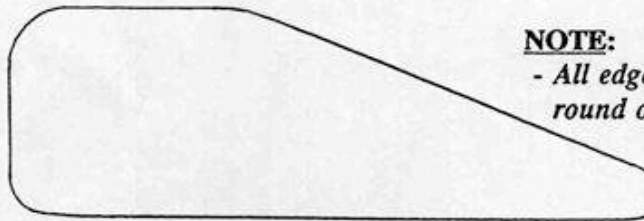
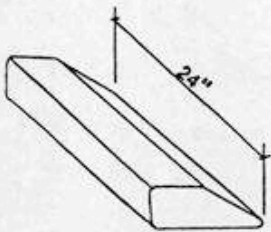


NOTE:

- All edges 1/4"(.63cm) round over*.

1.5"(4cm); 7.5"(19cm); 16"(41cm)

Slanting Plank

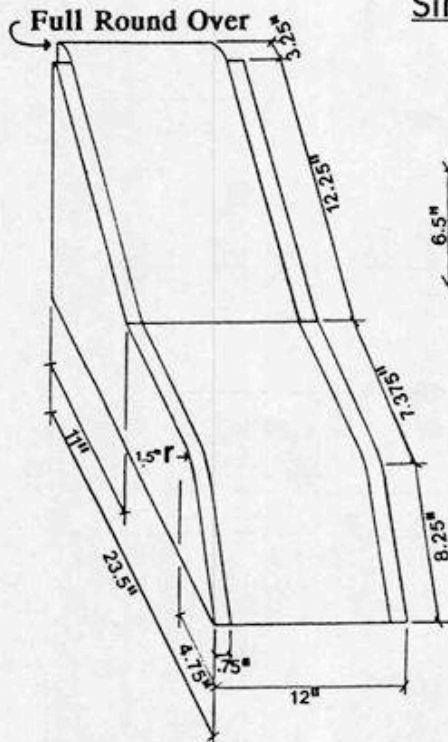


NOTE:

- All edges 1/8"(.32cm) round over*.

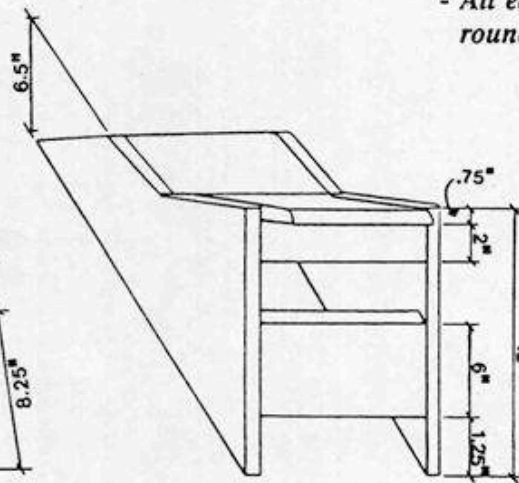
24"(61cm)

Simhasana Box



NOTE:

- All edges 1/4"(.63cm) round over*.



.75"(2cm); 1.25"(3cm); 1.5"(4cm); 2"(5cm); 3.25"(8cm)

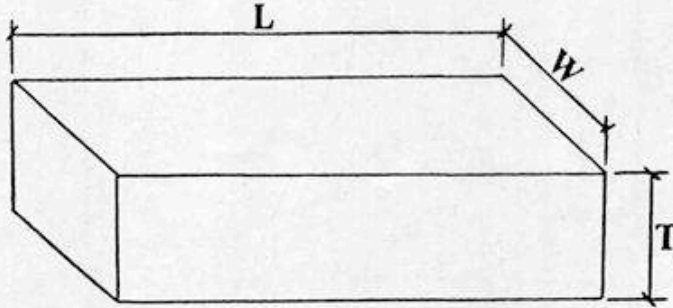
4.75"(12cm); 6"(15cm); 6.5"(16.5cm); 7.375"(18.7cm); 8.25"(21cm); 11"(28cm); 12"(30.5cm); 12.25"(31cm); 23.5"(60cm)

Bricks

24

NOTE:

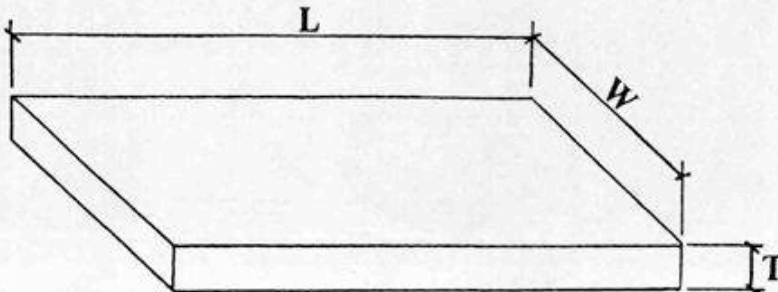
- All edges 1/8"(.32cm) round over*.
- The first measurement is the STANDARD brick size.

**SIZE: L x W x T**

- 9" x 4.75" x 3"
(23cm x 12cm x 7.6cm)
- 12" x 2.75" x 1.5"
(30cm x 7cm x 4cm)
- 9.25" x 2.75" x 1.5"
(23cm x 7cm x 4cm)
- 8.5" x 2.75" x 1.5"
(21cm x 7cm x 4cm)
- 6.5" x 2.75" x 1.5"
(16cm x 7cm x 4cm)
- 5" x 2.75" x 1.5"
(13cm x 7cm x 4cm)
- 5" x 2.25" x 1.5"
(13cm x 6cm x 4cm)

Rectangular Bricks**NOTE:**

- All edges 1/8"(.32cm) round over*.

**SIZE: L x W x T**

- 15" x 9.25" x .75"
(38cm x 23cm x 1.9cm)
- 14" x 11" x 1"
(35cm x 28cm x 2.5cm)
- 13.5" x 9" x 1.5"
(34cm x 23cm x 3.8cm)
- 13" x 10.75" x 1.625"
(33cm x 27cm x 4.1cm)
- 11" x 9" x 1.5"
(28cm x 23cm x 3.8cm)
- 10.25" x 4.75" x 1"
(26cm x 12cm x 2.5cm)

25