



transform your yoga

Hello, and welcome to the Buttafly, your 3-in-1 yoga block, meditation seat and back care aid.

I'm Loulou James, designer of the Buttafly, a pioneer in natural back care, and passionate advocate for spine health.

Like many yoga teachers and practitioners, I found myself frustrated by the limitations of regular yoga blocks, cushions, and blankets - hard edges that dig in, shapes that don't fit real bodies, and props that slip or collapse just when you need support the most. I kept wondering, why compromise when yoga is meant to promote ease and natural alignment?

The Buttafly was born from this enquiry and my own journey of healing and discovery. I wanted to create something that would cradle the body's curves, offer true ergonomic support, and help people experience greater ease both on and off the mat.

Now, the Buttafly is helping people everywhere transform their practice, whether they're seeking accessibility, comfort, or deeper relaxation. Each page in this booklet offers practical ideas and inspiration for using the Buttafly to enhance your yoga and self-care. I'm delighted to share them with you, and hope you'll find new possibilities for movement, rest, alignment and well-being as you turn the pages.



# easy pose *sukhasana*

The Butterfly reimagines how you sit for meditation, blending ergonomic design with therapeutic insight.

Whether you're new to yoga and meditation or an experienced practitioner, the Butterfly offers gentle support that encourages natural alignment and effortless good posture. Find comfort and ease in your practice as the Butterfly helps you sit longer, breathe with ease, and relax more deeply.

The Butterfly is ideal for meditation, pranayama, and any practice that benefits from a stable, well-aligned sitting posture.

## The 3 Butterfly models:

*Standard* - sloping surface. 5 cms high at the front edge

*Tall* - sloping surface. 10 cms high at the front edge

*Flat* - "stacker" and a versatile yoga prop. 5 cms high

## Main features:

- Angled surface supports a neutral pelvis and encourages optimal spine alignment
- Indent at the back relieves pressure on the base of your spine
- Indent at the front allows your feet to tuck in comfortably
- The stacker lets you create your ideal height
- Easy to clean and travel-friendly



# upward salute *supta urdhva hastasana*

Discover a new sense of comfort and ease in upward salute with the Butterfly in this restorative variation.

Lifting the arms overhead while lying down can feel surprisingly challenging - tightness in the chest, shoulders, or upper back often limits how far the arms will go. Without support, it's common to over-arch the lower back and let the ribs thrust forward, leading to discomfort. By placing the Butterfly under your wrists, you offer gentle support that allows your arms to relax and your chest to open naturally. The feeling of your wrists being held in this way mimics the soothing quality of early maternal touch, providing comfort and reassurance that helps calm your nervous system.

Take care to maintain a long neck with your chin softly tucked, and don't hesitate to lower your arms or take a break if you notice tingling or numbness. With this thoughtful support, you're invited to simply breathe, let go of effort, and enjoy the restorative benefits of upward salute where comfort, release, and ease take centre stage.

*The Butterfly is a surprisingly simple and effective body-tool. I love it!*  
*Angela Farmer*  
*International yoga teacher*



# cat pose *marjaryasana*

Cat and cow pose are foundational yoga postures, often forming the backbone of a well-rounded practice.

Yet for many people, these poses can be surprisingly challenging due to discomfort or strain in the wrists. Poses like downward dog and cat-cow require a significant degree of wrist extension, asking you to place your hands flat on the floor while bearing weight. For those with osteoarthritis, a history of wrist fractures, or lingering stiffness from immobilisation (such as after carpal tunnel syndrome), this position can feel uncomfortable or even out of reach.

The Buttafly offers a simple, innovative solution: its angled surface creates a gentle slope, reducing the amount of wrist extension required. By supporting the hands in a more natural position, the Buttafly makes weight-bearing poses more accessible and comfortable, allowing you to move with confidence and comfort on your mat.

*I find the Buttafly super helpful as I like to sit for lengthy periods and find it more comfortable than regular blocks. Jyoti Manuel, founder of Special Yoga*



# corpse pose *savasana*

The Buttafly provides a range of innovative and supportive options for enhancing your relaxation practices.

While the art of doing nothing in savasana might appear simple, it is, in truth, one of the most transformative practices we can give ourselves. Like gentle snow settling on the ground, this final relaxation allows all the benefits of your practice to land softly within you, inviting a sense of deep integration and peace.

The Buttafly brings a new dimension to savasana by providing subtle support where needed. It can be placed under a knee that doesn't fully extend, or under both knees if lying flat causes discomfort or leaves your lower back feeling overarched or unsupported.

For those who find themselves lying stiffly, the gentle support under the ankles as shown here can transform the experience from one of tension to one of ease and surrender. The feeling of being held by the Buttafly evokes the soothing quality of early maternal touch encouraging a deeper sense of rest.

*The Buttafly is hugely fit for purpose.*

*John Stirk*

*Yoga teacher and osteopath*





# corpse pose *savasana*

Supported savasana with the Butterfly can offers a gentle invitation for the neck to release and lengthen.

This can bring a welcome sense of ease after long hours at a desk, time spent driving, or the everyday stresses that settle into our bodies. Resting with the Butterfly in this way can also be comforting for anyone who experiences vertigo or sinus discomfort.

Take time to position the Butterfly, letting it cradle your the back of your head comfortably. As you settle in, allow your eyes to close softly and notice the gentle darkness behind your lids. You might like to experiment with rolling your eyes gently downward in their sockets, as if looking toward your heart. This subtle movement encourages a natural lengthening at the back of your neck and helps signal to the nervous system that it's safe to relax. If you notice any discomfort or dizziness, trust your body's wisdom and adjust your position - your well-being is always the priority.

*The Butterfly is an ingenious design!*  
*Fiona Agombar, yoga teacher &*  
*author of Beat Fatigue with Yoga*



# downward dog *adho mukha svanasana*

Downward dog is another one of those iconic yoga poses that doesn't always feel as effortless as it looks.

If your heels don't quite reach the floor, you're in good company! Instead of straining or forcing, try placing a standard Buttafly under your heels and notice the difference. This gentle lift can create a sense of lightness and ease throughout your whole body. The Buttafly's support is a game-changer for anyone with tight calves, hamstrings, or fascial restrictions, and it's especially helpful if you're managing sciatica. It can also help anyone find greater stability and freedom in this classic pose, promoting a natural lengthening of your spine.

When coming into Downward Dog from Table Top, place the Buttafly just behind your feet, ready to "catch" your heels as you straighten your legs. Remember to prioritise a long back and a feeling of space over straight legs; comfort and alignment come first.

*The Buttafly is not just another yoga gimmick; I truly believe that it can enhance a meditation practice for both beginners and experienced practitioners.*  
*James Chapman, yoga therapist*





# pigeon pose *kapotasana*

Experience supported release in your hips and glutes. The Butterfly invites a gentle opening and natural ease in pigeon pose.

With the Butterfly's ergonomic lift beneath your hips, you're encouraged to maintain symmetry, ensuring that your pelvic and shoulder girdle face forward and your spine remains untwisted throughout its length. This thoughtful support helps you settle into the pose with confidence, allowing your body and mind relax, and your spine free to respond to the movement of your breath.

When practiced as a restorative pose, this alignment invites a gentle opening without strain, making space for release and renewal. Instead of forcing or twisting, you're invited to simply be present, letting the Butterfly do the work so you can experience the true benefits of this deeply nourishing posture.

*The Butterfly is the most effective self-care tool for the pelvis and postural alignment.*  
**Madeline Semper**  
*Massage therapist & educator*



# heart opening *anahatasana*

The Butterfly is the perfect companion for heart opening poses offering intelligent support that honours the body's wisdom.

Whether you're enjoying a restorative sequence or settling into a Yin practice, careful positioning of the Butterfly encourages a gentle lift through the chest and spine creating space without forcing or over-arching the lower back. This approach transforms poses that can sometimes feel daunting into accessible, welcoming experiences for all levels.

In this variation, a standard Butterfly sits beneath your shoulder blades, while a tall Butterfly under your head helps maintain comfort and a neutral neck alignment. This setup relieves postural tension and encourages chest opening, making it especially helpful for beginners, those recovering from chest surgery, or anyone with movement restrictions.

For those who find lying flat uncomfortable due to breathlessness, anxiety, or body shape, this supported heart opening position is a deeply restorative alternative to savasana.

*I have pronounced scoliosis and the Butterfly gives me huge relief from pain.  
Lalita Devi, yogini and kirtan performer*



# heart opening *anahatasana*

Heart opening poses are remarkable in that they both strengthen and soften, inviting us to expand physically and emotionally.

With the Butterfly, advanced variations become a practice in both courage and ease. For a deeper heart opening experience, position a standard Butterfly under the back of your rib cage, just below the shoulder blades, with the high side facing your feet. This precise setup encourages a pronounced yet supported lift through the chest, allowing the spine to extend naturally without compressing the lower back. As your chest opens and your breath deepens, you may notice a sense of spaciousness that radiates through your whole body.

Whether you're exploring new depths in your practice or seeking to balance strength with surrender, this supported heart opener is a powerful tool for fostering both physical and emotional well-being. How might you choose to embrace the present moment with an open heart?

*I love it and my partner will love it too!*  
*Shiva Rea*  
*International yoga teacher*



# squat pose *malasana*

Discover support and ease in squat pose with the Butterfly making deeper hip, knee, and ankle flexion accessible for all.

Squat pose is renowned for its benefits to mobility, digestion, and overall well-being, yet for many, finding comfort and stability in this position can be elusive. Tight calves, limited ankle mobility, and discomfort in the knees or hips are all common challenges. Placing a tall Butterfly under your buttocks provides a gentle lift, allowing you to settle into the pose without strain or forcing depth. This support helps you maintain an upright chest and natural spinal alignment while reducing pressure on sensitive joints. With your weight partially supported, you're free to explore hip, knee, and ankle range at your own pace.

The Butterfly's ergonomic design promotes a sense of grounding and balance, making it easier to relax, breathe deeply, and remain present. For a second variation, try placing a standard Butterfly under your heels. Feel free to explore both and notice how each variation feels - enjoy discovering the subtle differences in support, comfort, and ease.

*Everybody needs a Butterfly!*  
*Jamie Elmer, yoga teacher and*  
*founder of Movement Therapy Company*



# fish pose *matsyasana*

Fish Pose is often pictured as a dramatic backbend, but the real magic comes from gentle, supported upper chest opening.

Using a standard Buttafly under your shoulder blades offers a safe, ergonomic lift, allowing your upper body to open without straining your neck or lower back. With this support, your head can tilt back and rest lightly on the floor, creating a natural curve through the spine and releasing tension across the chest and shoulders. For added comfort and to protect the vulnerable area where the neck meets the skull, keep your eyes open and softly gaze toward your heart. This subtle focus encourages length at the very top of the neck, helping you avoid hinging at the upper cervical spine and compressing this sensitive area.

The Buttafly can transform fish pose into a restorative experience - ideal for anyone with tight shoulders, chest or throat. Always prioritise comfort and ease; if you feel any strain, adjust your setup or come out of the pose.

*The Buttafly is an inspirational prop.  
I wish I'd bought mine sooner!  
Kirsty Stewart, yoga & meditation teacher*



# chair yoga

Chair yoga opens the door to movement, comfort, and well-being for everyone no matter age, flexibility, or experience.

While chair yoga is truly for everyone, it comes into its own as a lifeline for people facing greater physical limitations - whether from neurological conditions like multiple sclerosis or Parkinson's, or age-related health challenges. For these individuals, the Buttafly offers increased stability and comfort, and can unlock a sense of freedom throughout the body, making self-expression possible in new ways. This freedom can be encouraged through shared laughter, singing, and humming.

The enhanced physical support also provides a foundation for natural movement patterns to emerge, allowing each person to participate fully and authentically, regardless of their starting point.

*I purchased the Buttafly 4 years ago and have been using it daily since with great results for numerous aches, pains, and postural alignment.*

*Larry Payne, Ph.D.*

*Founding President of the International Association of Yoga Therapists*





## Your Journey, Your Discovery

As you turn these pages and explore new ways to use the Butterfly, remember, every body is unique. The ideas and suggestions here are just a starting point.

I encourage you to experiment, adapt, and find what feels right for you. Trust your body's wisdom - I'm sure you've discovered that the most profound insights come from simple curiosity and playful exploration!

If you discover a new way to use the Butterfly, or if a pose brings relief or joy you didn't expect, I'd love to hear from you. Your stories help shape this growing community of natural spine health and well-being.

## For Yoga Teachers

Are you passionate about sharing innovative, accessible tools with your clients and students?

I invite you to join Kaleidoscope, our affiliate programme for yoga teachers and movement professionals.

Connect, learn, and earn as you help others discover the benefits of the Butterfly.

Find out more at [thebutterfly.com/kaleidoscope](https://thebutterfly.com/kaleidoscope)



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