Bamboostan®

USER MANUAL AND CARE



Bamboo Posture and Mobility stick

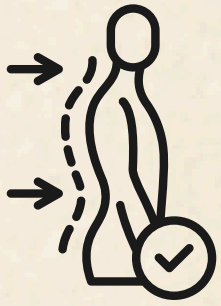
Real bamboo. Real movement.

Bamboo matlab Bamboostan

Care and what to expect

Wipe with a dry or damp cloth. No oiling, no polishing.
Store upright or hanging, never flat.

Week 1	Feels awkward at first
Week 2	Sweep and twist widen
Week 3	Sitting taller without trying
Ongoing	Five minutes a day compounds



Better posture

Opens tight areas and trains your body to stand tall.



More mobility

Improves flexibility and supports easier movement.



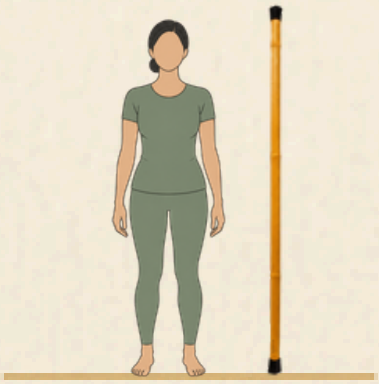
Less stress

Releases tension and helps you feel lighter.

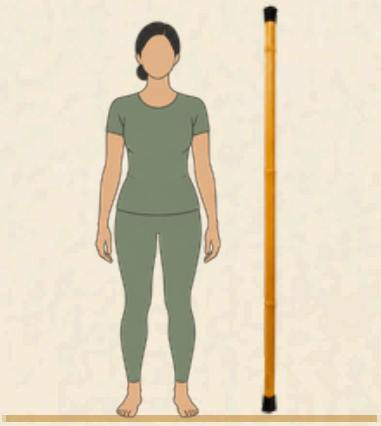
Find your stick size

Match your height to your stick.

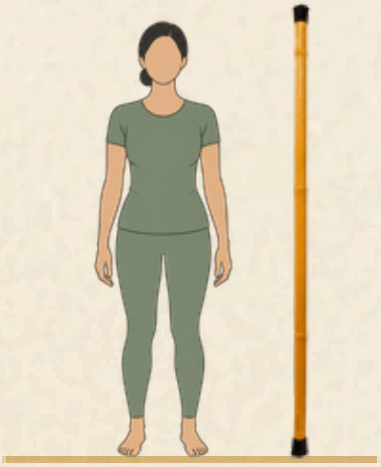
PERSON'S HEIGHT	YOUR STICK BEST FOR	
4'10" – 5'3" (147-160 cm)	**5 ft**	Standing routines
5'4" – 5'9" (162-175 cm)	**5.5 ft**	Standing routines
5'10" and above (178 cm +)	**6 ft**	Standing routines
Any height	**2.5 / 3 ft**	Seated, desk, car, travel
Any height	**2 ft**	Massage and self release
Any height	**4 ft**	Shorter frames



5 ft stick
4'10" – 5'3"



5.5 ft stick
5'4" – 5'9"

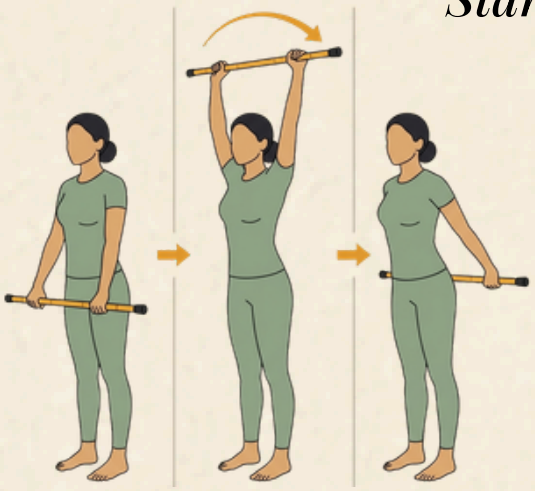


6 ft stick
5'10" +

Wrong length? 10-day easy returns, no fuss. WhatsApp us and we'll swap it.

Your five minute reset

Standing length stick, no floor, no mat.



01. Overhead pass throughs, 1 min

Hold wider than shoulder width, arms straight in front. Sweep the stick up, overhead, and behind you, then bring it back to front. Repeat slowly.



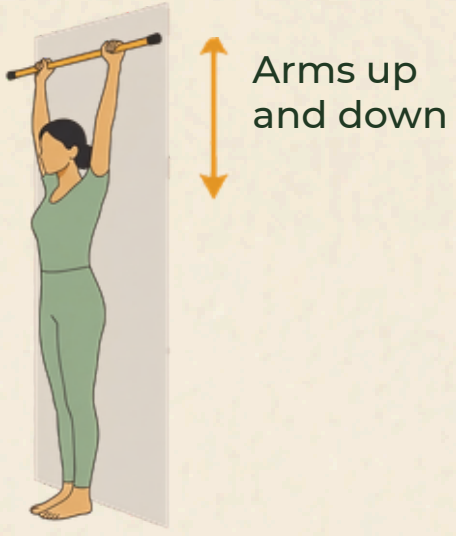
02. Standing posture check, 1 min

Stand tall, stick held vertically along your spine. Head, mid back, and tailbone should all touch it at once. Hold a few breaths, adjust until aligned.



03. Seated twist and side bend, 2 min

Sit cross legged, stick held horizontal. Rotate your torso side to side for a minute, then raise it overhead and bend gently side to side.



04. Wall slides, 1 min

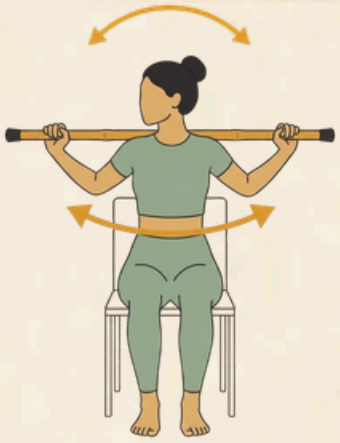
Back against the wall, stick overhead touching it. Slide slowly up and down, keeping the stick, arms, and back in contact throughout.

Sitting routine with the short stick

01. Seated spine lengthener, 1 min

Sit upright. Rest one end of the stick on a table or armrest in front of you, holding it vertically with both hands. Walk your hands up the stick as you lengthen your spine, then slowly back down.





02. Neck and shoulder roll, 1 min

Sit tall, feet flat on the floor. Rest the stick across the back of your shoulders, holding it wide with both hands. Slowly rotate your upper body and head side to side, five times each way, breathing normally.

03. Quick side bend, 1 min

Sit tall, hold the stick overhead with both hands, arms slightly bent. Lean gently to one side, feel the stretch along your ribs, return to centre, then repeat on the other side.





04. Pranayama anchor, 2 min

Sit comfortably, holding the stick upright in front of you with both hands, one end resting on the floor or your lap. Use it to keep your spine tall and anchored as you begin slow, steady breathing for two minutes.

Yoga with your stick

Classic poses, guided by the stick.

Both lengths used here.

01. Tree pose (Vrikshasana), long stick

Stand tall, hold the stick upright beside you, one end resting on the floor for light support. Place one foot on your inner thigh or calf, never on the knee. Hold, breathing steady, then switch sides.



02. Warrior 3 (Virabhadrasana III), long stick



Hold the stick upright in front of you, one end on the floor for balance support. Hinge forward from your hips as you lift one leg straight back, forming a straight line from head to heel. Hold, then switch sides.

03. Trikonasana with stick, long stick

Stand with feet wide apart, front foot pointing forward. Hold the stick vertically, back hand low near the front foot, front hand extended straight up. Hinge at the hip over the front leg, keeping the stick in contact with your body from hand to hand. Hold, then switch sides.



04. Chair pose (Utkatasana), long stick

Stand with feet hip width apart, hold the stick overhead with both hands, arms straight. Bend your knees and sit back as if into a chair, keeping the stick lifted. Hold, then rise back up.



05. Urdhva Mukha Paschimottanasana with stick, short stick



Lie on your back, one leg extended flat on the floor. Loop the stick around the sole of the other foot and hold both ends. Straighten that leg up toward the ceiling, using the stick to gently draw it closer to your face. Hold, then switch legs.

06. Seated forward fold (Paschimottanasana), short stick

Sit with both legs extended in front of you. Hold the stick with both hands and reach it toward your feet, letting it guide you into a gentle forward fold. Hold, breathing slowly, then sit back up.

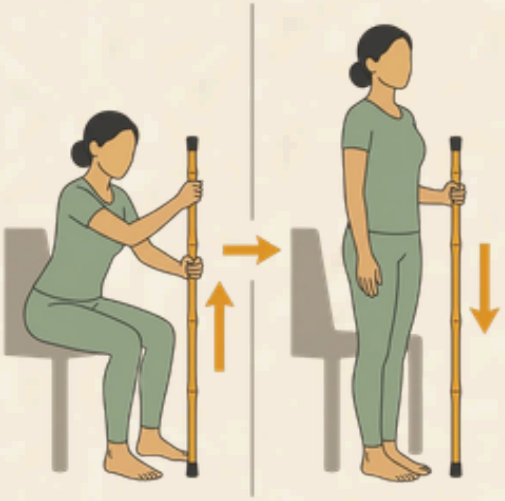


Exercises for older adults

01. Standing balance hold, 1 min each side

Stand near a wall or chair for backup. Hold the stick upright in front of you, one end on the floor. Lift one foot slightly off the ground and hold a few seconds, then switch sides.





02. Sit to stand, a few reps

Sit in a sturdy chair, the stick planted upright in front of you. Hold it lightly for balance only, and stand up using your legs, not the stick. Lower back down slowly. Repeat five times.

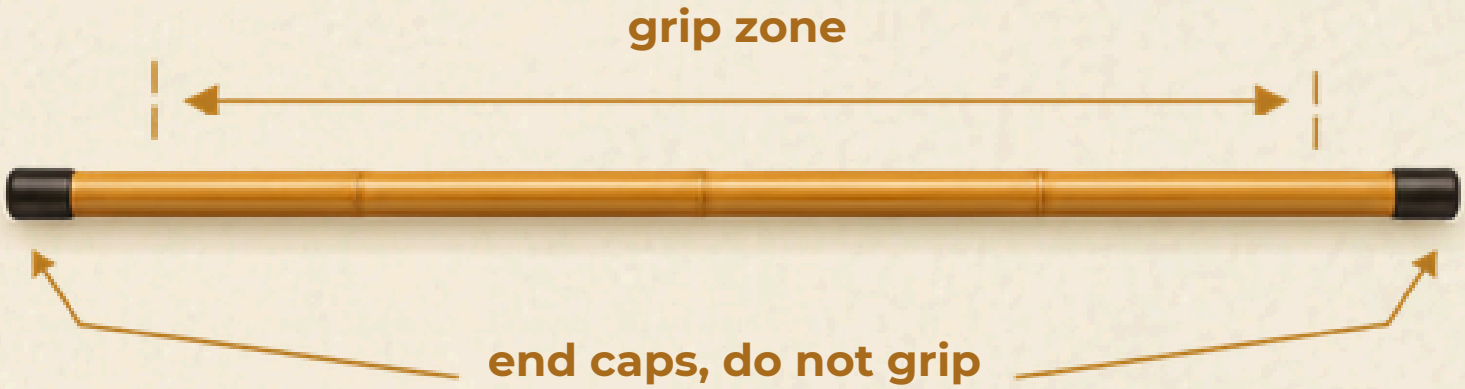
03. Standing march in place, 1 min

Stand near a wall or chair for backup. Hold the stick upright in front of you with both hands, resting one end lightly on the floor as a visual anchor. Lift your knees slowly, one at a time, keeping your balance.

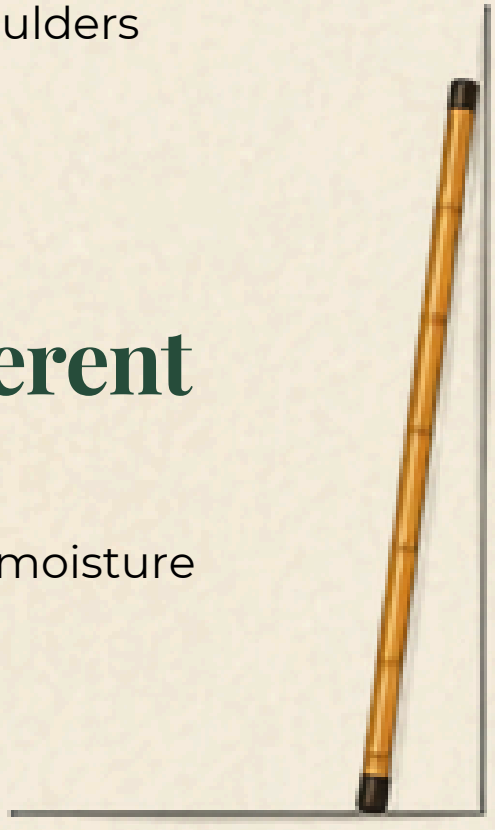


Always keep a chair or wall nearby. Go at your own pace, there is no rush here. Stop any move that feels unsteady.

Where to hold it



- Hold the smooth mid section, never the end caps
- Start with hands a little wider than your shoulders
- Keep elbows soft, never locked



What makes this stick different

- Real Indian bamboo at the core
- Smooth HDPE coating, keeps it splinter free, moisture resistant and low maintenance
- No glue, no smell
- Light and quiet, lives easily behind a door
- Light but sturdy, built for beginners and experienced users alike

Your questions answered

- **How often should I use it?**

  Start with once a day in week 1. From week 2, you can move to twice a day, once in the morning and once in the evening or before bed. Most people notice a change by week 3.

- **Which size should I buy?**

  Pick by height. 5 ft for 4'10" to 5'3". 5.5 ft for 5'4" to 5'9". 6 ft for 5'10" and above. For sitting routines, pick 2.5 ft or 3 ft.

- **What if I picked the wrong size?**

  WhatsApp us within 10 days and we will swap it.

- **Do I need a mat or anything else?**

  No, just the stick, plus a chair, a wall or the floor. Once you get the hang of it, our cork range pairs well too, a yoga mat, a roller, or a balance block.

- **Can children use it?**

  Teenagers and adults, yes. Younger children only with an adult watching.

- **Can older adults use it?**

  Yes. Start with the older adults page and keep a chair or wall within reach.

- **How do I clean and store it?**

  Wipe with a dry or damp cloth. No oil, no polish. Store it upright or hanging, never flat.

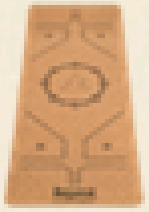
- **Can I use it after an injury or surgery?**

  Ask your doctor first.

Complete your practice

More from Bamboostan, made to go with your stick.

YOGA ESSENTIALS AND MORE:



Cork Yoga Mat
Alignment guides. Grip improves as it warms.



Cork Yoga Brick
Pair. Full body weight, no compression.



Cork Trapezoid Block
Pair. Relieves wrists and calves.



Cork Yoga Wheel
Opens the chest, releases the spine.



Semi Circle Balance Block
Flat supports, curved challenges balance.



Cork Roller
Firmer than foam. Reaches deeper.



Gym Flask
Hot or cold 12 hrs



Thermos Mug
Bamboo and steel



Amplifier
Louder, no power



Bamboo Cap Water Bottle
Track water daily



Crew Socks
Soft bamboo blend



Bath Towel
Absorbs 2x faster



Turkish Towel
Light, and Qucik-Dry



Bamboo Hand Towels (Pack of 2)
For the mat, gym or desk.

Shop the full range at www.bamboostan.com

Bamboostan®

Bamboo essentials for every part of your day. Made by hand in India.

Share your practice

*We would love to see how you use your stick, at home, at your desk, or on the move. Tag @bamboostan_*

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