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### YOGA BLOCKS

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#### Abstract

A collapsible block comprising a top panel, a bottom panel, a first side panel coupled with the first top side and the first bottom side; a second side panel coupled with the second top side and the second bottom side, wherein the first and second side panels are configured to be collapsible, the first and second side panels are moveable between: a first position where a first distance exists between the top and bottom panels; and a second position where a second distance exists between the top and bottom panels, wherein the first distance is greater than the second distance; and a support mechanism located between the top and bottom panels, wherein the support mechanism is configured to withhold a force applied on the top panel or the bottom panel and prevent the first and second side panels from collapsing under the force and move to the second position.

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## **Background/Summary**

### **FIELD OF THE INVENTION**

[0001] The invention relates to the field of exercise, sports rehabilitation, training equipment, and more particularly to a collapsible yoga block.

### **BACKGROUND OF THE INVENTION**

[0002] This present disclosure relates to yoga blocks (a.k.a yoga bricks) used for assistance in yoga poses, specifically to an improved construction method for said device.

[0003] Yoga is a popular form of exercise, meditation, and spiritual practice that helps the participant develop strength and agility. Many yoga routines will make use of a block, typically made of wood, bamboo, plastic, or foam. In particular, a yoga block may be used to support the legs, hip, back, or hands of the participant to facilitate the achievement of a desired yoga pose. At times, a user may travel with their own yoga blocks. However, the blocks, while light, take up a significant amount of space.

[0004] Thus, there is a need for a yoga block capable of transforming between a configuration fit for yoga practice and a configuration that occupies less space and is thus fit for transportation but one that is also structurally sound and adapted to support a sustainable person's weight when in a deployed and expanded position.

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## **Description**

### **BRIEF DESCRIPTION OF THE DRAWINGS**

[0005] Non-limiting and non-exhaustive embodiments of the present disclosure are described with reference to the following figures, wherein like reference numerals refer to like parts throughout the various figures unless otherwise specified.

[0006] FIG. 1 is a perspective view of a collapsible yoga block in a first expanded position.

[0007] FIG. 2 is a perspective view of a collapsible yoga block in a second folded or collapsed position.

[0008] FIG. 3 is a perspective exploded view of a collapsible yoga block showing subelements of the collapsible yoga block.

[0009] FIGS. 4 and 5 are two perspective views of a collapsible yoga block according to a first embodiment of the present disclosure.

[0010] FIGS. 6-8 are side views of the collapsible yoga block in the process of transforming from the collapsed to the elevated state.

[0011] FIG. 9 is a perspective view of the collapsible yoga block in the elevated state.

[0012] FIGS. 10-12 are cross-sectional views of the yoga block having a support mechanism.

[0013] FIGS. 13-15 are three perspective views of a collapsible yoga block according to a second embodiment of the present disclosure.

[0014] FIGS. 16-19 are cross-sectional views of the collapsible yoga block according to the second embodiment of the present disclosure.

[0015] FIGS. 20-21 are perspective views of a collapsible yoga block according to a third embodiment of the present disclosure.

[0016] FIGS. 22-24 are cross-section views of the yoga block according to the third embodiment of the present disclosure.

[0017] FIG. 25 is a perspective view of the fully collapsed yoga block according to the third

embodiment of the present disclosure.

[0018] FIG. **26** is another cross-section view of the yoga block according to the third embodiment of the present disclosure.

[0019] FIG. **27** is an exploded view of the yoga block according to a fourth embodiment of the present disclosure.

[0020] FIG. **28** is a top cross-section view of the yoga block according to the fourth embodiment of the present disclosure.

[0021] FIG. **29** is a front view of the collapsible yoga block according to a fifth embodiment of the present disclosure.

[0022] FIG. **30** is a top view of the collapsible yoga block according to the fifth embodiment of the present disclosure.

[0023] FIG. **31** is a top view of the top panel according to the fifth embodiment of the present disclosure.

[0024] FIG. **32** is a cross-sectional view of the top panel according to the fifth embodiment of the present disclosure.

[0025] FIG. **33** is a top view of the bottom panel according to the fifth embodiment of the present disclosure.

[0026] FIG. **34** is a cross-sectional view of the bottom panel according to the fifth embodiment of the present disclosure.

[0027] FIG. **35** is a cross-sectional view of the collapsible yoga block according to the fifth embodiment of the present disclosure.

[0028] FIG. **36** is another cross-sectional view of the collapsible yoga block according to the fifth embodiment of the present disclosure.

[0029] FIG. **37** is another top view of the bottom panel with the latch panels accommodated in the corresponding latch panel cuts.

[0030] FIG. **38** is a perspective view of the semi-collapsed yoga block according to the fifth embodiment of the present disclosure.

[0031] FIGS. **39** is a side view of a fully folded side panel according to the fifth embodiment of the present disclosure.

[0032] FIGS. **40** is a side view of a semi-folded side panel according to the fifth embodiment of the present disclosure.

[0033] FIG. **41** is a cross-sectional view of a fully elevated collapsible yoga block according to the fifth embodiment of the present disclosure.

#### DETAILED DESCRIPTION

[0034] The embodiment and various embodiments can now be better understood by turning to the following detailed description of the embodiments, which are presented as illustrated examples of the embodiment defined in the claims. It is expressly understood that the embodiment as defined by the claims may be broader than the illustrated embodiments described below. Many alterations and modifications may be made by those having ordinary skill in the art without departing from the spirit and scope of the embodiments.

[0035] FIGS. **1** and **2** are two perspective views of a collapsible yoga block **100** according to one embodiment of the present disclosure. FIG. **1** illustrates the yoga block **100** in an elevated or expanded collapsed state and FIG. **2** illustrates the yoga block **100** in a collapsed state. FIG. **3** is an exploded view of the collapsible yoga block of this embodiment.

[0036] Here, the collapsible yoga block of FIGS. **1** through **3** is a versatile and portable yoga aid designed for practitioners who need a space-saving solution for their practice. It incorporates a folding mechanism that allows it to transition between a compact form for transportation and an expanded state for yoga use. The collapsible yoga block is designed to fold into a smaller form, making it easy to carry in a bag or suitcase. In one embodiment, the yoga block according to the present disclosure is made from high-quality, lightweight plastic with TPU elements for grip.

Internal support mechanisms ensure stability during use. Innovative latch and hinge mechanisms prevent accidental collapsing. The yoga block according to the present disclosure is designed with a sleek, minimalistic look suitable for modern yogis.

[0037] In one embodiment, the collapsible yoga block as shown in the various figures includes a top panel **110**, the upper surface of the block that supports user weight. A bottom panel **120** includes a base that provides stability and attaches to the internal supports. Side panels **200** and **210** are panels that fold to allow the block to collapse and expand. In one embodiment, a latch panel **300** locks the block in its open state to prevent unintended collapsing. In some embodiments, spring mechanisms **320** ensures smooth folding and unfolding of side panels. Internal support elements **400** can be a reinforcing structure that maintains the block's shape and withstands eccentric loads. In some embodiments, hinges **220** allow controlled movement of side panels for a smooth transition between states. In some embodiments, corner tabs **500** and **510** are TPU-based grip elements to prevent sliding on smooth surfaces. Whereas rods **170** and a rod system connects key structural components and provides additional integrity.

[0038] In some embodiments, high-quality ABS plastic for durability and lightweight properties are used, and TPU is used for non-slip performance on various surfaces. High-strength rods and hinges to enable smooth articulation.

[0039] In one embodiment, to expand the collapsible yoga block, the user pulls the side panels outward. Latch panels engage, securing the block in place. The support structure locks into position. In other embodiments, to collapsible and fold the collapsible yoga block, the latch mechanism is released by pressing the lock. Side panels fold inward. The block reduces to its compact form for storage or transport.

[0040] In other embodiments, the locking mechanism includes a male-female locking system. This ensures that once expanded, the block remains stable. Spring-loaded latches engage automatically when the block is fully opened.

[0041] FIGS. **4** and **5** are two perspective views of a collapsible yoga block **100** according to the first embodiment of the present disclosure. FIG. **4** illustrates the yoga block **100** in a collapsed state and FIG. **5** illustrates the yoga block **100** in an elevated or expanded state. FIGS. **3-5** are side views of the collapsible yoga block **100** in the process of transforming from the collapsed state to the elevated/expanded state. The yoga block **100** includes a top panel **110**, a bottom panel **120**, a first side panel **200**, and a second side panel **210**.

[0042] As illustrated in FIGS. **6-9**, the two side panels **200**, **210** are coupled with the two opposite sides of the top panel **110**. Similarly, the side panels **200**, **210** are coupled with the two opposite sides of the bottom panel **120**. The two side panels **200**, **210** are functionally and structurally identical. As illustrated in FIG. **7**, the first and second side panels **200**, **210** both have a first section **201** and a second section **202**. The two first sections **201** are coupled with two opposite sides of the top panel **110**. The two second sections **202** are coupled with two opposite sides of the bottom panels **120**. Further, The first and second side panels **200**, **210** both include a hinge **220** rotatably coupled with the first section **201** and the second section. The hinges **220** allows the two side panels **200**, **210** to bend whenever a force is applied on the top and bottom panels **110**, **120** and in the process collapses the yoga block **100**.

[0043] FIGS. **10-11** are two cross-sectional views of the yoga block **100** having a support mechanism configured to withstand the eccentric load across all contact points on the yoga block **100**. The support mechanism includes a pair of latch panel **300**, wherein one end of each latch panel **300** is rotatably coupled with one end of the bottom panel **120**. The latch panel **300** includes a first latch **310** and a first spring **320**, wherein the first latch **310** is configured to couple with either the top panel **110** or the bottom panel **120**.

[0044] As illustrated in FIG. **10**, the first spring **320** pushes the first latch **310** so that one end of the first latch **310** is inserted in an indentation of the bottom panel **120**. A user can remove the first latch **310** from the notch and release the first latch **310** from the bottom panel **120** by compressing

the first spring **320**. As illustrated in FIGS. **8-9**, the first latch **310** has an opening **330** for the user's finger to enter and press the first latch **310** downward to compress the first spring **320**. In FIG. **11**, the latch panel **300** is rotated by the user to move the first latch **310** toward the top panel **110**. In FIG. **12**, the latch panel **300** is perpendicular to the bottom panel **120** and directly below an indentation of the top panel **110**. Once the user stop compressing the first spring **320**, the first spring **320** will move one end of the catch **310** into the indentation of the top panel **110** to couple the latch panel **300** with the top panel **110**. The latch panel **300** coupled with the top panel **110** can now support eccentric loads applied on the yoga block **100** to prevent it from collapsing under said external forces exerted on the top and bottom panels **110**, **120**. On the other hand, the coupling between the top panel **110** and first support **300** also allows the first support **300** to withhold external forces exerted on the side panels **200**, **210**.

[0045] FIGS. **13-15** are three perspective views of a collapsible yoga block **100** according to the second embodiment of the present disclosure. FIGS. **16-19** are side views and cross-sectional views of the collapsible yoga block **100**. The yoga block **100** of the present embodiment includes an internal support **400** to create a pressure point in the center of the yoga block **100**. As illustrated in FIGS. **18-19**, one end of the internal support **400** is rotatably coupled with the bottom panel **120**. The other end of the internal support **400** has a cam configured to couple the internal support **400** with a groove of the top panel **110**. The yoga block **100** further includes a second latch **410** (illustrated in FIGS. **13-15**) rotatably coupled with the internal support **400**. The user can pull the second latch **410** to lift the internal support **400** up and move the yoga block **100** from the collapsed state illustrated in FIG. **16**, to the half expanded state illustrated in FIGS. **17** and **18**, to finally the fully elevated/expanded state illustrated in FIG. **19**.

[0046] In the present embodiment, both end of the groove of the top panel **110** are disposed with a divot/slot for accommodating the cam of the internal support **400**. When the internal support **400** is oriented in a horizontal position, the cam of the internal support **400** can be fitted in the divot/slot on one end of the groove to lock the internal support **400** in the horizontal position. The user can then use the second latch **410** to lift the top panel **110** to move the cam out of one divot/slot and toward another divot/slot when the internal support **400** is oriented vertically as illustrated in FIG. **19**. Also, the second latch **410** is coupled with the cam on one end of the internal support **400**. Further, in different embodiments, components such as a metal pin can be slotted in the internal support **400** and second latch **410** to rotatably couple the two elements together.

[0047] The yoga block **100** of the present embodiment also includes the first support **300**, identical to the one discussed above and illustrated in FIGS. **8-12**. Further, as illustrated in FIG. **17**, the internal support **400** includes second springs **420** configured to return the internal support **400** to the horizontal position whenever the cam is no longer fitted in the divot/slot of the groove on the top panel **110**.

[0048] FIG. **20** is a perspective view of a collapsible yoga block **100** according to the third embodiment of the present disclosure. The yoga block **100** includes a top panel **110**, a bottom panel **120**, and a pair of side panels **130**. FIGS. **21-22** are respectively a perspective and a cross-section view of the yoga block **100**, wherein the panels **110**, **120**, **130** are made transparent in FIG. **21** to show the support mechanism of the present embodiment. As illustrated in FIGS. **21-23**, the support mechanism includes a third side panel **140**, a fourth side panel **150**, and an internal panel **160** all rotatably coupled with the bottom panel **120**. The third side panel **140** and the fourth side panel **150** are configured to withstand the eccentric load across all contact points on the yoga block **100**. The internal panel **160** is configured to create a pressure point in the center of the yoga block **100**. The support mechanism further includes a rod **170** rotatably coupled with the three panels **140**, **150**, **160** so that the panels **140**, **150**, **160** can be moved together at the same time.

[0049] As illustrated in FIG. **22**, the two side panels **130** both have a first section **201** and a second section **202**. The two first sections **201** are coupled with two opposite sides of the top panel **110**. The two second sections **202** are coupled with two opposite sides of the bottom panels **120**.

Further, The side panels **130** both include a hinge **220** rotatably coupled with the first section **202** and the second section **202**. The hinges **220** allows the two side panels **130** to bend whenever a force is applied on the top and bottom panels **110**, **120** and in the process collapses the yoga block **100**. The hinges **220** are configured to be 5° toward the center of the yoga block **100** when the yoga block **100** is in a fully expanded state. Load applied to the top and bottom panels **110**, **120** will translate to support mechanism and thus put the support mechanism in compression. Additionally, the hinges **220** of the side panels **130** moving toward the center of the yoga block **100** will eventually contact the internal panel **160** and are prevented from moving any further. Thus, the internal panel **160** serves to withstand both the load applied on the top and bottom panel **110**, **120** and that exerted on the side panels **130** to ensure that the yoga block **100** does not collapse.

[0050] As illustrated in FIG. **21**, the third side panel **140** includes an opening **141** for a user to pull the third side panel **140** and rotate it to be parallel with the bottom panel **120**. As illustrated in FIG. **24**, the rod **170** moves together with the third panel **140** and in the process also pull the fourth panel **150** and the internal panel **160** to rotate and be parallel with the bottom panel **120**. FIGS. **24-25** are respectively a side view and a perspective view of the fully collapsed yoga block **100** where the support mechanism is parallel to the bottom panel **120** and the two sides panels **130** are collapsed to bring the top panel **110** closer to the bottom panel **120**. As illustrated in FIG. **25**, the user can use the opening **141** of third panel **140** as a handhold to carry the yoga block **100**.

[0051] FIG. **25** is another cross-section view of the yoga block. Here, the panels **140**, **150**, **160** of the support mechanism are being erected to expand the yoga block. The fourth side panel **150** includes a catch **151** pushed by a spring (not illustrated) to selectively couple the fourth side panel **150** with either the top panel **110** or the bottom panel **120**. The fourth side panel **150** is structurally and functionally identical to the above-mentioned latch panel **300** illustrated in FIGS. **8-12** and thus will not be described further here.

[0052] FIG. **27** is an exploded view of the yoga block according to the fourth embodiment of the present disclosure. The yoga block includes a top panel **110**, a first side panel **111**, and a second side panel **112**, wherein the two side panels **111**, **112** are rotatably coupled with two opposite sides of the top panel **110**. The two side panels **111**, **112** each has a pair of hinges rotatably coupled with one side of the top panel **110**. The yoga block also includes a bottom panel **120**, a third side panel **121**, and a fourth side panel **122**, wherein the two side panels **121**, **122** are rotatably coupled with two opposite sides of the bottom panel **120**. The two side panels **121**, **122** respectively has a pair of hinges rotatably coupled with one side of the bottom panel **120**.

[0053] As illustrated in FIG. **27**, the first side panel **111** includes a first protrusion **111a** and the bottom panel **120** includes a first groove **120a** configured to receive the first protrusion **111a**. The first protrusion **111a** and the corresponding first groove **120a** together form a joinery that couple the first side panel **111** with the bottom panel **120**.

[0054] Here please also refer to FIG. **28** which is a top cross-section view of a portion of the yoga block. One end of both the third and fourth side panels **121**, **122** has a second protrusion **121a**. Two opposite sides of the first side panel **111** are respectively disposed with a second groove **111b** configured to receive the second protrusion **121a**. The second protrusions **121a** and the corresponding second grooves **111b** from two joineries that couple the first side panel **111** with the third and fourth side panels **121**, **122**. Similarly, the second side panel **112** is coupled with the bottom panel **120** as well as the third and fourth side panels **121**, **122** through the joineries formed by similar protrusions and grooves. The above-mentioned joineries couple the panels **110**, **111**, **112**, **120**, **121**, **122** to collectively form the yoga block of the present embodiment.

[0055] Further, the yoga block **100** includes an internal support located between the top and bottom panels **110**, **120** and configured to withhold a force applied on the panels **110**, **111**, **112**, **120**, **121**, **122**. The internal support includes a first support member **500** and a second support member **510**, wherein the two support members **500**, **510** have corresponding cuts that allows the support members to couple and form a cross.

[0056] Further, the opposite ends of the first support member **500** are respectively disposed with a third protrusion **500a**. On the other hand, the surfaces of the third and fourth side panels **121**, **122** are respectively disposed with a third groove (not illustrated) for receiving the third protrusion **500a**. Similarly, the opposite ends of the second support member **510** are respectively disposed with a fourth protrusion **510a**. The surfaces of the first and second side panels **110**, **111** are respectively disposed with a fourth groove (not illustrated) for receiving the fourth protrusion **510a**. The joineries of the above-mentioned protrusions **500a**, **510a** and grooves couple the support members **500**, **510** with the side panels **110**, **111**, **121**, **122** that allows the support members **500**, **510** to withstand loads applied on the top and bottom panels **110**, **120** as well as the four side panels **111**, **112**, **121**, **122**.

[0057] FIG. **29** is a front view and FIG. **30** is a top view of the collapsible yoga block according to a fifth embodiment of the present disclosure. As illustrated in FIGS. **29-30**, each of the two side latching panel **300** has a latch **310** and three tongue **340** connected to the first latch **310** and configured to be inserted in the corresponding grooves **115** in the top panel **110** (illustrated in FIGS. **31-34**). The coupling between the top panel **110** and latch panel **300** allows the latch panel **300** to withhold external forces exerted on the yoga block.

[0058] FIGS. **31-34** illustrate the top and bottom panels **110**, **120** of the collapsible yoga block according to the fifth embodiment of the present disclosure. FIGS. **31** and **32** are respectively a top view and a cross-sectional view of the top panel **110** configured to couple with the three tongues **340** of the side latch panel **300**. As illustrated in FIG. **31**, the top panel **110** includes 3 groove **115** that allow the latching panel **300** to lock into place. On the other hand, FIG. **32** shows the depth of the groove **115** relative to the thickness of the top panel **110**.

[0059] FIGS. **33** and **34** is a top view and a cross-sectional view of the bottom panel **120**, wherein the bottom panel **120** includes a latch panel cut **125** configured to accommodate the latch panel **300** and allow the latching panel **300** to sit within the latch panel cut **125** of the bottom panel **120** when the yoga block is collapsed. The bottom panel **120** also includes a plurality of indentations **126** configured to accommodate the tongues **340** of the latch panel **300**, as illustrated in FIG. **36**.

[0060] FIGS. **35-36** are two cross-sectional views of the collapsible yoga block that illustrate how the latch panel **300** is coupled with the bottom panel **120**, wherein the first latch **310** is controlled by a first spring **320** that allows the user to retract the first latch **310** from locked position in the top/bottom panel **110/120**. As illustrated in FIG. **29**, the first latch **310** has a sunken space for the user's finger to enter in order to press the first latch **310** downward and compress the first spring **320**. A user can then remove the tongues **340** from the grooves **115** of the top panel **110** and release the first latch **310** from the top panel **110**.

[0061] As illustrated in FIGS. **35-36**, the latch panel **300** is rotated by the user and moved toward the bottom panel **120**. Once the latch panel **300** is positioned in the latch panel cut **125** and the user stop compressing the first spring **320**, the first spring **320** will move the catch **310** and its tongues **340** into the indentations **126** of the bottom panel **120** to couple the latch panel **300** with the bottom panel **120**. FIG. **37** is another top view of the bottom panel **120**, wherein the two side panels **300** are positioned in the above-mentioned latch panel cuts **125** and for their tongues **340** to enter the indentations **126** to couple with the bottom panel **120**.

[0062] FIGS. **38-41** illustrate the two side panels of the collapsible yoga block according to the fifth embodiment of the present disclosure. FIG. **38** is a perspective view of the semi-collapsed yoga block. FIGS. **39** and **40** are respectively a side view of a fully folded side panel and a side view of a semi-folded side panel. FIG. **41** is a cross-sectional view of a fully elevated/expanded collapsible yoga block with the side panels **200**, **210** fully extended to allow the latch panel **300** to couple with the top panel **110**.

[0063] The side panels **200**, **210** each includes a first section **201**, a second section **202**, and a middle linkage **203**. Two ends of first section **201** are respectively coupled with the top panel **110** and the middle linkage **203** using hinges **220**. Similarly, two ends of second section **202** are

respectively coupled with the bottom panel **120** and the middle linkage **203** using hinges **220**. Each of the folding side panels **200, 210** has an additional hinge **220** compared with the side panels **200, 210** illustrated in FIG. **9**. The extra hinge **220** allows the corresponding side panel **200, 210** to fold eccentrically around a floating axis and to fold flush without interfering. The middle linkage **203** also enables symmetry between the upper and lower side panels **110, 120**.

[0064] In the foregoing description, reference is made to the accompanying drawings that form a part thereof, and in which is shown by way of illustration specific exemplary embodiments in which the disclosure may be practiced. These embodiments are described in sufficient detail to enable those skilled in the art to practice the concepts disclosed herein, and it is to be understood that modifications to the various disclosed embodiments may be made, and other embodiments may be utilized, without departing from the scope of the present disclosure. The foregoing detailed description is, therefore, not to be taken in a limiting sense. Further, once the fourth panel is coupled with the top panel, an over-center cam such as a bicycle quick-release skewer can be coupled with the third panel to put the support mechanism in tension.

[0065] Reference throughout this specification to “one embodiment,” “an embodiment,” “one example,” or “an example” means that a particular feature, structure, or characteristic described in connection with the embodiment or example is included in at least one embodiment of the present disclosure. Thus, appearances of the phrases “in one embodiment,” “in an embodiment,” “one example,” or “an example” in various places throughout this specification are not necessarily all referring to the same embodiment or example. Furthermore, the particular features, structures, databases, or characteristics may be combined in any suitable combinations and/or sub-combinations in one or more embodiments or examples. In addition, it should be appreciated that the figures provided herewith are for explanation purposes to persons ordinarily skilled in the art.

## Claims

1. A collapsible block comprising: a top panel having a first top side and a second top side opposite to each other; a bottom panel having a first bottom side and a second bottom side opposite to each other; a first side panel coupled with the first top side and the first bottom side; a second side panel coupled with the second top side and the second bottom side, wherein the first and second side panels are configured to be collapsible, the first and second side panels are moveable between: a first position where a first distance exists between the top and bottom panels; and a second position where a second distance exists between the top and bottom panels, wherein the first distance is greater than the second distance; and a support mechanism located between the top and bottom panels, wherein the support mechanism is configured to withhold a force applied on the top panel or the bottom panel and prevent the first and second side panels from collapsing under the force and move to the second position.
2. The collapsible block of claim 1, wherein the first side panel includes: a first section rotatably coupled with the first top side; and a second section rotatably coupled with the first bottom side, wherein the first section and the second section are rotatably coupled to form a hinge structure moveable toward and away from a center of the collapsible block.
3. The collapsible block of claim 1, wherein the support mechanism includes: an internal support rotatably coupled with the bottom panel and located between the top panel and the bottom panel, the internal support is moveable between: an upright position where the internal support prevents the first and second side panels from collapsing and moving to the second position; and a flat position where the internal support is laid substantially flat and does not prevent the first and second side panels from collapsing and moving to the second position; and a third side panel rotatably coupled with the bottom panel, the third side panel is moveable between: the upright position where the third side panel is perpendicular to the top and bottom panels; and the flat position where the third side panel is parallel with the bottom panel; a connector and an internal rod



moveably coupled with the internal support and the third side panel, wherein a user can use the third side panel and the connector to move the internal support between the upright position and the flat position.

**4.** The collapsible block of claim 3, wherein the support mechanism further includes a fourth side panel rotatably coupled with the bottom panel and the connector, the user can use the third side panel and the connector to move the fourth side panel between: the upright position wherein the fourth panel is perpendicular to the top and bottom panels; the flat position where the fourth panel is parallel with the bottom panel and within the block.

**5.** The collapsible block of claim 4, wherein the fourth side panel includes a catch configured to increase a height of the fourth side panel in the upright position for the top panel to prevent the fourth side panel from being moveable to the flat position; wherein the third side panel includes a cam configured to keep the support mechanism in the upright position in tension.

**6.** The collapsible block of claim 1, wherein the support mechanism includes: an internal support rotatably coupled with the bottom panel and located between the top panel and the bottom panel; and a latch coupled with the internal support, wherein a user can use the latch to move the internal support between: an upright position where the internal support withholds a force applied on the top panel or the bottom panel; and a flat position where the internal support is laid flat and does not prevent the first and second side panels from collapsing.

**7.** The collapsible block of claim 6, wherein the support mechanism includes: a third side panel rotatably coupled with the bottom panel and configured to move between: an upright position where the third side panel is perpendicular to the bottom panels; and a flat position where the third side panel is parallel with the bottom panel, wherein the third side panel includes a first catch configured to releasably couple with the bottom panel in the flat position and couple with the top panel in the upright position.

**8.** The collapsible block of claim 1, wherein the support mechanism includes: a third side panel rotatably coupled with the bottom panel and configured to move between: an upright position where the third side panel is perpendicular to the bottom panels; and a flat position where the third side panel is parallel with the bottom panel, wherein the third side panel includes a first catch configured to releasably couple with the bottom panel in the flat position and couple with the top panel in the upright position.

**9.** The collapsible block of claim 8, wherein the support mechanism includes: a fourth side panel rotatably coupled with the bottom panel and configured to move between: an upright position where the fourth side panel is perpendicular to the bottom panels; and a flat position where the fourth side panel is parallel with the bottom panel, wherein the fourth side panel includes a second catch configured to releasably couple with the bottom panel in the flat position and couple with the top panel in the upright position.

**10.** A block comprising: a top panel; a first side panel and a second side panel rotatably coupled with two opposite sides of the top panel; a bottom panel; a third side panel and a fourth side panel rotatably coupled with two opposite sides of the bottom panel; and an internal support located between the top and bottom panels and configured to withhold a force applied on the top panel or the bottom panel; wherein the first and second side panels are coupled with two opposite sides of the bottom panel, the third and fourth side panels are coupled with two opposite sides of the top panel, the each of the first and second side panels are adjacent to the third and fourth side panels, wherein the top panel, the bottom panel, and four side panels form a rectangular block.

**11.** The block of claim 10, wherein the internal support includes: a first support member having a first finger and a second finger; and a second support member having a third finger and a fourth finger and configured to couple with the first support member; wherein the first side panel has a first cut configured to accommodate the first finger, the second side panel has a second cut configured to accommodate the second finger, the third side panel has a third cut configured to accommodate the second finger, the fourth side panel has a fourth cut configured to accommodate

the second finger.

**12.** A method of expanding a collapsible yoga block including the steps of: a) pulling a side panel outward; b) engaging a latch panel; and c) securing the collapsible yoga block in place.

**13.** The method of claim 12 further including the step of pulling and pushing a support structure to lock into position.

**14.** The method of claim 12 further including the step of collapsing and folding the collapsible yoga block by releasing a latch mechanism and pressing a lock.

**15.** The method of claim 14 further including the step of folding a side panel inward to fold and collapse the collapsible yoga block.

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