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(54) **YOGA BLOCKS**

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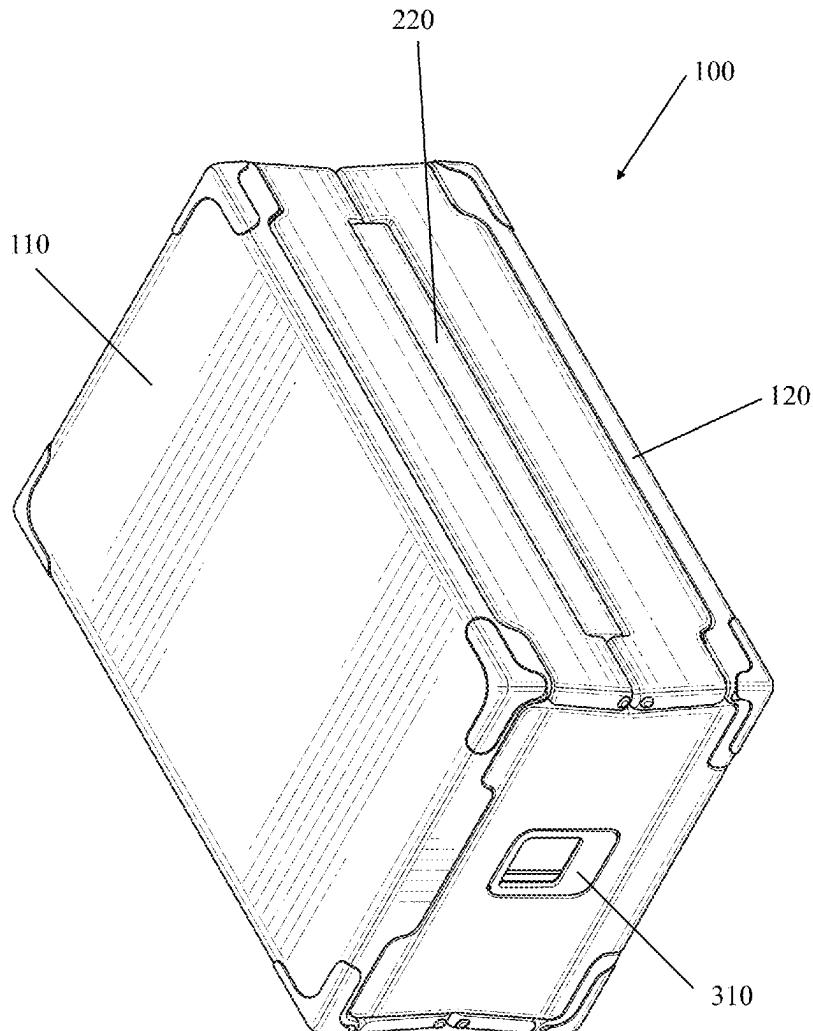
(52) **U.S. Cl.**

CPC **A63B 21/0047** (2013.01); **A63B 21/002** (2013.01); **A63B 2210/50** (2013.01)

(57)

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.



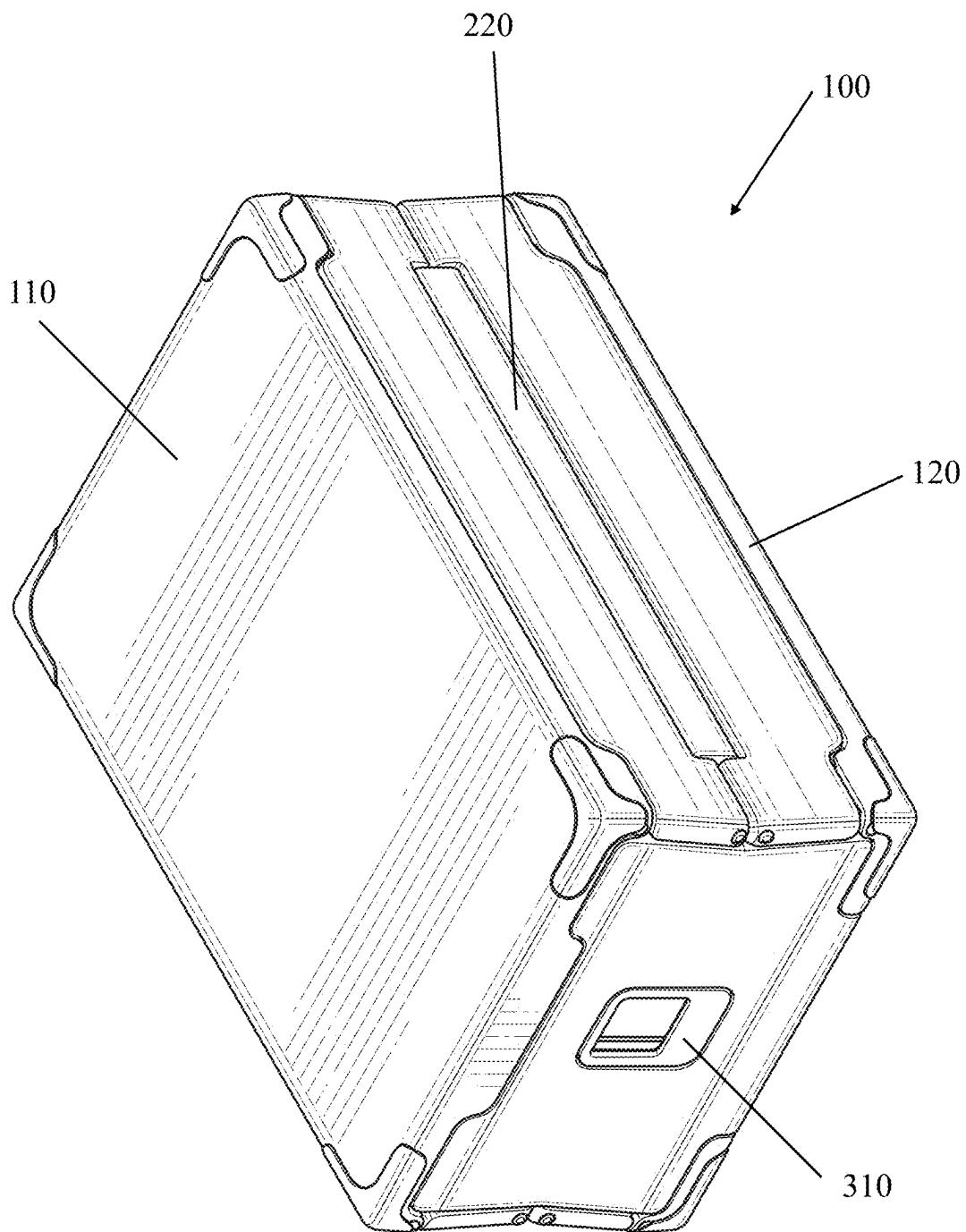


FIG. 1

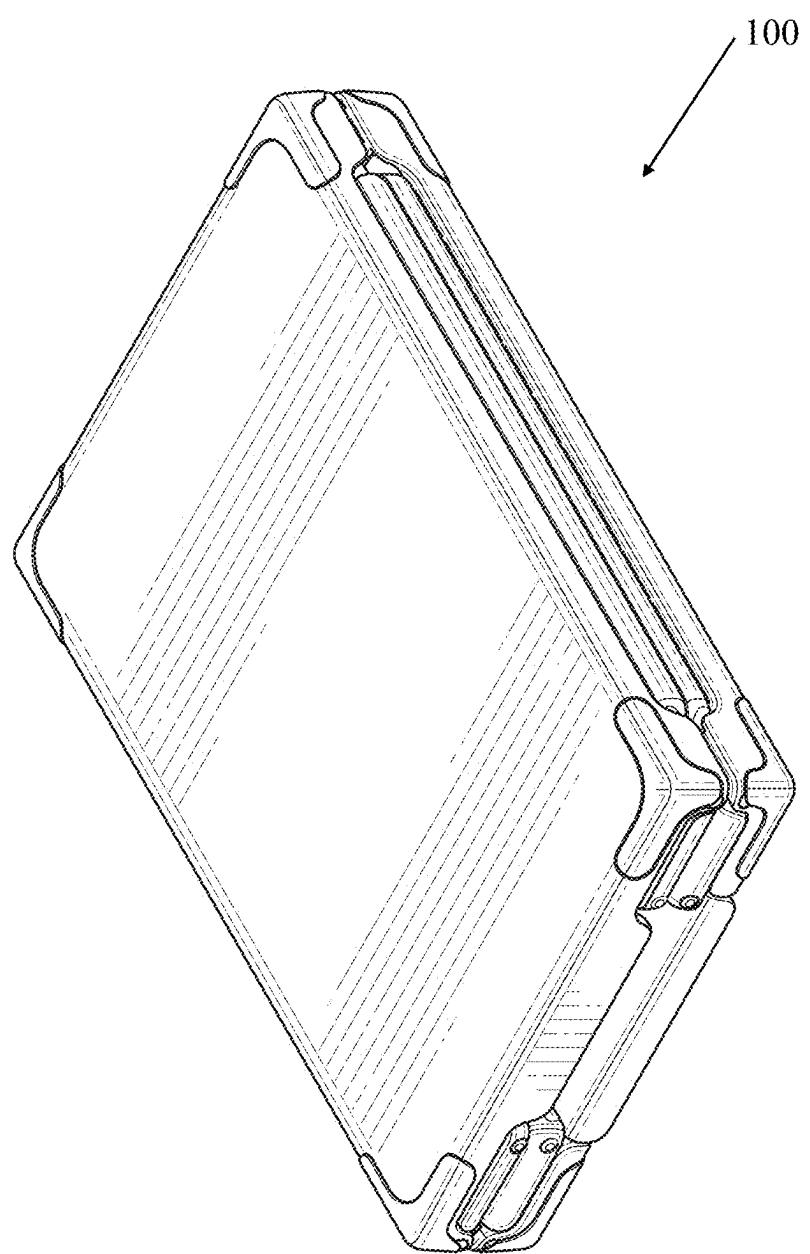


FIG. 2

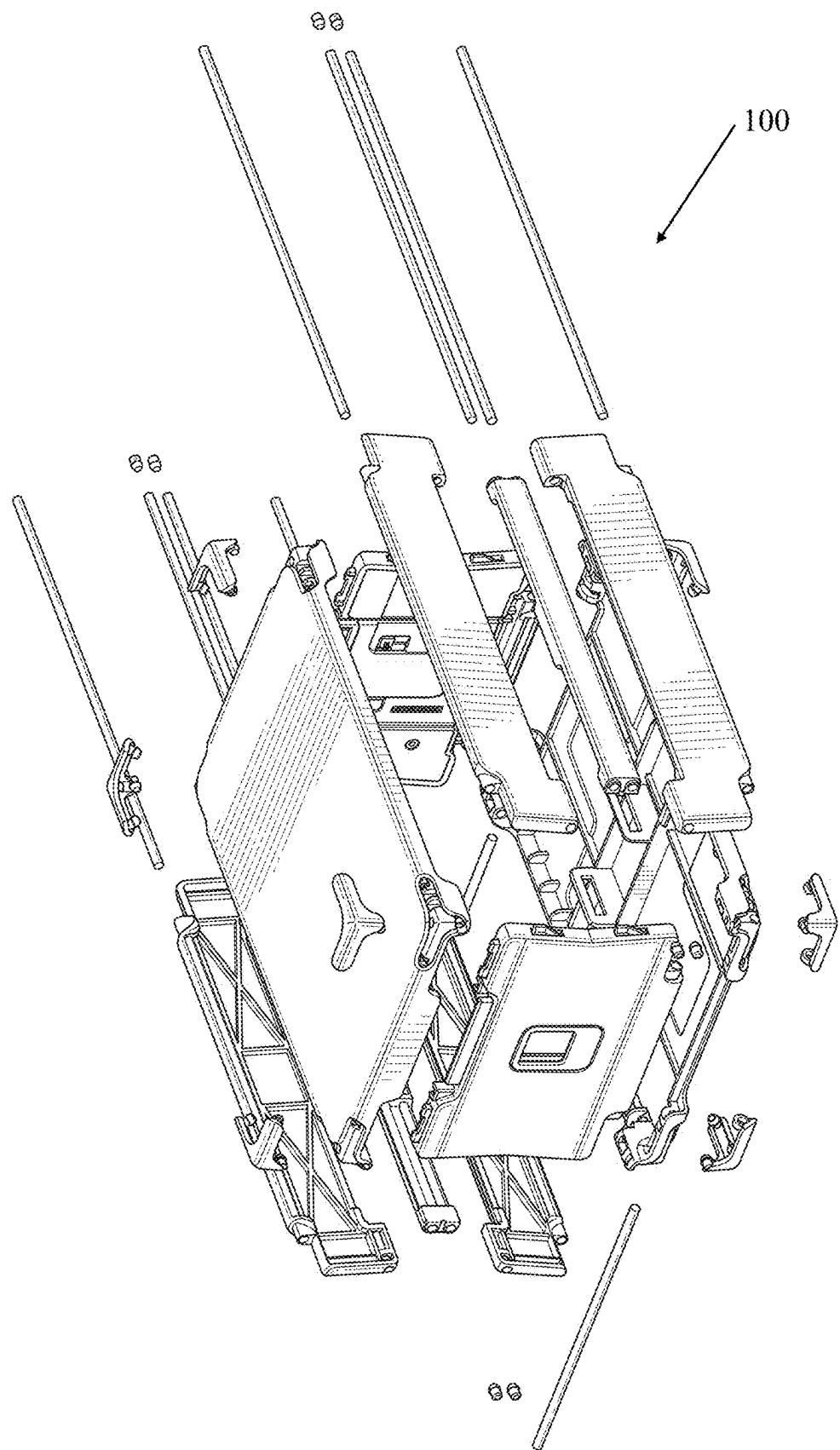


FIG. 3

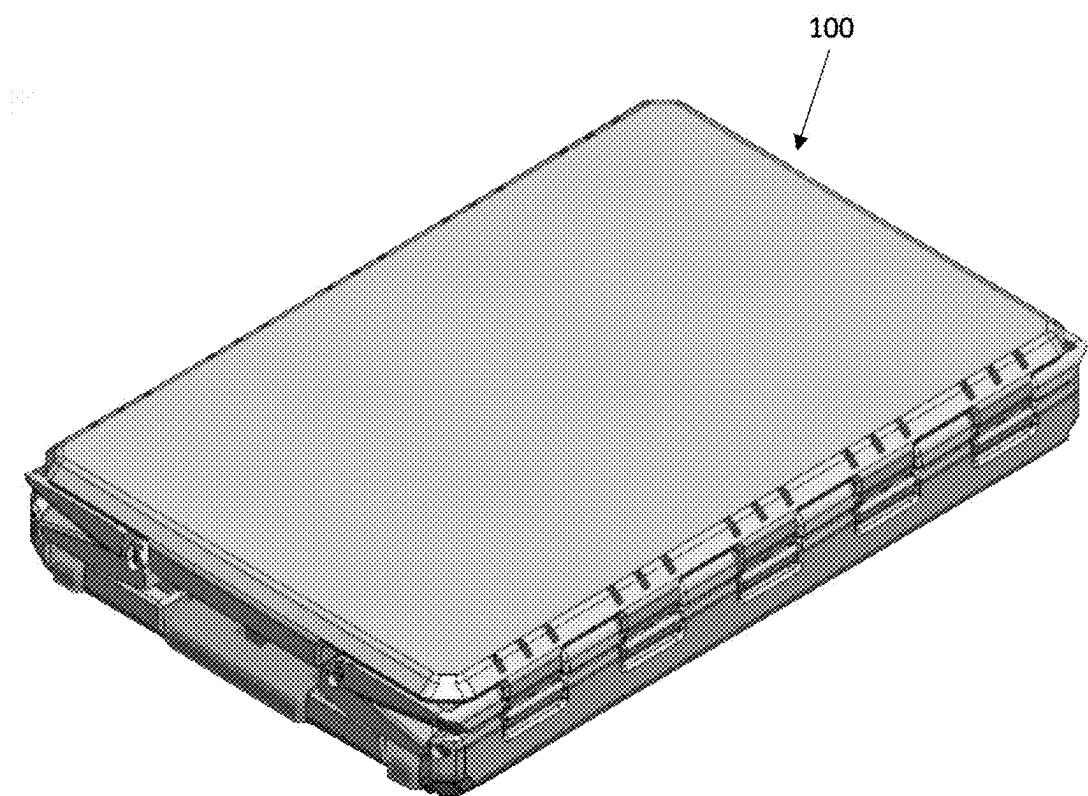


FIG. 4

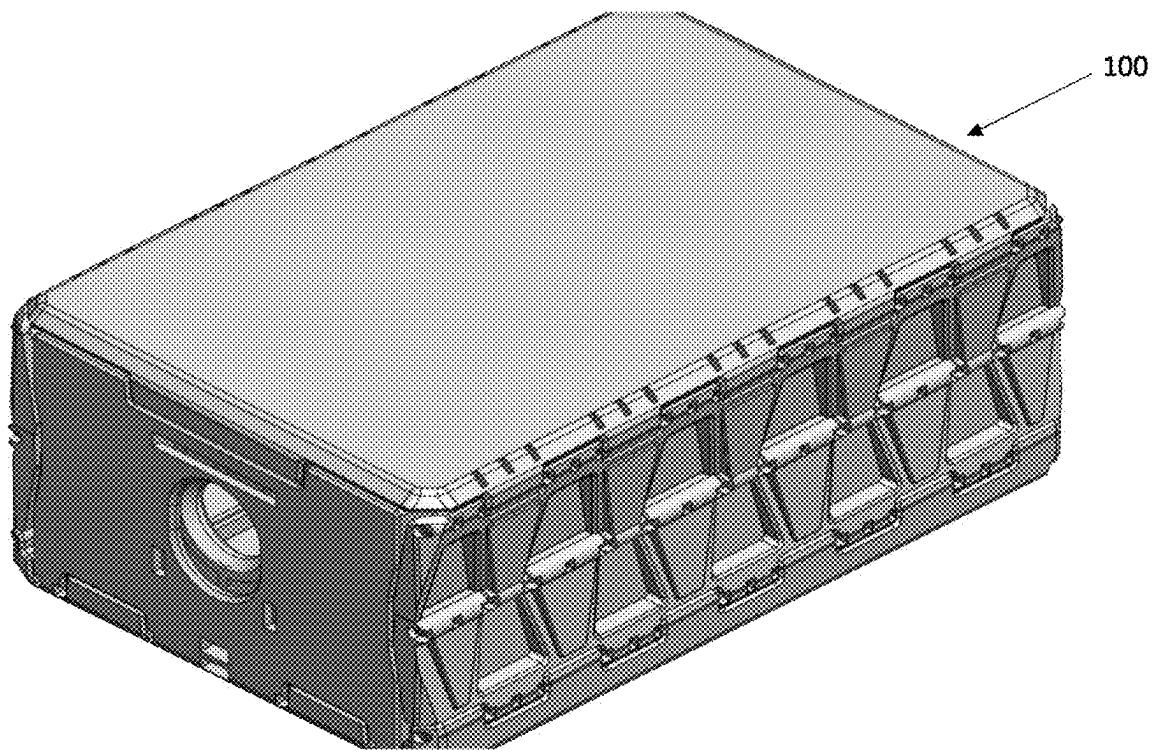
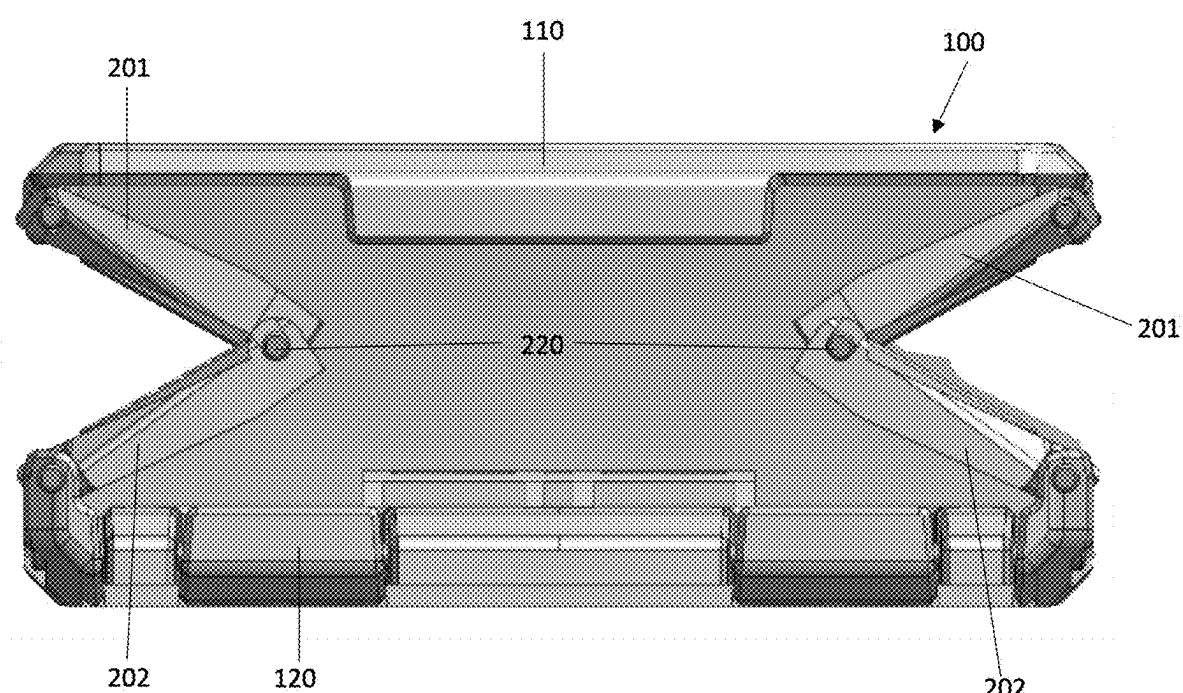
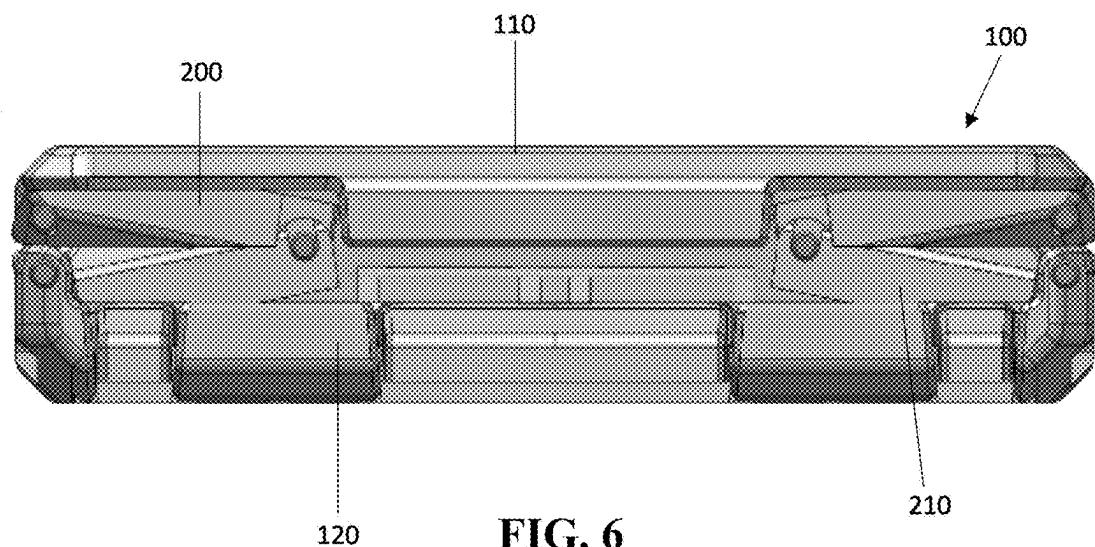
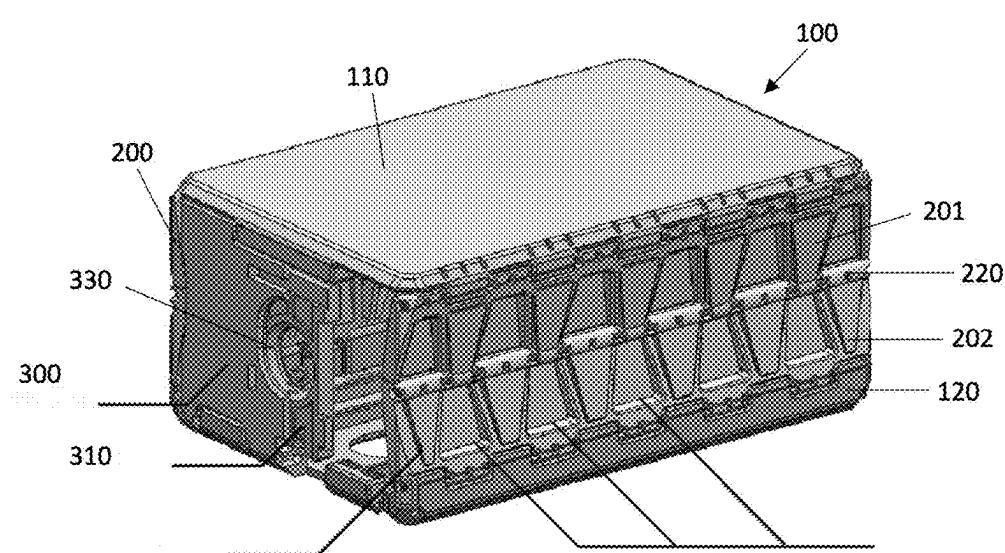
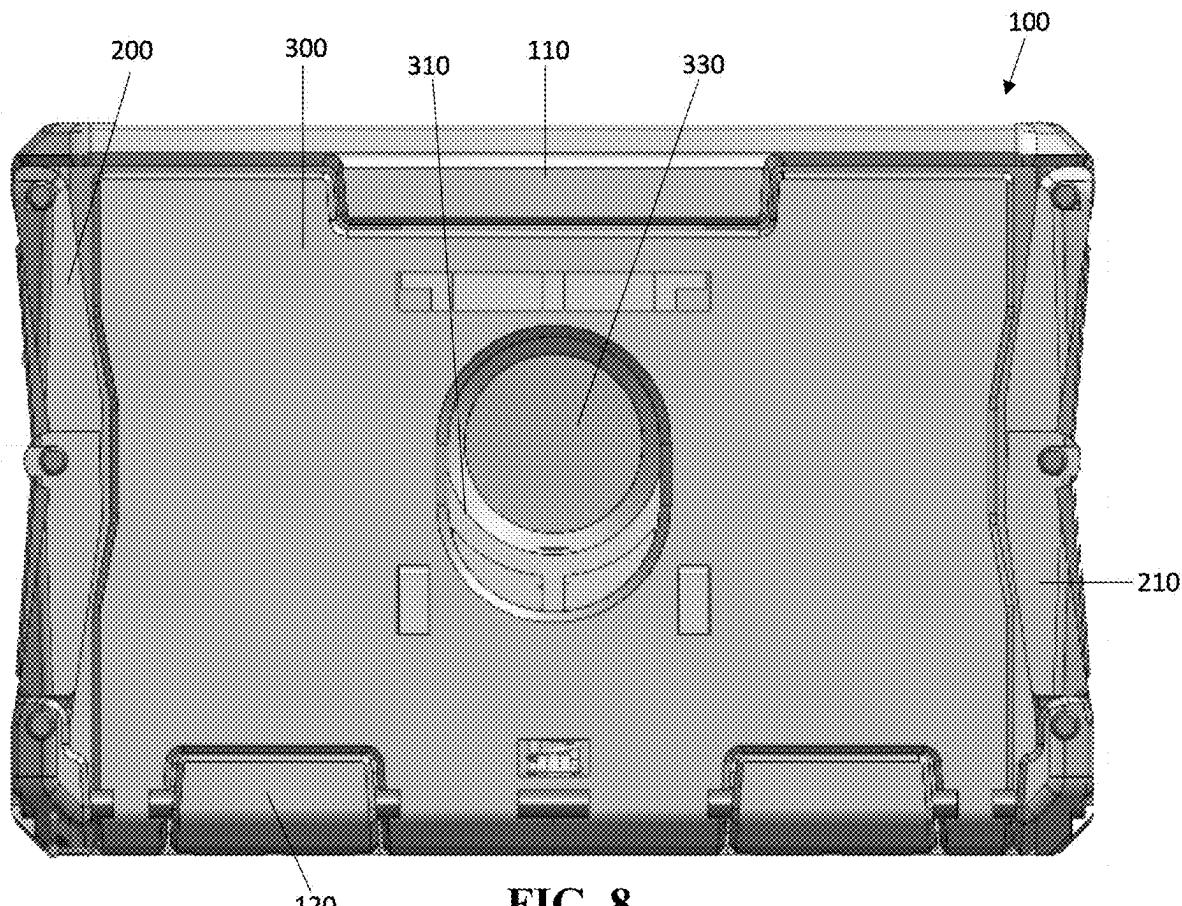


FIG. 5





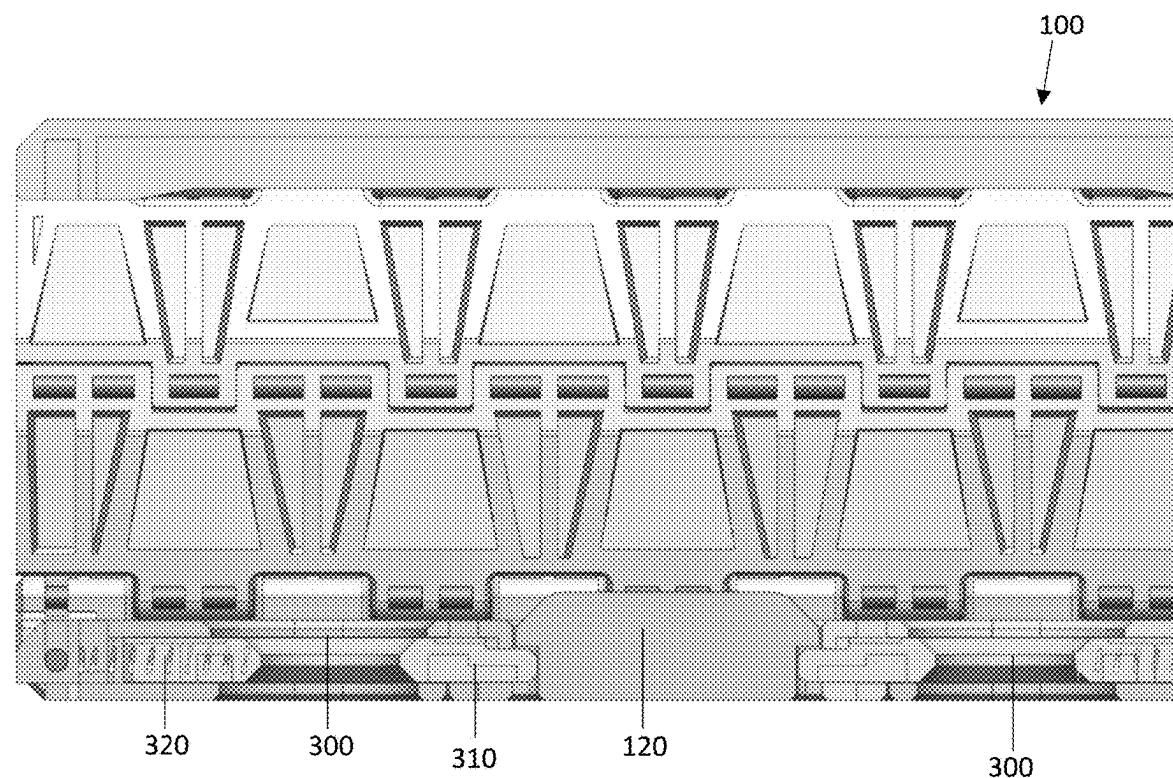


FIG. 10

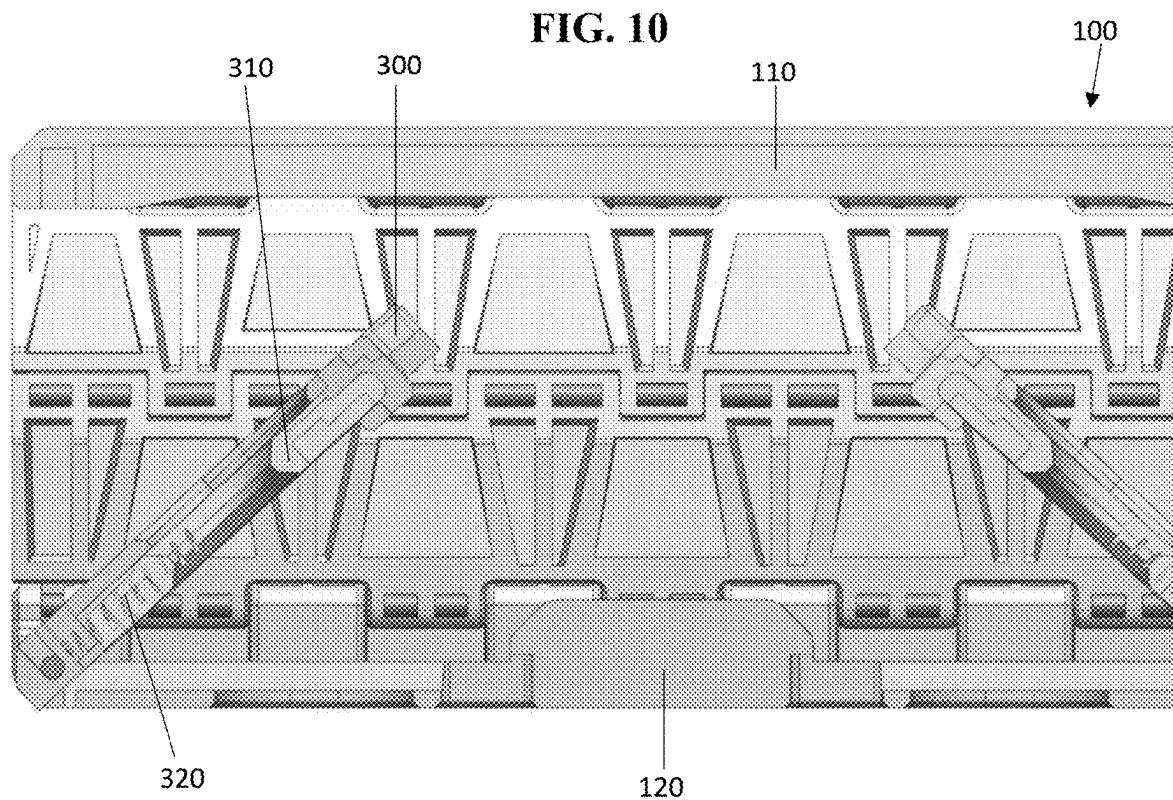


FIG. 11

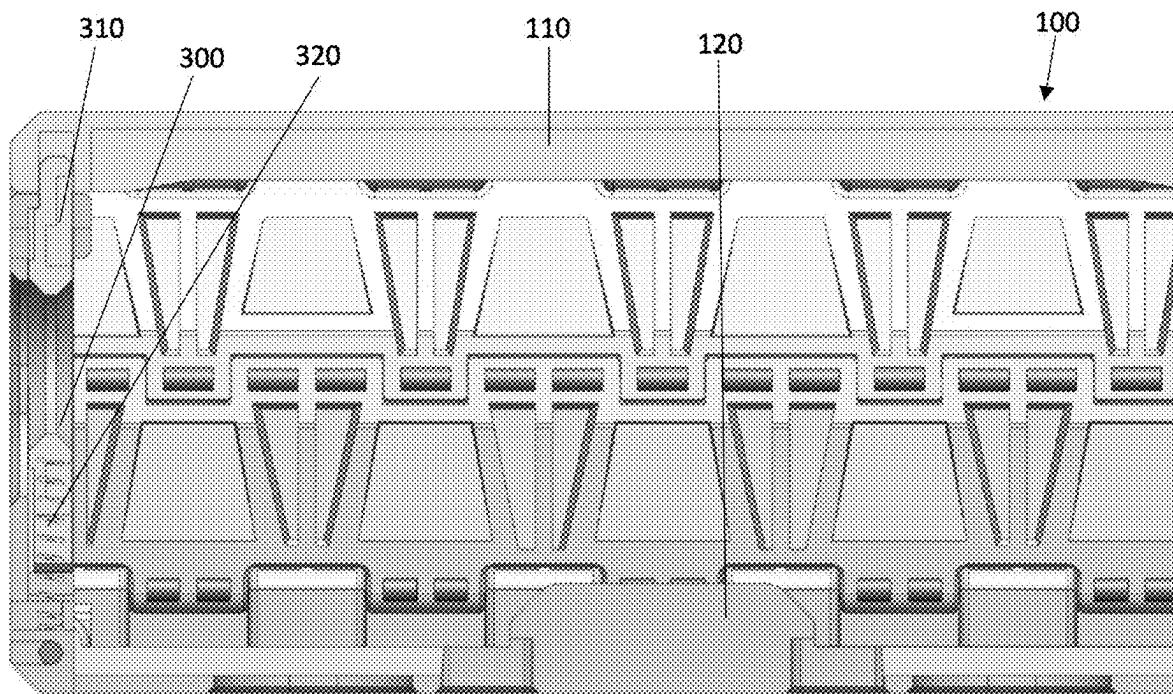


FIG. 12

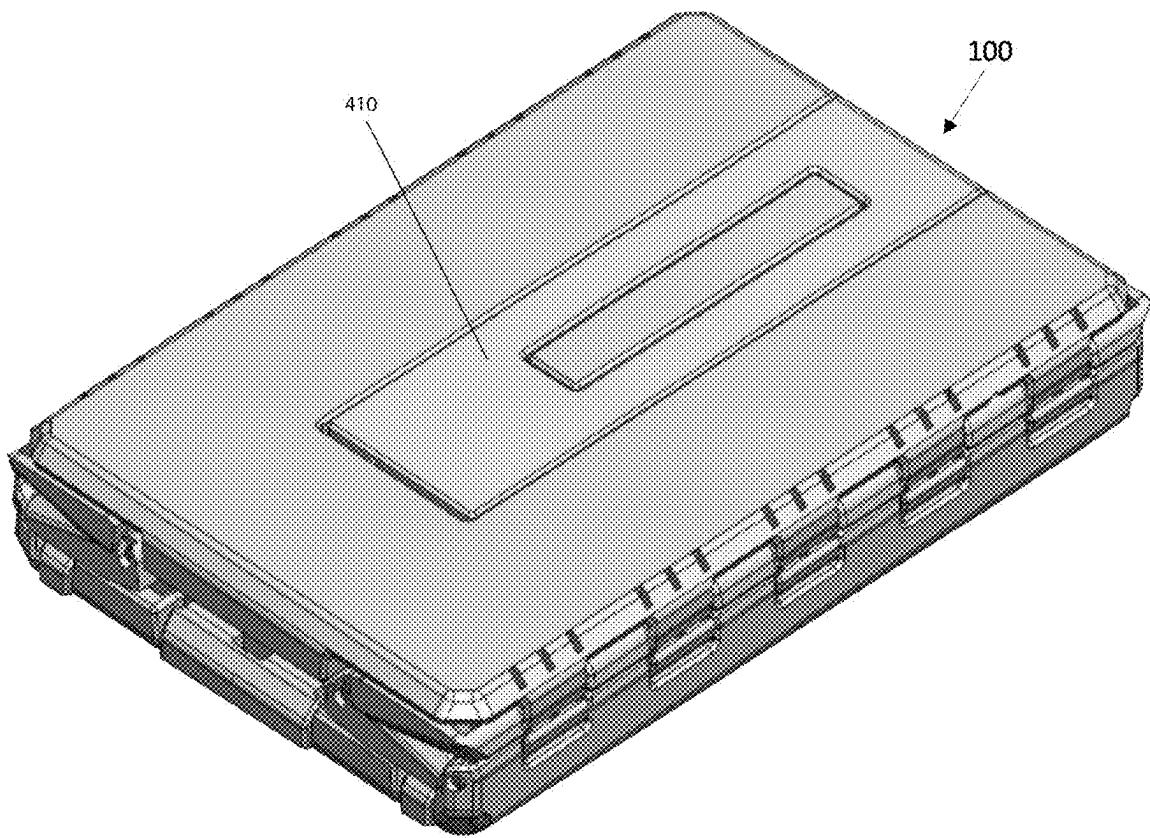


FIG. 13

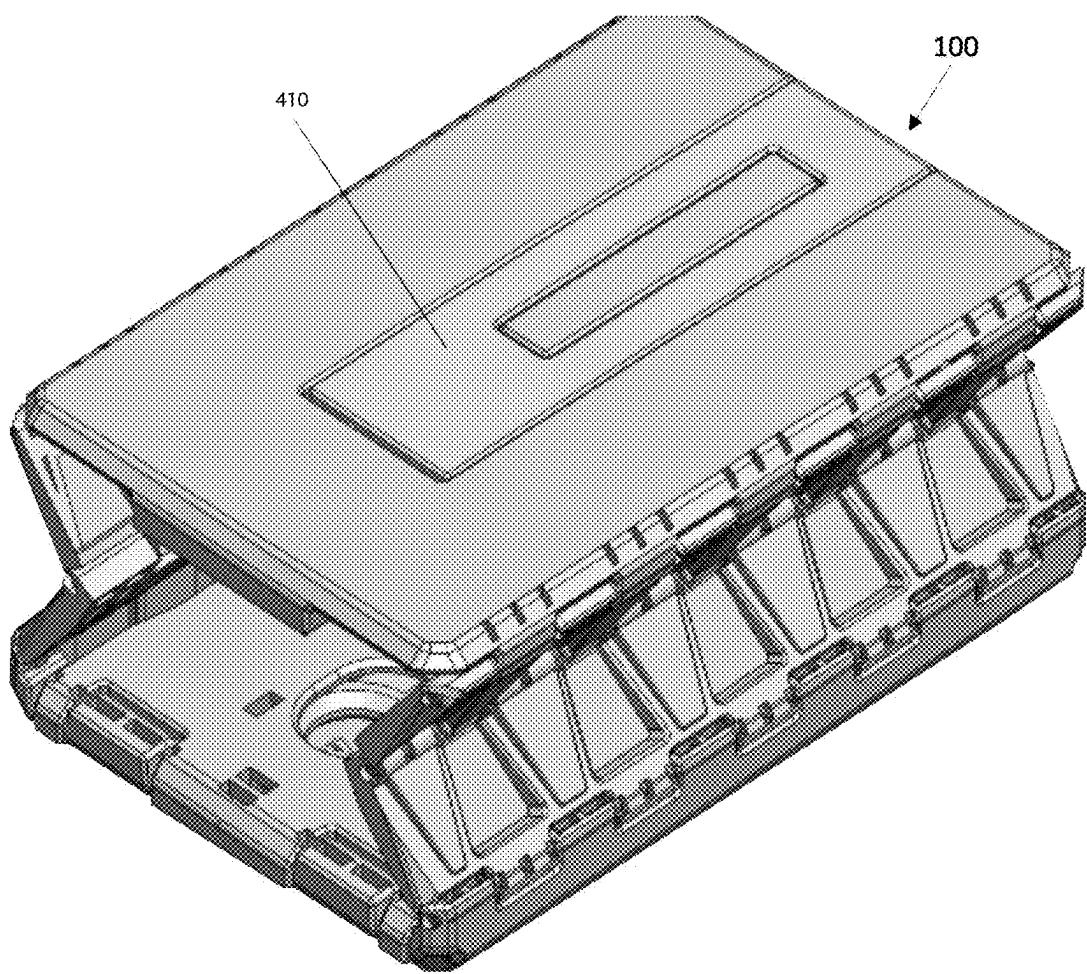


FIG. 14

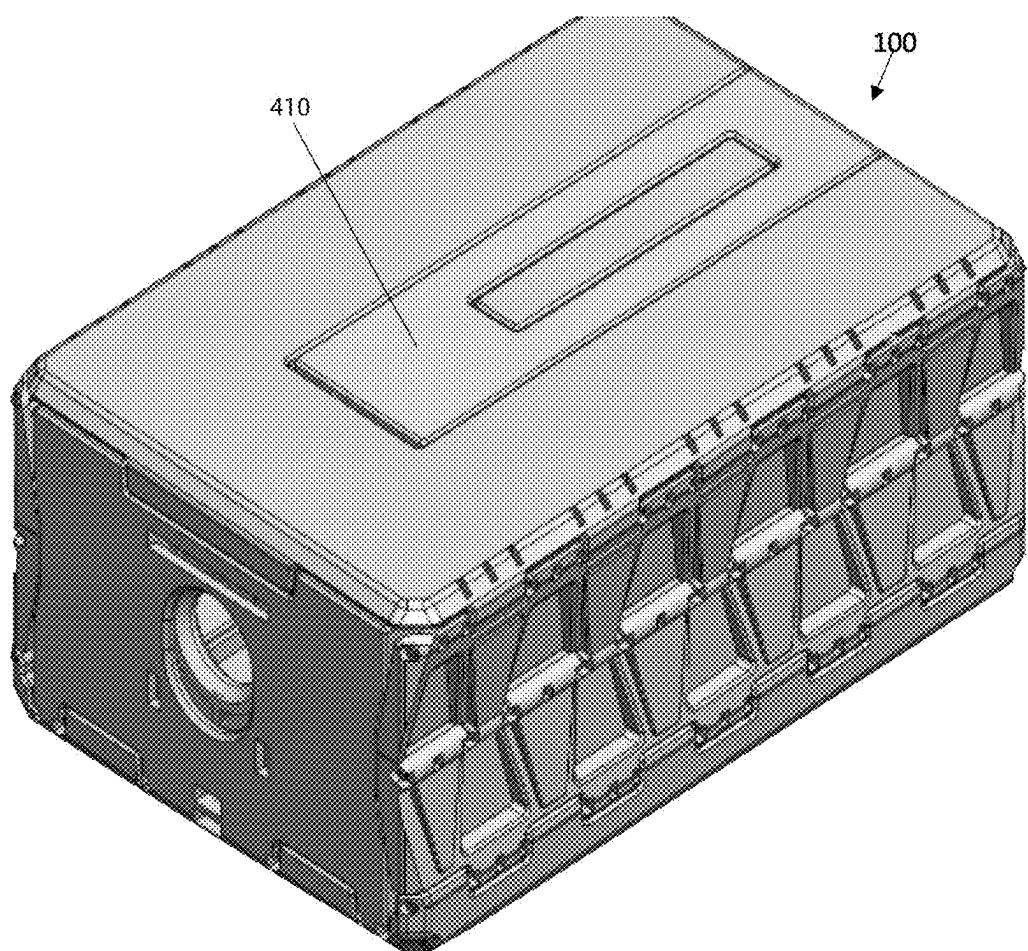


FIG. 15

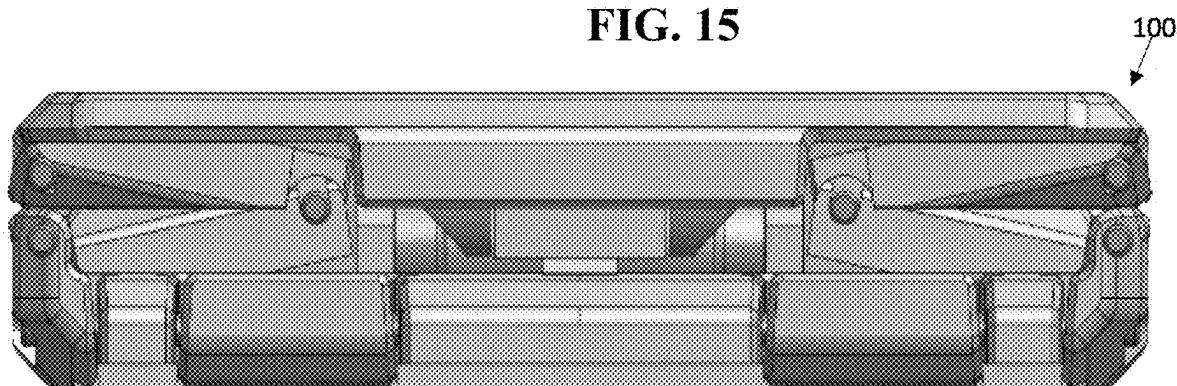


FIG. 16

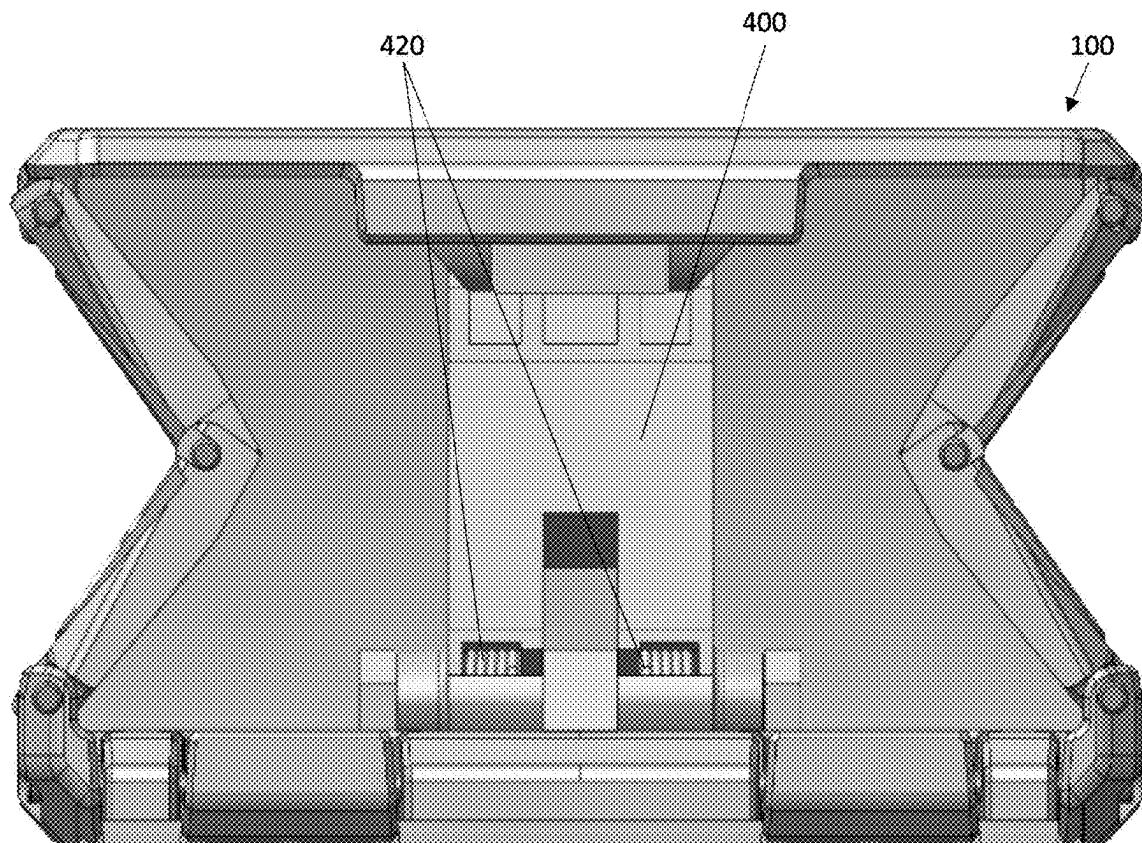


FIG. 17

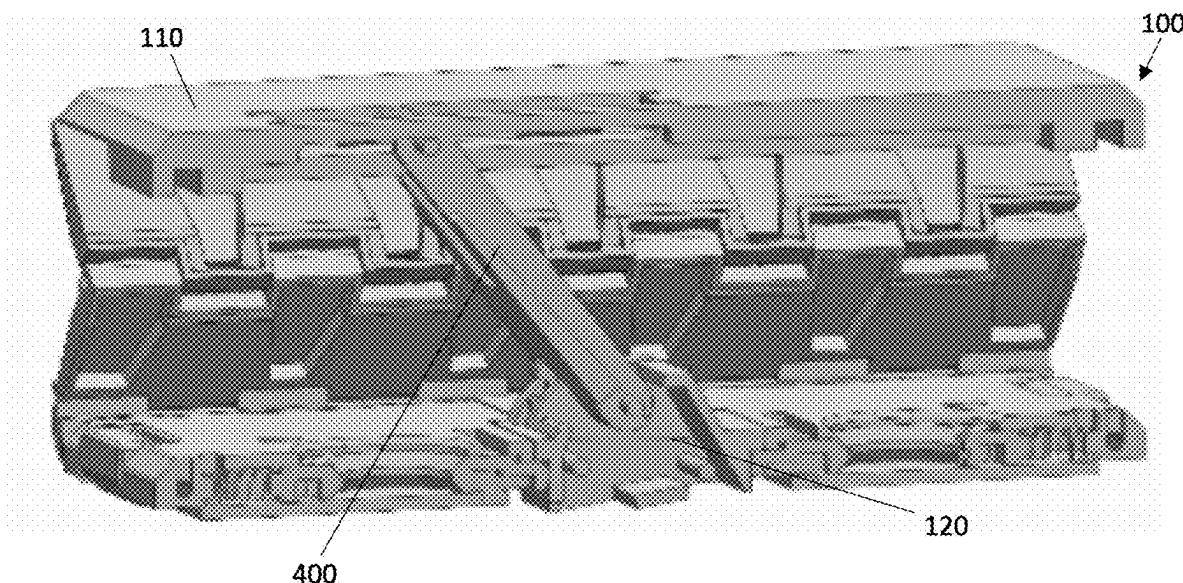
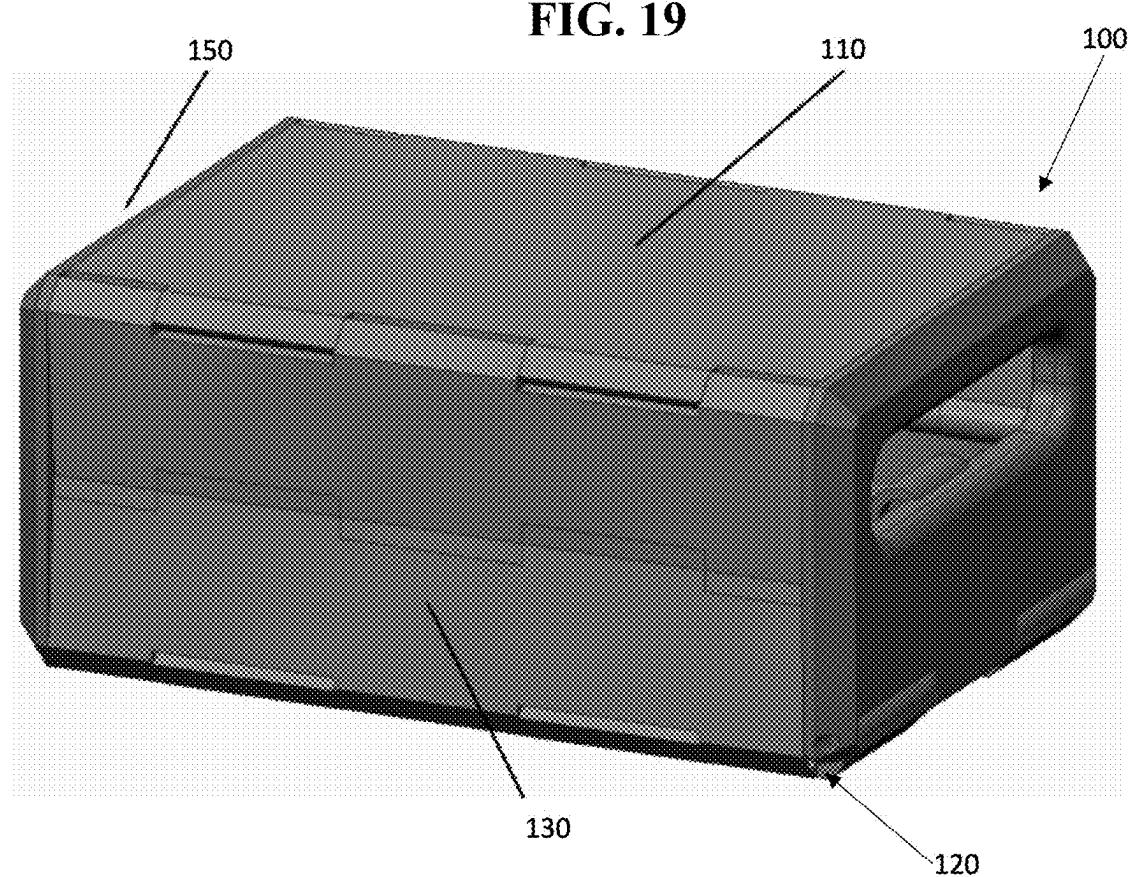
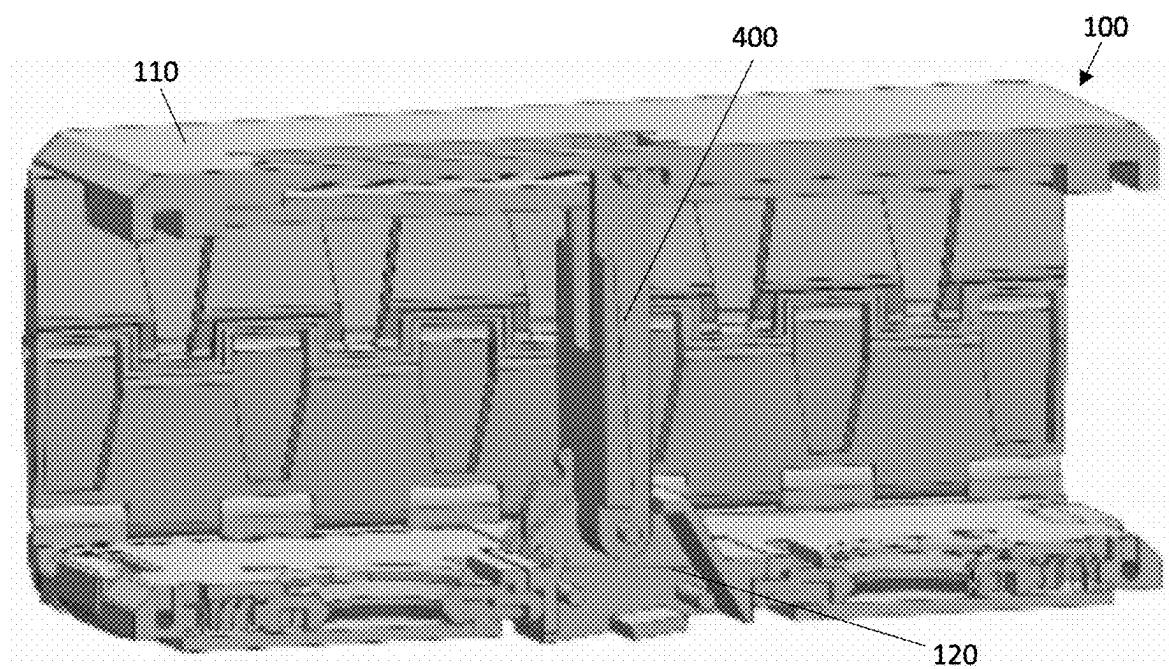


FIG. 18



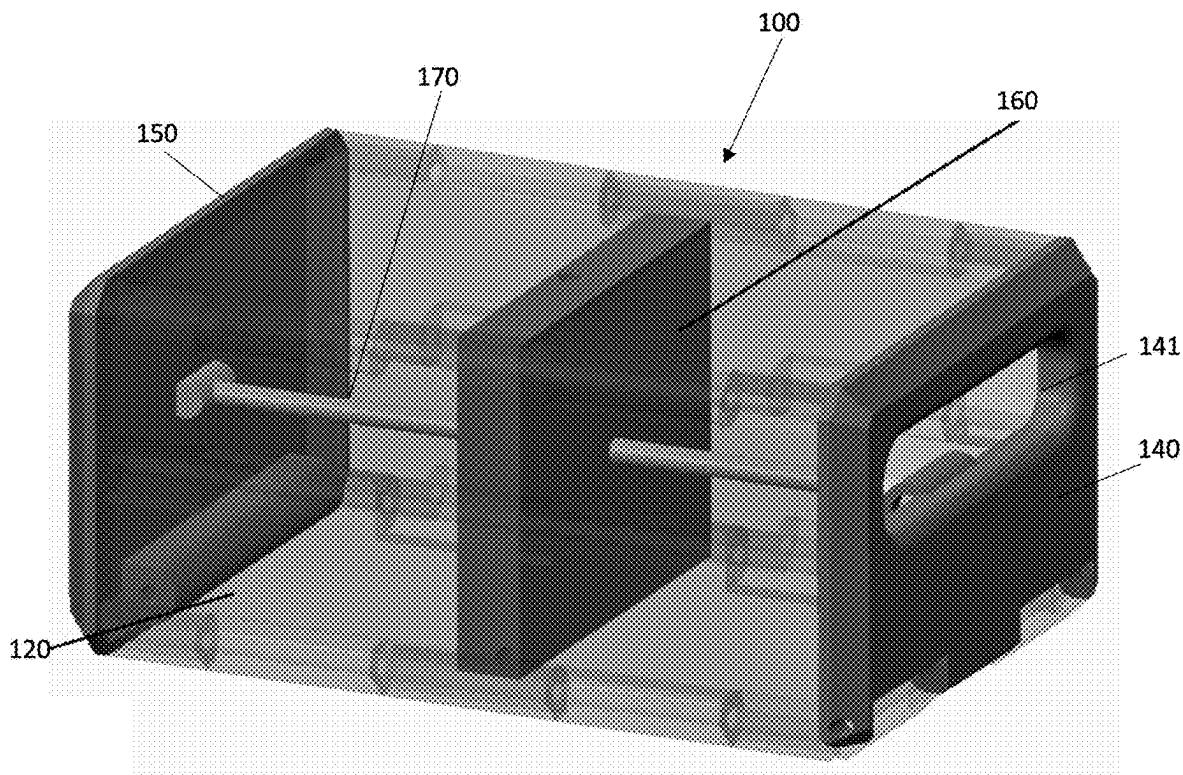


FIG. 21

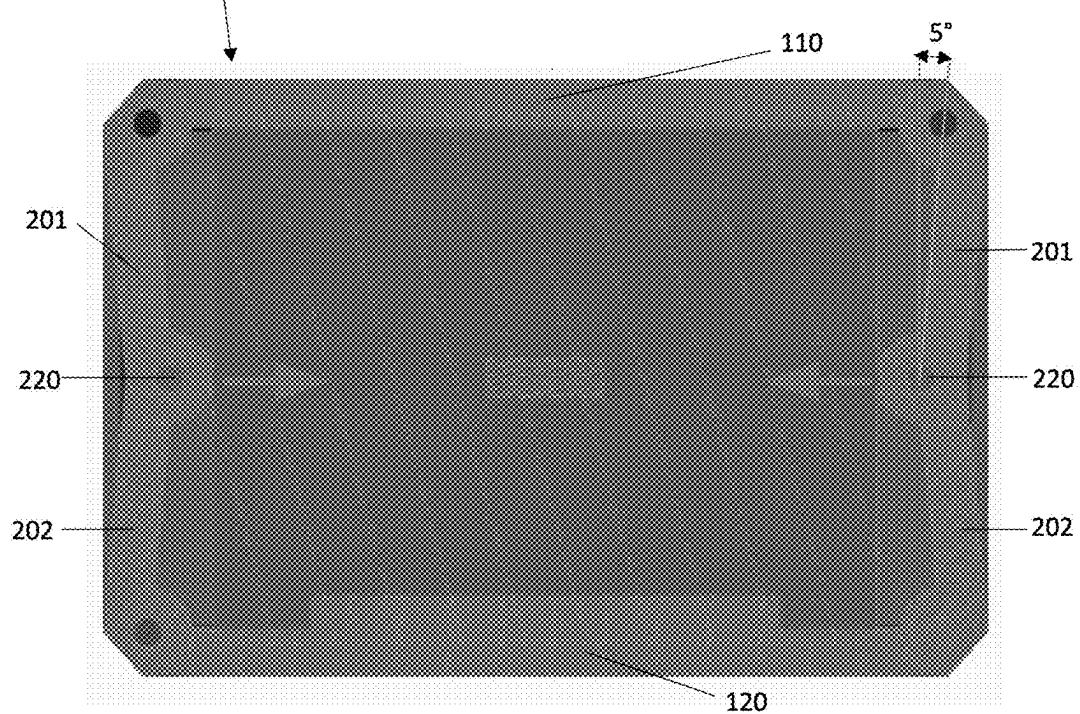
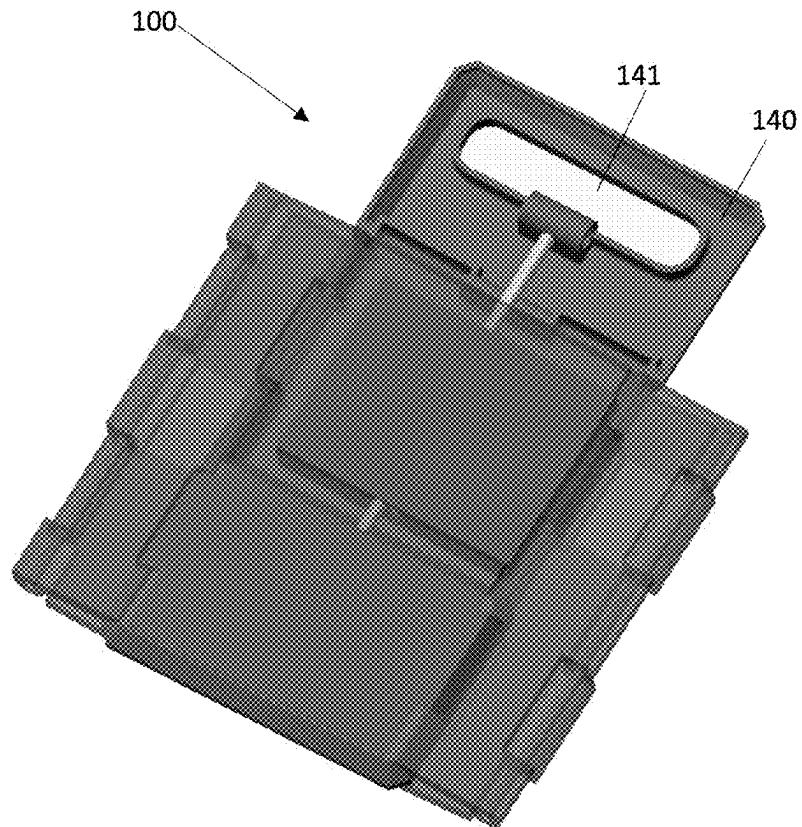
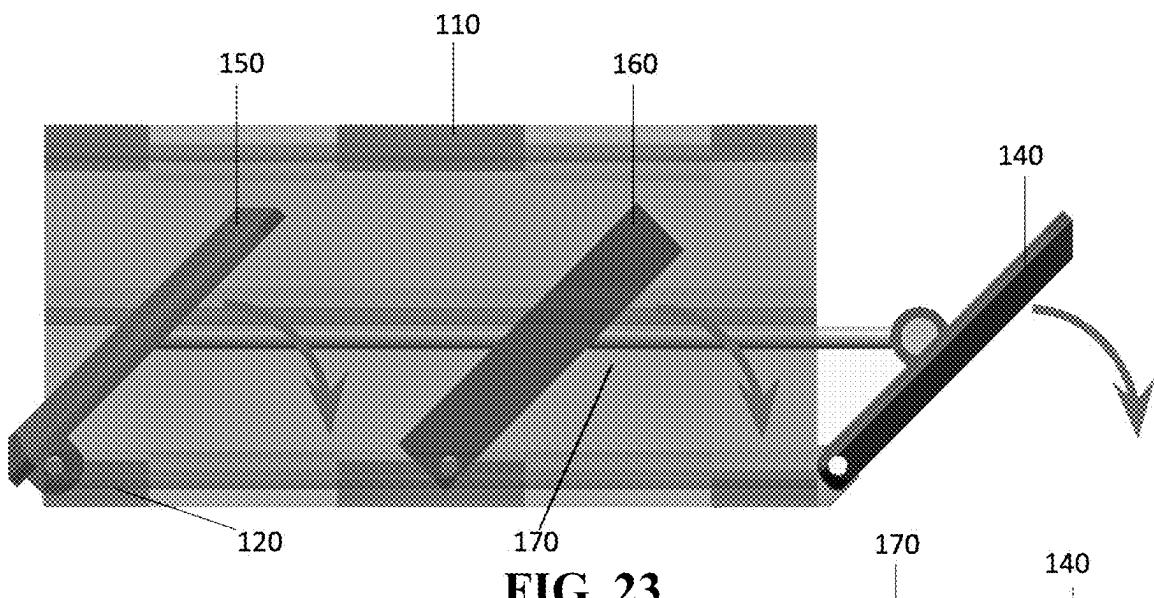


FIG. 22



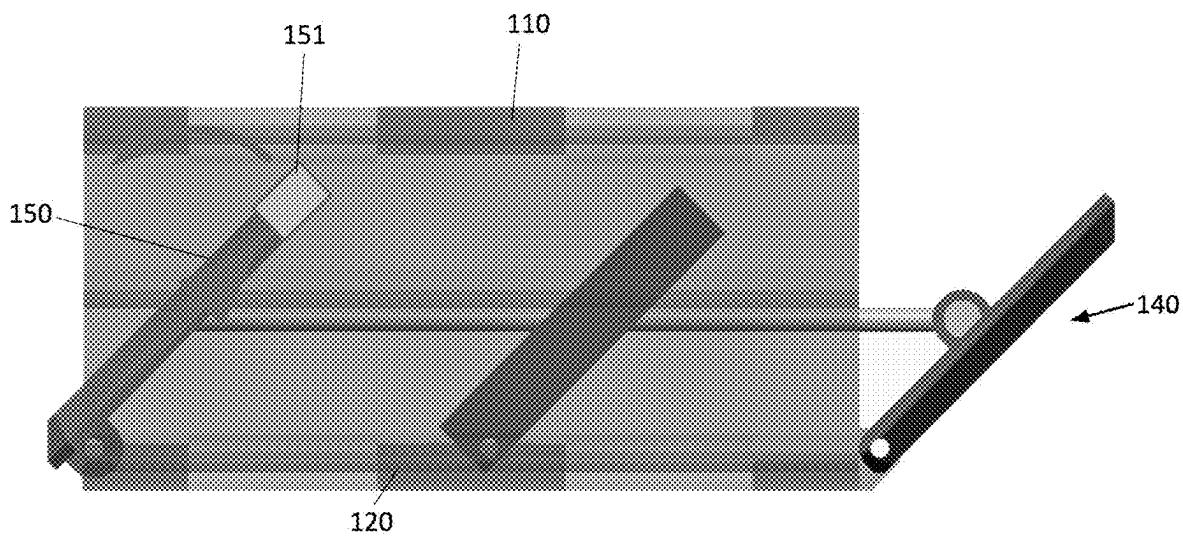


FIG. 26

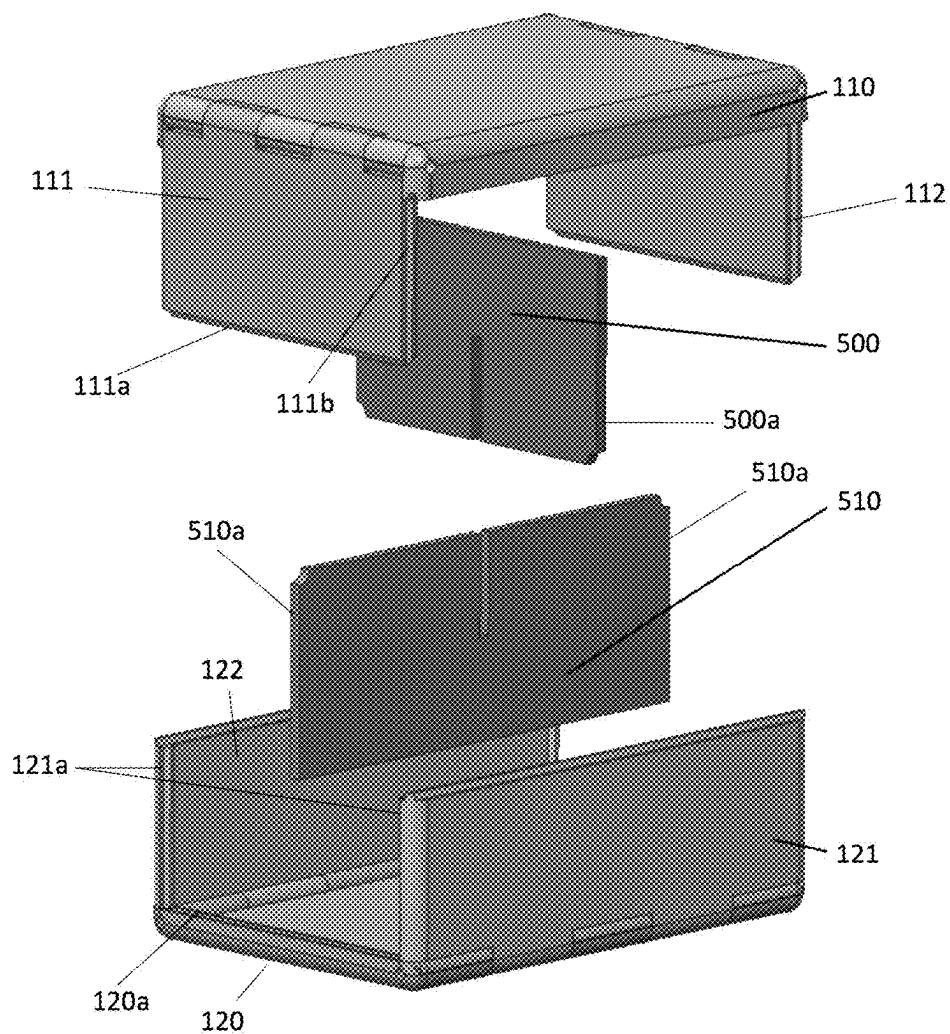


FIG. 27

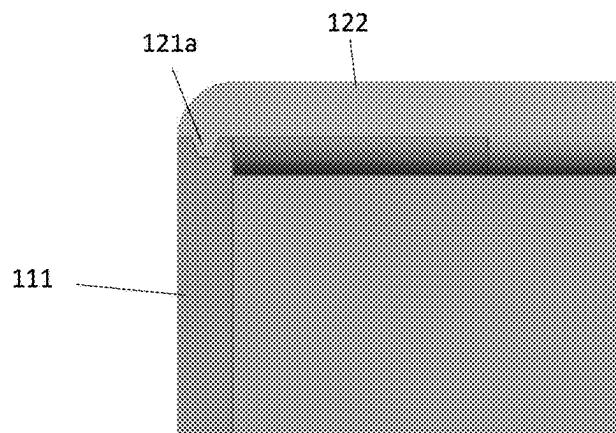


FIG. 28

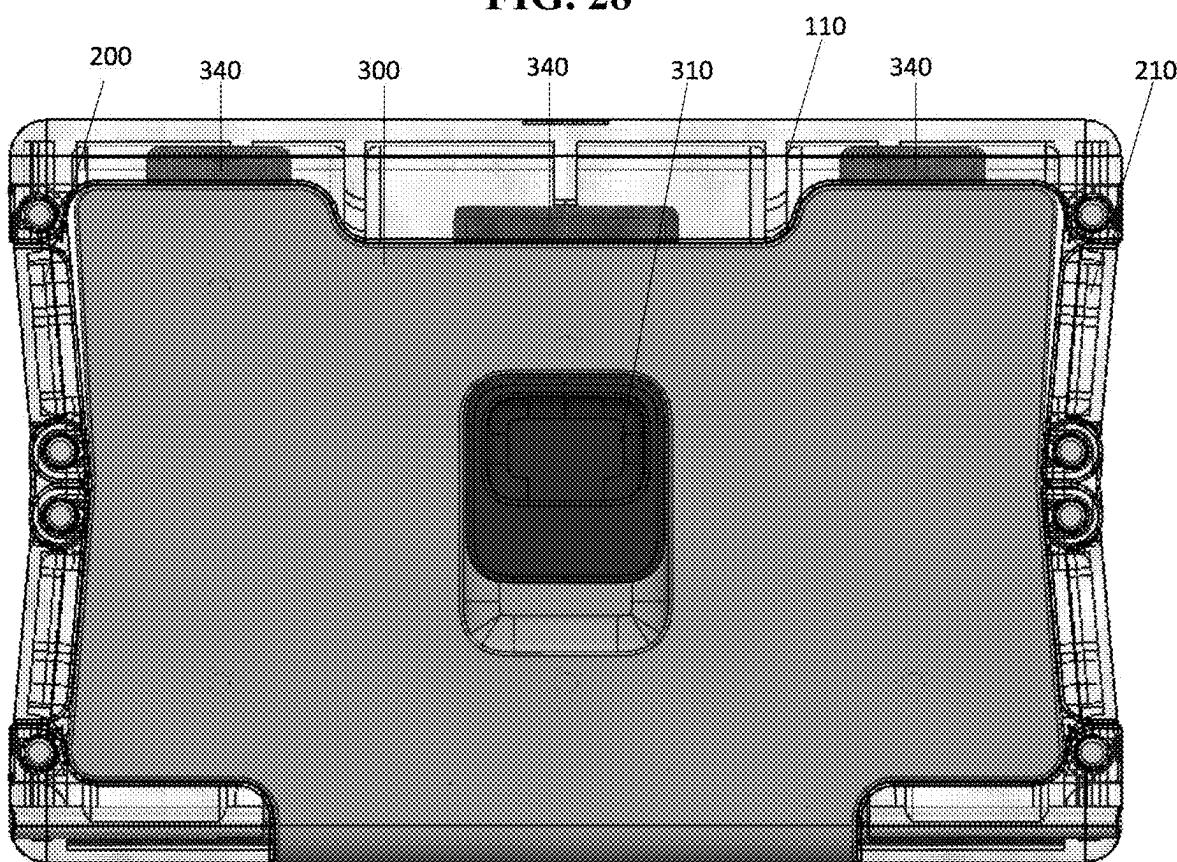


FIG. 29

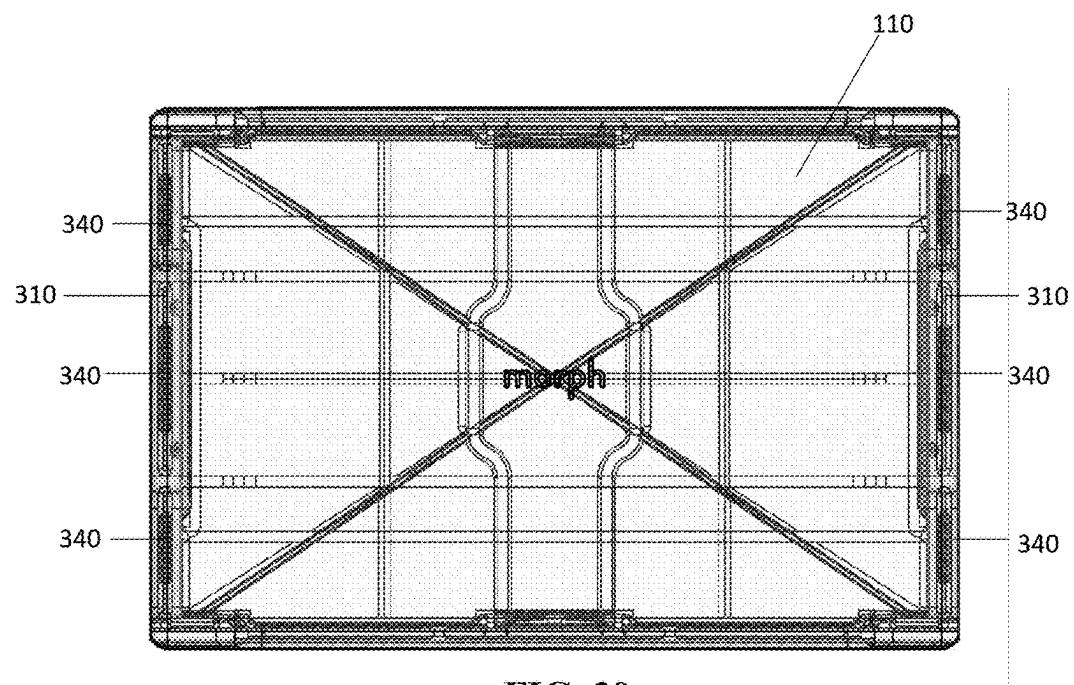


FIG. 30

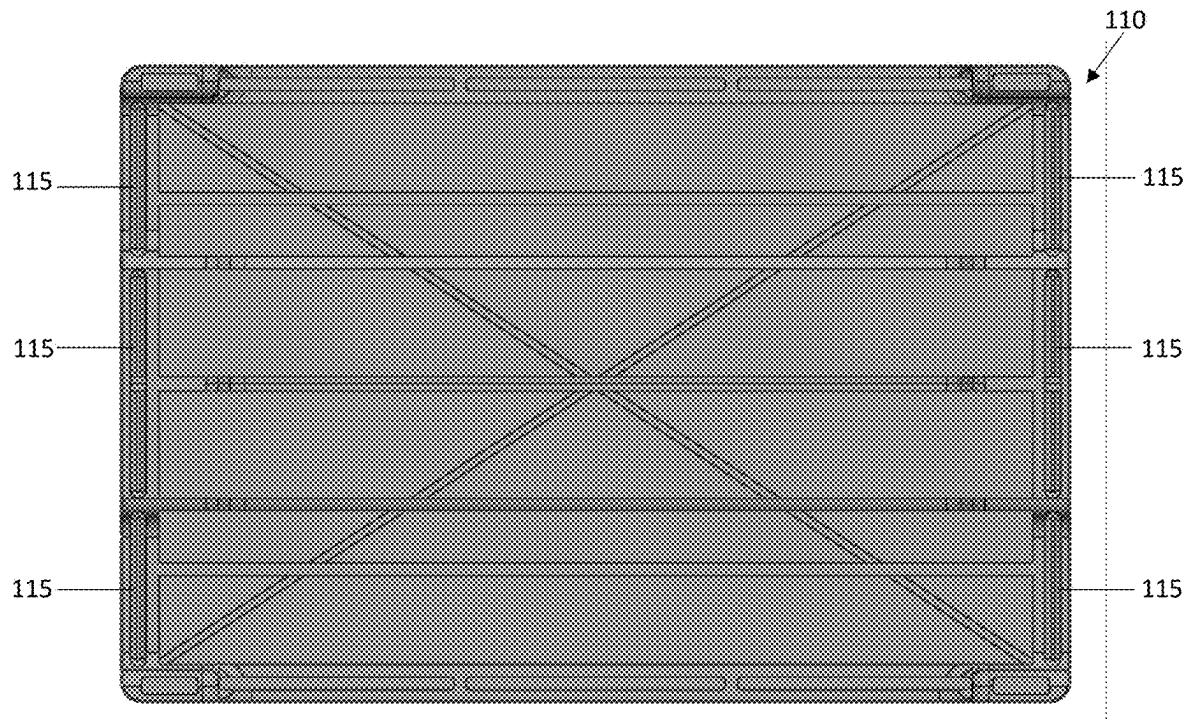


FIG. 31

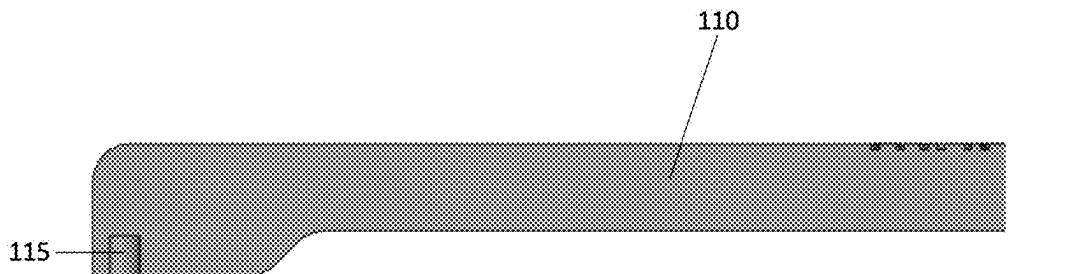


FIG. 32

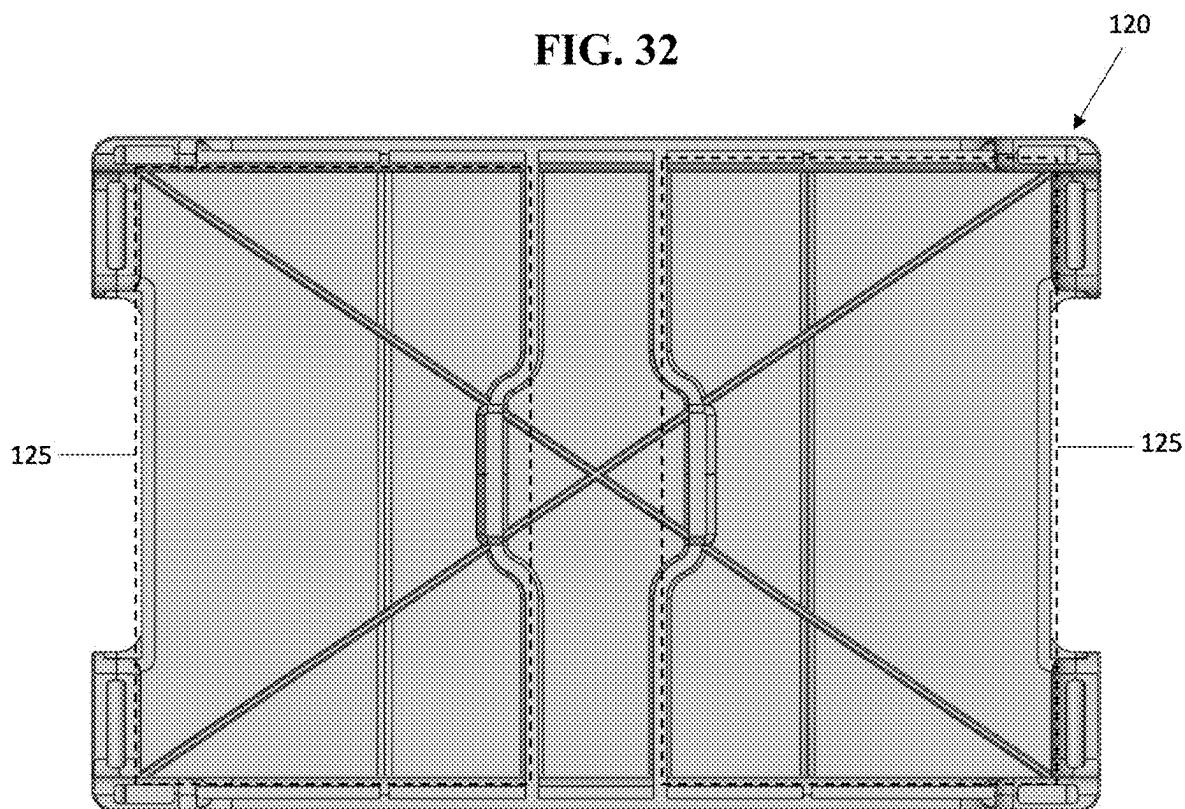


FIG. 33

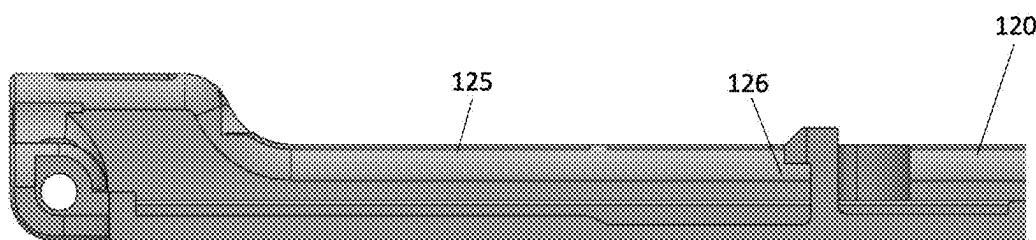


FIG. 34

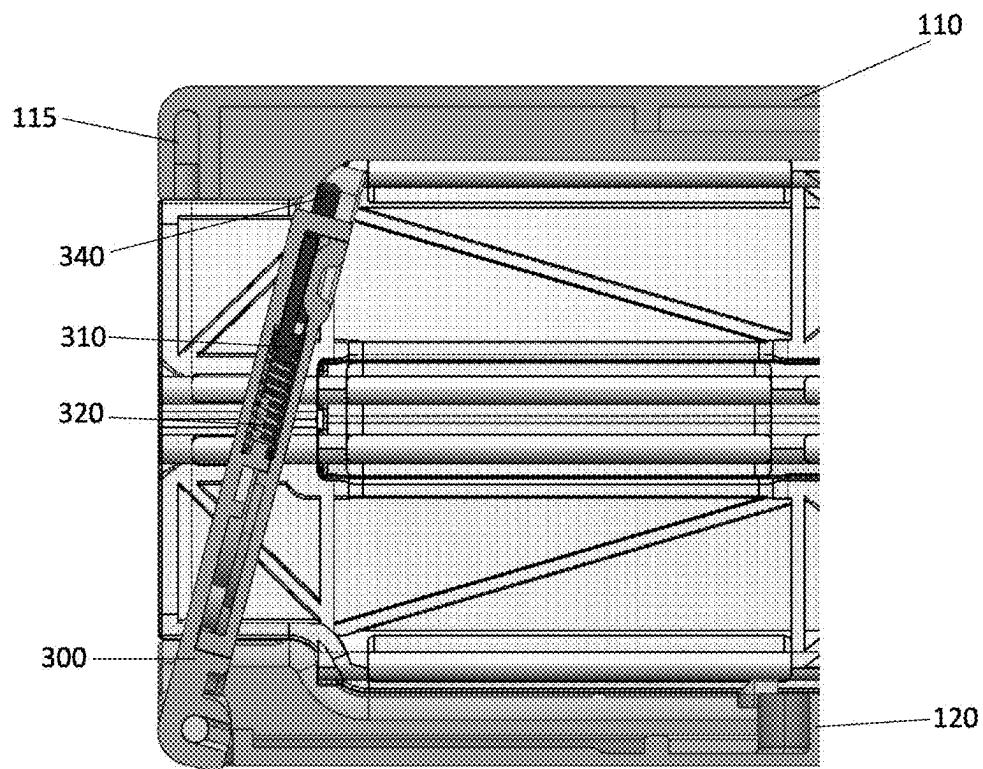


FIG. 35

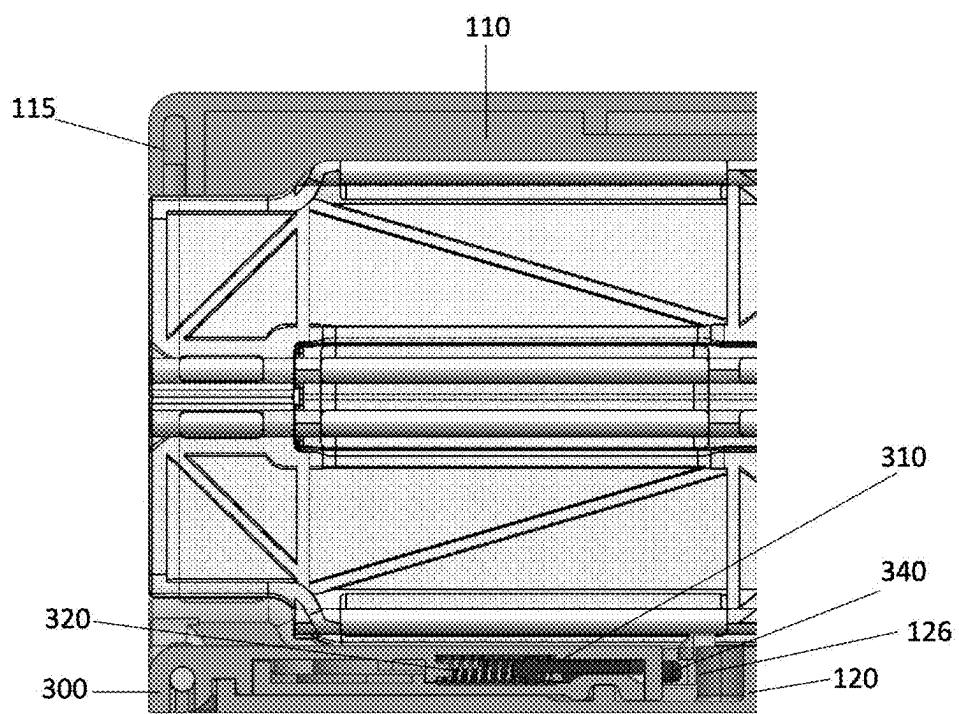


FIG. 36

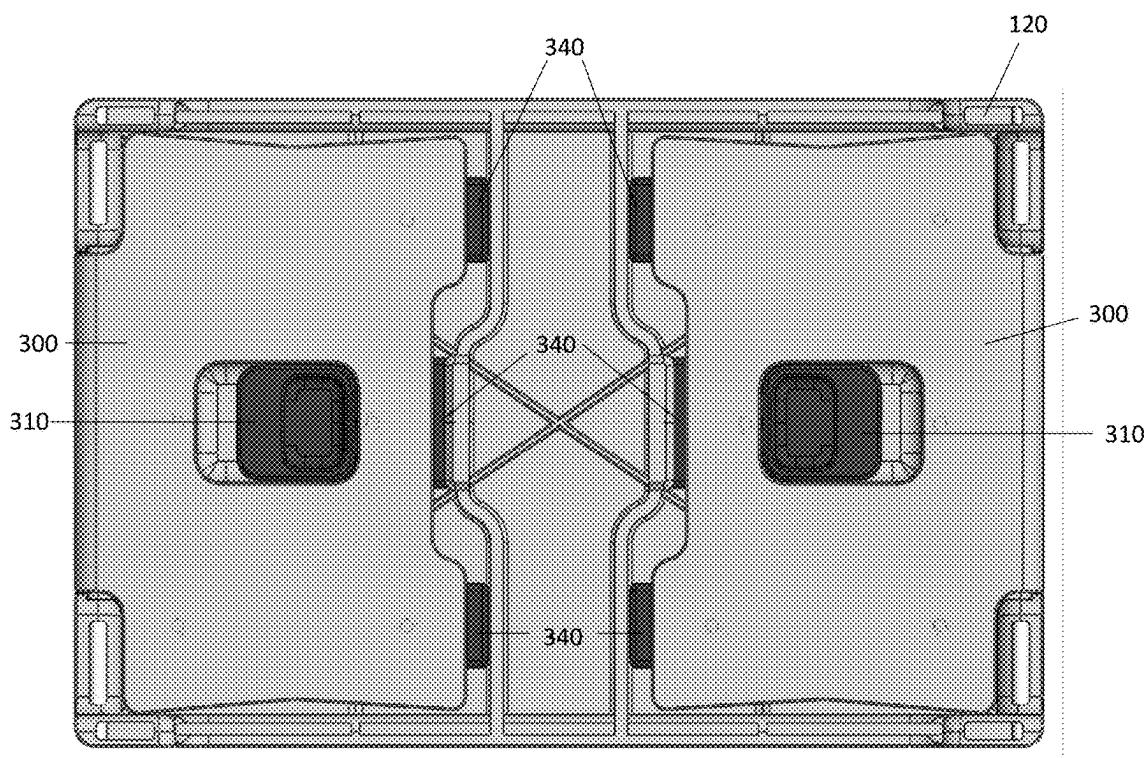


FIG. 37

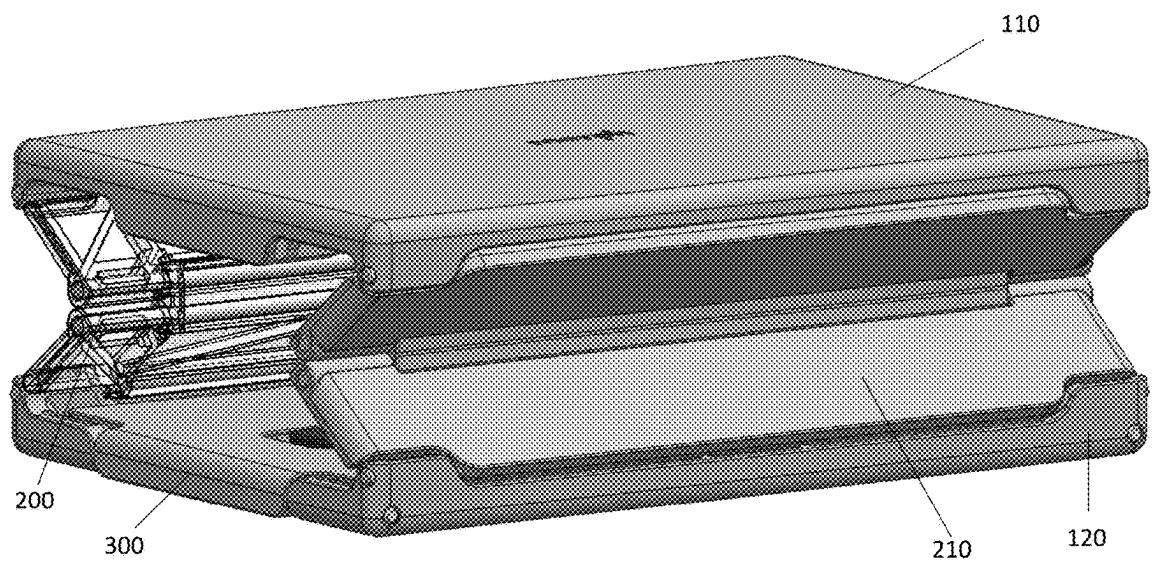
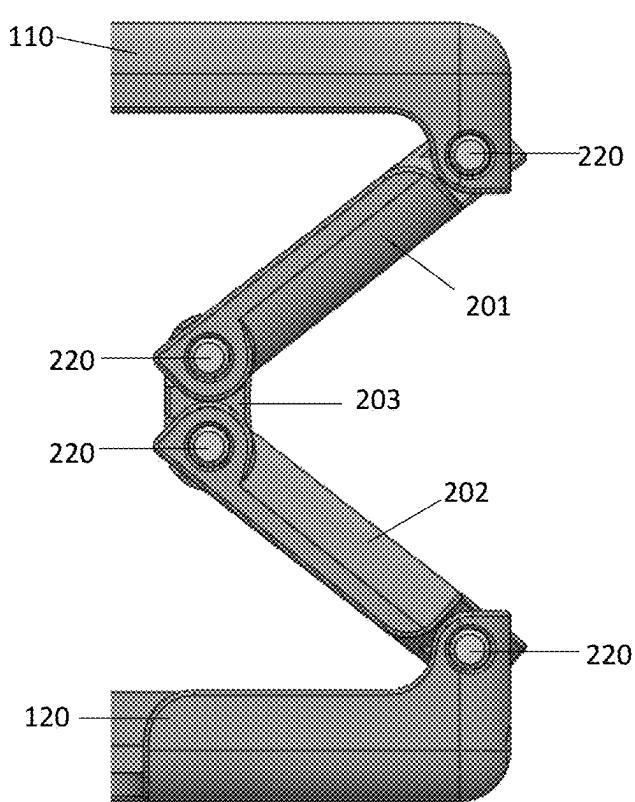
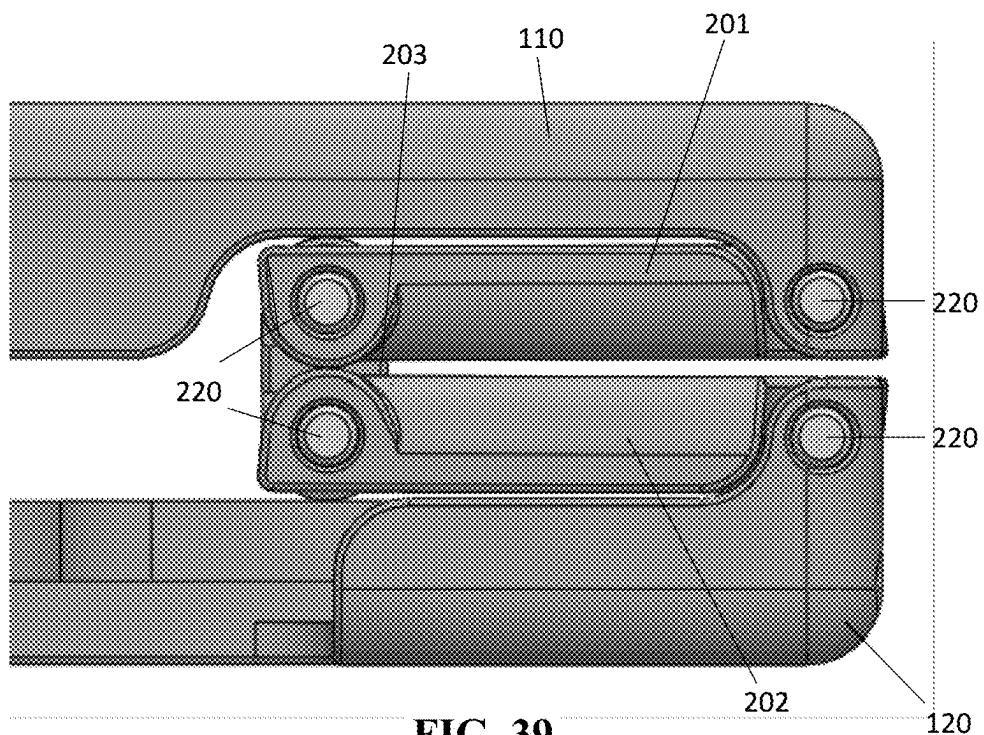


FIG. 38



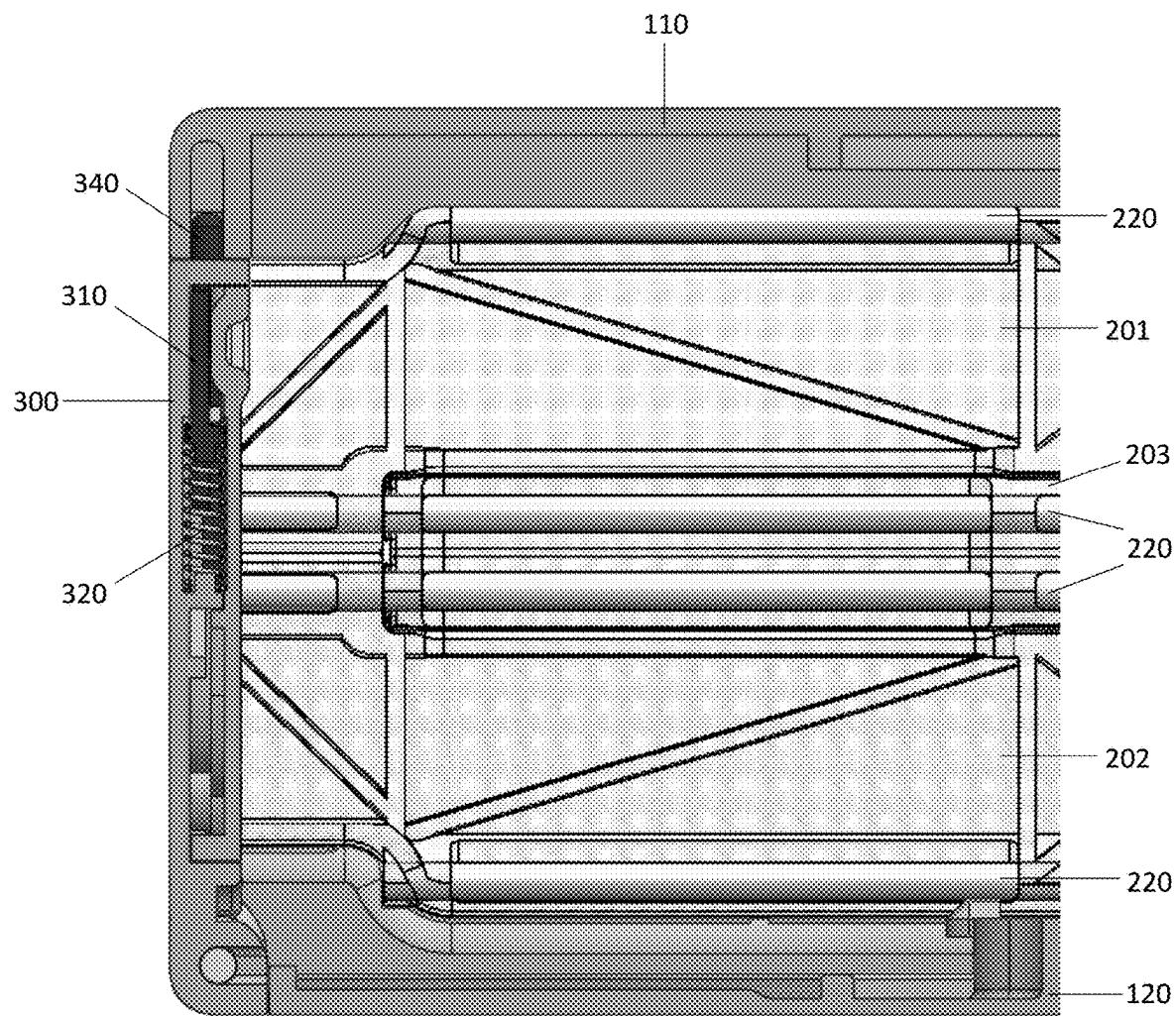


FIG. 41

YOGA BLOCKS

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.

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 collapse 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

sion **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.

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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