

Suggested Props by Class Type

Fluid Movement:

Yoga Mat

Joy A Toes (optional)

Foam Block x 1 (or 2)

Foam Chip Block (optional or can be used as Tensegrity Block)

Yoga Strap

2' Dowel

Soft Sensy Ball

Tensegrity Block (foam chip, wood or cork ~ 1.5" in depth & wide enough to support pelvis)

Eye Pillow (optional ~ for savasana)

Bolster (optional ~ for savasana, under knees)

Restore & Release:

Yoga Mat

2 Foam Blocks OR 2 Foam Chip Blocks

Zabuton (folded cushion) OR Folded Blanket

1 Restorative Bolster (2 is helpful but not necessary)

2' Dowel

Eye Pillow (optional)

Tensegrity:

Yoga Mat

Joy A Toes (small is best size for most people unless you have wide gaps between your toes naturally)

2' Dowel

Soft Sensy Ball

Black Massage Ball (optional if you like a firm ball)

Tensegrity Block (foam chip, cork, wood ~ 1.5" in depth & wide enough to support pelvis)

Zabuton (folded cushion) OR folded blanket OR Prana Bolster

Prana Bolster (optional ~ I like to use this bolster under my head when I am on my side but a block or folded zabuton or blanket also works)

Eye Pillow (optional)

Yoga Nidra:

Yoga Mat OR Chair

Blanket

Eye Pillow

Bolster(s) (for under knees ~ 1 or 2 depending on comfort)

Zabuton OR Folded Blanket

Restorative:

Yoga Mat

1 Wool Blanket (optional, nice to place over yoga mat for warmth and comfort, especially in winter)

1 Blanket (for warmth)

2 Foam Chip Blocks OR 2 Foam Blocks (if using Foam Blocks, it is also helpful to have 1 Foam Chip Block)

Yoga Strap

2 Restorative Bolsters

Zabuton OR Folded Blanket

Eye Pillows (3 is nice ~ one for eyes, two for hands)

Neck Pillow (optional ~ to support neck/head ~ can also be used as a light weight)

Sandbag (optional ~ for weight on pelvis)

Chair:

Firm Chair w/o arms

Foam Block (optional ~ helpful sometimes but not absolutely necessary)

Soft medium size massage ball

Release & Roll:

BackMitra

Soft Sensy Ball

Other Various Massage Balls will be used (TBD)

Eye Pillow (optional)

Bolster (to support legs in savasana ~ optional)

Zabuton OR Folded Blanket

* Indian Cotton Blankets are lovely for Savasana (they are light weight but warm)

** Wool Blanket is great as a folded blanket for a prop and also to lay over your mat in restorative for softness/cushion & warmth. This is a more substantial blanket.