



## Equipment list

The only mandatory equipment is an internet connected device and Zoom access (if another videoconferencing platform works better for you, please let me know).

Having your camera on is not mandatory. If you would like me to observe how you're moving and/or your alignment to offer feedback, please position your camera so I can see as much of you as possible. Depending on the type of session, I might ask to see you from different angles as well.

Please note- these are all suggestions and are by no means mandatory. Whatever you have on hand, we can make it work!

### **Suggested equipment list for Stretch or Yoga classes**

- Comfortable clothes you can move in
- Small amount of clear floor space
- Yoga or exercise mat (if you don't have either of these, a blanket is ok too)
- Water bottle
- A blanket or two
- Pillows (something you can sit on, and/or to support the back of your neck/head if needed)
- Knee pads (or something soft like small squishy pillows if you have sensitive knees)
- Yoga blocks (or large books)
- Yoga straps (but a belt, stretchy leggings, resistance bands, or a broomstick are also great)
- A sturdy chair (no wheels)
- Wall access

## **Suggested equipment list for Strength Training**

- Comfortable clothes you can move in
- Small amount of clear floor space
- Yoga or exercise mat (if you don't have either of these, a blanket is ok too)
- Water bottle
- Any resistance equipment you have (e.g. dumbbells, barbells, kettlebells, bench)
  - If you don't have anything like this, other options include
    - An empty backpack you can fill with weights (like full water bottles)
    - Soup cans
- A sturdy chair (no wheels)
- Wall access
- Knee pads (or something soft like small squishy pillows if you have sensitive knees)
- Yoga blocks (or large books)
- Yoga straps (but a belt, stretchy leggings, resistance bands, or a broomstick are also great)