

Yoga Props Can Support and Enhance Your Practice

Props are highly recommended for the Gentle Foundations class and suggested for the Vinyasa class.

2 blocks (4 inch)
2 yoga blankets or towels
1 strap (8 ft D-ring design)
1 yoga mat

Optional:

1 round bolster
1 eye pillow for savasana (final relaxation pose).

Below are websites that sell a variety of yoga props:

sunshineyoga.com

yogadirect.com

theyogawarehouse.com

yogaoutlet.com

huggermugger.com

Feel free to contact me if you'd like assistance selecting props.

Namaste,

Karen

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