



Must haves: Invest in your wellness & heart space with yoga props

Yoga equipment. Your next best investment!

I still have everything from 2003, other than 2 bolsters I gifted to a friend! They are all in mint condition, to safely practice at home, whenever it fits. Or I take a few basics on the road.



Props investment guide:

Restorative series & Yoga Practice

- **1 Yoga matt** (regular or long)
- **1 Yoga belt** (minimum 6ft)
- **2-4 Bolsters, rectangular** (28"x10"x5") (13cm x 25cm x 71cm)
- **1 Eye bag** OR substitute eye covering, such as small, light towel
- **1 Sturdy chair** (I use one I've had from a thrift store, decades ago)
- **1 Yoga sandbag** (10lb) OR substitute, such as, rice bag in pillowcase
- **2-4 Blankets** wool, cotton, or blend; firm weave.
(60" x80") (152cm x 203cm)
**I've had my grey blend yoga blankets since 2003 & they are less common than other yoga blankets today. Do your research for quality, yoga specific blankets, that will last over time.



Rounding out your yoga-props-must-haves: Yoga Practice

- **1-2 Yoga blocks** (3.5"x5.5" x9") (9cm x 14cm x 23cm)
**The yoga blocks I use are homemade by my dad in 2003, so they are generally the same size, with some beautiful irregularity. I prefer a wood block. Firm cork would be my 2nd choice.

Self-care Extras (that give extra):

- 1 Lacrosse ball (foot massage/release)
- Extra: roller tube (back/connective tissue release/self-massage)



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