

# Supports you can use

These are some of the most commonly used props. You don't need to purchase any to use for class, you can also find options with items you have at home. You are an Adaptable Yogi!



## Mat

It will help you have some grip to the ground. There are mats with different length, width and thickness for extra support.



## Chair

Preferably, have a yoga mat under to prevent slipping. You can make it more comfortable by folding a yoga mat on the seat.

## Blanket

It will keep you warm during rest and you can fold it to give support to your seat.



## Blocks

There are a variety of blocks. They come in different heights and materials. You can use books to replace blocks.



## Wall or table

Helps bring the ground up, it also gives you support for balance.



## Bolster

It will support your seat, lying down and brings the floor up. There are different sizes as well.



## Straps

You can also use a belt or a scarf. Make sure they are not elastic. Some straps are longer and there are also straps that are looped already (infinity strap)



## Meditation bench

If you cannot sit cross legged comfortably, kneeling is a great choice.

