**OM YOGA CLASSES KIT LIST**

**These items are essential…**

**Yoga Mat** – buying a good quality mat is a great investment, choose an ethical / eco friendly if possible without nasty chemicals.

**Yoga Blocks - 2 inch Yoga Blocks** have lots of uses and at least one is essential for regular classes, and more than one for Yin Yoga.

**Yoga Bricks** are sometimes useful for balances and to get the ground closer to you! Also for Yin / Restorative Yoga.

**Cushions** – have two ready for savasana, use one for meditation. A few are usually needed in a Yin / Restorative Class.

**Blanket** – get cosy at the end of class. Absolutely essential!

**Spiky Pilates Ball / Tennis Ball / Rubber Ball** – we don’t use often but occasionally get them out for a good hip opening ouch.

**Eye Pillow / Scarf** to shut out the light in relaxation.

**Strap** – a yoga strap with D ring or my softer home-made strap – I can cut these to any size as I bought a reel of the tape just for you!

**KIT LIST - optional**

**Yoga Bolster** – great for under knees in Savasana and essential for Yin or Restorative Yoga.

**Knee Pads** – for delicate knees while in Cat type poses.

**Headphones** – for listening to Yoga Nidras at home – bliss!

**Buddha, Candles, Incense -** make a sacred space at home.

**Music** – tune into my Yoga Playlists on Spotify at katehh07.