

Yoga Supply List

The following supplies are recommended:

- Yoga mat (we will have mats available to borrow)
- Sanitizing wipes if you're borrowing a mat
- Yoga strap (1)
- Water bottle to stay hydrated
- Comfortable fitting clothes you can be flexible in

The following supplies are optional:

- Towel or blanket
- Yoga blocks (2) (limited blocks will be available to borrow)