



## YOGA

### Useful Equipment for Yoga

When embarking on a new adventure, one often needs to prepare for the journey. When starting out with yoga, however, all you truly need is what you already have in you. Yoga is simply the awareness of the mind, body, breath, and intention, so by tuning in to where your thoughts drift, deepening the breath, and noticing how you're feeling, that is yoga.

There are a few pieces of equipment that might help on the way, but you don't need anything fancy to start tuning in to your body and breath.

A few things that might help your practice:

- **Yoga mat:** Thicker means more cushion, which can be nice on the joints if you're practicing on a hard floor. You do want stability as well, so thick pilates-type mats might not be as suitable. Mats often have a "break-in" period where they're more slippery, so using your mat and wiping it down often can help if slipping around is an issue.
- **Blocks:** A block or two are helpful because they can help bring the floor closer in some poses, or provide support in others. Not necessary to begin a practice, blocks can help make a practice more accessible for where your body is at today. A water bottle or stack of books also works.
- **Strap:** Also helpful for modifying your practice to help lengthen the feet or arms (as in it helps you reach farther), a yoga strap looks just like a flexible belt- which works just as well.
- **Bolsters or Cushions:** Usually used in restorative yoga, bolsters or cushions can help get the body comfortable in poses held for a long time. Any throw pillows or cushions will work too.

You don't need a special yoga room with soft music and candles, you just need enough room to move on your mat and breathe. And that's it!