



## Creative Things to Use for Yoga Props

For your home yoga practices (live streaming, online, or on your own), you do not necessarily need to purchase yoga props. You can use common household items and with some creativity, turn them into functional yoga props.

### Yoga Blocks

- ॐ Books that you don't mind getting a bit frayed. Books fairly thick and of equal heights. Several books can be stacked and wrapped together. You could even duct tape the bundle together for more stability.

### Yoga Straps

(Use an item that is made of fabric or material that is strong enough to hold your stretch)

- ॐ Belt
- ॐ Man's tie
- ॐ Piece of rope
- ॐ Scarf

### Yoga Bolsters

- ॐ Stack of bed pillows
- ॐ Stack of towels
- ॐ Folded blankets

*(Optional – tie them to keep them together)*

### Yoga Blankets

- ॐ Any blanket that you can cover with to keep warm
- ॐ Folded blankets can be used folded to pad your knees or to sit on.

### Yoga Mat

- ॐ Carpeted floor
- ॐ Rug with a non-slip padding

## Chair Yoga Props

In addition to the above-mentioned props, chair yoga may use the following:

### Blocks or Weights for strengthening or range of motion practices:

- ॐ Water bottles (You may use two water bottles of equal weights; size/weight depends on the needs of your body)
- ॐ Canned food (1 lb. cans)
- ॐ Bath towels (can be rolled or folded)