

**Get Energized with Yoga
Supply List
Tara Bernstein, Instructor
Thursday 7:00-8:15AM**

Yoga Mat

2 Yoga Blocks (optional)

Yoga Strap (optional)

3 Yoga Blankets (optional)

- A good brand of Yoga mat is Gaiam but other brands found at Target, Big 5, or Zenith Supplies are good enough. Yoga mats range from \$11- \$20 and up.
- When buying a mat choose the appropriate thickness for your comfort when lying or standing on it. A sticky mat surface is better than a slick surface.
- You can get a Yoga beginners Kit from Gaiam for \$24 which includes a mat, a block and a strap.
- Foam blocks are sufficient. Cork and wooden blocks are also sufficient and are sturdier for balancing.
- Mexican Yoga blankets can be found at Zenith Supplies. Wool army blankets are also sufficient.