



BEGINNER YOGA GEAR CHECKLIST

Part of the My Restorative Physical Therapy Physical Therapy Tools Check List Series



For if You are Finally Ready to Start Practicing Yoga!

Checklist built by Dr. Jennifer Prewitt, PT, DPT, OCS

1. Yoga Mat such as BalanceFrom GoYoga Mat (\$12.99 online). I prefer thinner yoga mats because they tend to stay rolled out and flat better than thicker mats. They are also actually easier to balance on as well. If you've ever fallen out of lunging pose like I have, you know that yoga does not typically need any extra challenges to make it more difficult. I love the carrying strap, the different color options, and the price point on this mat. It is a perfect place to start.

2. Yoga Mat Towel such as Gaiam's (\$15.80 online). If you are going to be sweating it out in Warm Vinyasa or Hot Yoga, these towels are great because you get to throw them in the washing machine afterward... unlike your yoga mat. Again an abundance of beautiful colors to suit your taste makes this a no-brainer to recommend.

3. Yoga Blocks such as Gaiam Essentials (\$10.99 online). This is sold as a set of 2! If you are just getting started or simply feel like your body is perpetually tight these blocks make it significantly more comfortable for you to hold your poses so you are not literally hanging in mid air without support from a hand/ limb.

4. Yoga Stretching Strap from Tumaz (\$6.95 online). A stretching strap is great to help you elevate your stretches, but can also be used to help hold poses in Restorative Yoga.

5. Apparel You Can Move In! In my experience, the apparel that I have found at Lululemon & Athleta have best suited my needs. They tend to have soft, breathable, and easy-moving fabrics that allow you to focus on your yoga practice rather than making sure your apparel is in the right place!

Prices Checked at Time of Writing. Links Available on Website

myrestorativept.com

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