

Prop Suggestions

These are examples of props to bring on your yoga retreat. If you are a serious student of yoga it is a good idea to invest in them.

Karin has limited props for rent:

Chair \$15

Bolster \$15

Chair and bolster for \$25

3 Blankets for \$10

It is especially important to have the right type of blankets and bolster for the restorative class. Most people bring fleece blankets from home. These types of blankets do not create the right amount of firmness and support.

I used the site "[Everyday Yoga](#)" for most of these props as an example, there are many sites that sell props and you may even find them on Amazon. I compiled this list just as a guide. The prices I listed are prices I found online on August 5, 2023. These prices may have changed when you are looking to buy props and I list them simply as a guide. I tried to keep economy in mind when I was looking at props.

Blocks: Everyday Yoga 4 Inch Foam Yoga Block \$8.69 [Click here](#)



- **Dimensions:** 4" x 6" x 9"
- **Colors:** many colors available

Strap: 10' Hugger Mugger Pinch Buckle Yoga Strap

Strap

\$18.95

[click here](#)



Blankets: Native Yoga Heavy Weight Falsa Mexican Yoga Blanket \$18.95 (I recommend 2 - 4)

[Click here](#)

- **Fabrics:** Acrylic, Cotton, Polyester
- **Colors:** different colors available
- **Style Features:** Mexican, Tribal, Stripe
- **Care:** Machine wash in cold water. Hang to dry.
- **Dimensions:** 54" x 78"
- **Weight:** 3.2 lbs

Everyday Yoga High Impact Round Yoga Bolster \$44.98



- » 28" x 10"
- » 100% natural cotton
- » Removable cover
- » Handle on each end
- » Five colors to choose from!

[Click here](#)



Backless yoga chair. \$64.99

[From Yogaaccessories.com](http://Yogaaccessories.com)

A regular folding chair can work for some of the poses, but you might not be able to sit through it for the supported back bends.

