



### **Recommended Props for Restorative Yoga Teacher Training**

- A yoga mat
- A set of yoga blocks or sturdy thick books ([same size](#))
- A bolster or equivalent (rolled blanket, rolled pillow, cushion)
- 4 firm blankets
- A strap
- An eye pillow (or hand towel or face cloth)
- A chair and wall space

Linked below are a couple of options to find bolsters, yoga blankets and blocks:

- [SportCheck \(Yoga Blocks\)](#)
- [Healthy Life Cycle \(Yoga Blankets\)](#)
- [Halfmoon](#)