

Recommended materials

Recommended equipment:

Resistance band set (loops)

Light weights (you can always use soup cans, wine bottles etc)

Counter or barre like item for balance

Socks or gliders

2 yoga blocks (thick books or similar household item)

Yoga Mat

Sneakers

Yoga Strap (can also use a towel or shirt)

Foam Roller

Discounts:

2nd Wind Health Code: YOGARINA16

Rad Rollers Code: BEAURAD15

