

Props needed:

- 2 blocks: https://www.amazon.com/dp/B07D4BP162/ref=cm_sw_em_r_mt_dp_O2cvFbXKA8AH
- 1 blanket or bath towel
- 1 green SPRI mini band: https://www.spri.com/collections/exercise-bands/products/07-70293_2
- https://www.amazon.com/Letsfit-Resistance-Exercise-Stretching-Strength/dp/B07CZYTLQN/ref=sr_1_5?dchild=1&keywords=loop+bands&qid=1599608944&sr=8-5
- Two 6 foot long RED Therabands: <https://www.sourceortho.net/theraband-exercise-band-6-yard-roll/>
- Non Latex Options: <http://www.clinicalhealthservices.com/therapistschoicelatex-free25yardbulkrollresistancebands6widthband.aspx>

https://www.amazon.com/dp/B000AXHF50/ref=cm_sw_em_r_mt_dp_tKbwFbGWMEF8S

Please let Rosie know if you have any trouble locating props. We may have some extra available for purchase. Email whiteswanyoga@comcast.net