

What do I need for a Virtual Lesson on Zoom?



1. A **Laptop** or **Tablet** with Internet Connection and a camera
2. A space for you to lie down on a yoga mat or rug
3. **Useful Props:** Foam Roller, Hand Weights, Ball, Theraband, Yoga Blocks, Pillows or Towel to fold to prop your head.

We ordered extra props to support your new at home virtual lessons

Our pre-designed Kits include:

Medium tubing with handles
Elastic Loop
EF balls-green
Ball for inner thighs
Door anchor for therabands
Super Pinky Ball

Add-ons available:

2lb hand weights
3lb hand weights
5lb hand weights
Soft Roller
Hard or Standard Roller
Super Pinky Ball
Foot Rubz
Pump for ball
Magic Circle
Exercise Sliders Set
Bosu Balance Pods

*These props are not a necessity. Many household items can be used in place such as soup cans as hand weights.