

## Space and Equipment Checklist

To get the most out of the course you will need a few things to get started. As you move along in the course you will need some specialized equipment to be able to apply the skills you will learn.

### Basic equipment:

- ✓ An exercise or yoga mat that has a non-slip surface.
- ✓ A chair with no wheels or arms. A folding chair works well.
- ✓ A yoga strap, scarf, or belt.

### Specialized equipment:

- ✓ A soft 4inch ball.
- ✓ A set of therapy balls in a pouch.
- ✓ A foam half-roll.
- ✓ A yoga strap.
- ✓ Yoga blocks.

### Additional items to have on hand:

- ✓ One or two pillows.
- ✓ A hand towel.
- ✓ Always keep water available.

You can find links to purchase the equipment at: <https://mayerwellness.com/self-care-fascial-stretching-product-links/>