



Arhanta Yoga
ASHRAMS

Props - Teen Yoga

During the Teen Yoga course, you might need the following props:

- 1 Chair
- 1 Massage Table (optional)
- 1 Blanket
- 1 Pillow
- 1 Background Meditation Music
- 1 Aromatherapy / Incense
- 1 Eye Pillow
- 1 Bolster for Knees (if on a massage table)
- 1 Sound Bowls / Tuning Forks / Chimes / Rainstick, etc