



Arhanta Yoga  
ASHRAMS

## Props - Myofascial Release Yoga Teacher

During the Myofascial Release Yoga Teacher course, you might need the following props:

- 1 Yoga mat
- 1 Block
- 1 Blanket
- 1 Bolster
- 1 Pillow (if necessary)
- 1 Chair
- 1 Fight ball / Tennis ball
- 1 Compass
- Pencil, paper and ruler