



Props - Prenatal Yoga TTC

During the Prenatal Yoga TTC course, you might need the following props:

- 1 Yoga mat or any carpet you have in house
- 2 Yoga Blocks or fat books from your library
- 1 Blanket
- 1 Yoga bolster or any 2 bed pillows
- 1 Yoga belt or any kind of belt you have in the house