

Yoga Props

Yoga props are wonderful tools to support your practice, especially in a pre and postnatal yoga practice as your body changes daily on the journey into motherhood. Props help facilitate proper alignment and offer myriad modifications for various poses and postures. Yoga props also offer support in restorative poses, helping your body and mind to fully relax and receive the many benefits of the pose.

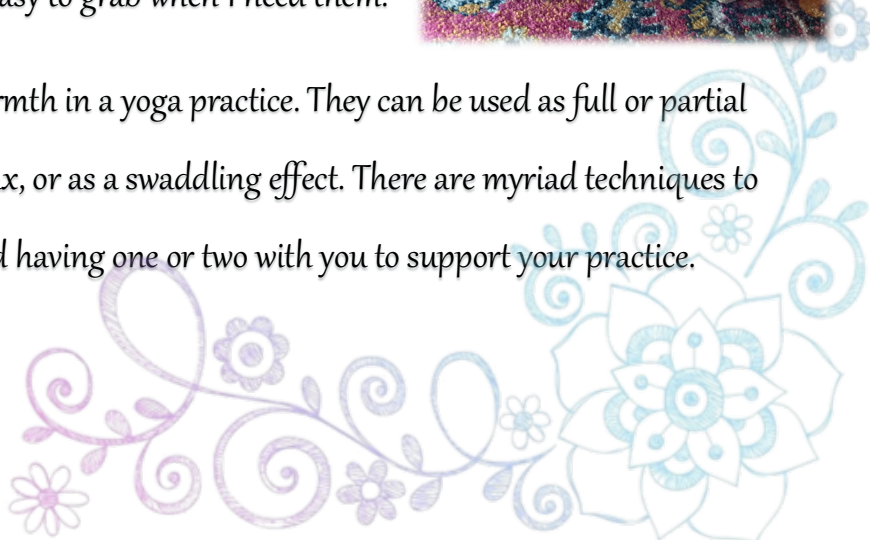
Props Commonly Used In Pre and Postnatal Yoga Practices:

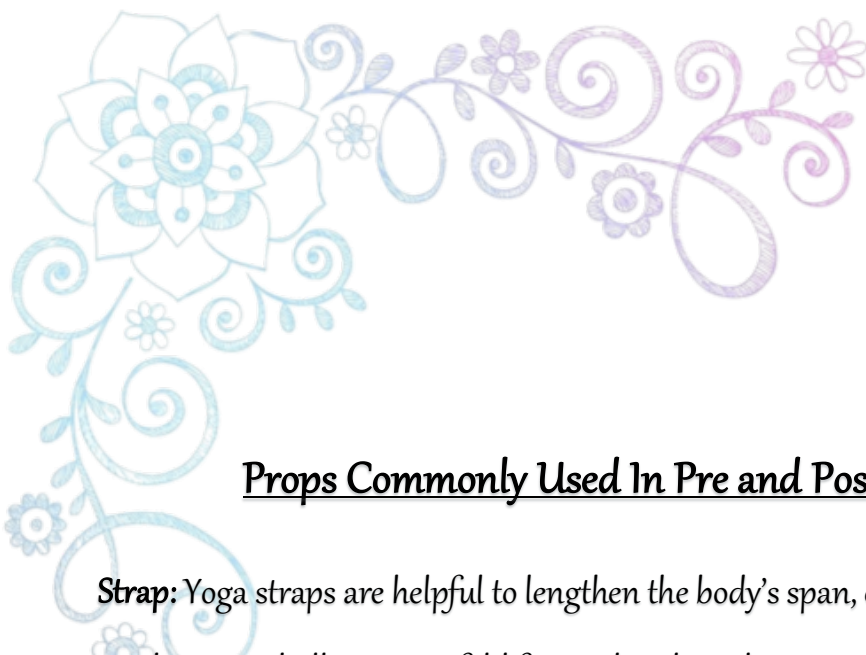
Yoga Mat: I highly recommend using a yoga mat for your in-home practice. A yoga mat will set the tone that it is time for your yoga session and offer you a safe, supportive and clean space to practice on. Yoga mats provide extra cushioning and offer a naturally grippy surface to keep from slipping.

Blocks: Having two yoga blocks available when practicing yoga offers the body support in poses and facilitates proper alignment. They are easy to work with and do not take up much room. I love to set up my blocks on either side of the top of my mat before practice so that they are easy to grab when I need them.



Blankets: Blankets provide cushioning and warmth in a yoga practice. They can be used as full or partial support, a weight on top of you to help you relax, or as a swaddling effect. There are myriad techniques to use blankets in a yoga practice, so I recommend having one or two with you to support your practice.





Props Commonly Used In Pre and Postnatal Yoga Practices Cont.:

Strap: Yoga straps are helpful to lengthen the body's span, especially as your belly grows in pregnancy it can be more challenging to fold forward and touch your toes. Straps offer assistance to access the stretch in a pose without compromising your body or your baby. They can also provide stability to help you rest in a restorative yoga pose.



Bolsters: A bolster is an ideal support to sit or rest on in a pre and postnatal yoga class, offering cushioning and a taller, thicker support than a blanket or block.

Eye Pillow: If there was one yoga prop I'd recommend to treat yourself to, let it be a lavender, silk eye pillow. Eye pillows help to relax the eyes and block out light. The aroma of lavender can facilitate a calming and peaceful state and help you to absorb the benefits of your yoga practice, especially when used at the end of class as we hold mama's favorite pose, Savasana.

