

# Sweat & Serenity Virtual Yoga Studio

## How to Create Your at Home Yoga Oasis

Here are a few workout tips and tools for creating a workout space within your home (or office):

The first step is designating a space – if you have to constantly move furniture, jockey things around or kick someone else out of a room chances are you are not going to commit to that workout. So find a space and a place that is set up not necessarily all the time but can be set up very quickly.

Use a basket or crate to house your yoga equipment when not in use.



What equipment/props do I need?

- ✓ A yoga mat
- ✓ 1 or 2 yoga blocks
- ✓ A kneeling cushion – perhaps a garden kneeling pad or folded towel
- ✓ A hand towel
- ✓ A yoga strap or you can use your hand towel

When it's time to do your Yoga – simply roll out and you are set!

For ideal on-line viewing have your iPad on a stand/or laptop – I like to place a wooden tray on a foot stool this keeps my viewing angle adjustable as well as stable.

