

Getting Restorative Props: The Where When and How

Basic Props Needed

- * 4-6 thick dense blankets (2-4 blankets if you have a bolster)
- * Something to cover your eyes - an eye "pillow"- make sure it's not too heavy. A long soft scarf works great for an eye cover too! In fact it can be better with some poses as it won't fall off.
- * 1-2 blocks (a thick book held firmly together with rubber bands would work for supported bridge pose....as would folded blankets.
- * a yoga strap (or make shift with very long scarf, bathrobe belt, etc.

Where to get your props?

There are so many sites offering yoga props these days, it can be daunting to figure out which ones will be best for you. Here are a few ideas.

The most economical US sources are:

www.yogaaccessories.com- has the extra heavy blankets that are particular good for restorative yoga support. They often have sales. Look for free shipping.

www.yogawarehouse.com- their 6 " deep bolsters are not quite as firm as other brands - maybe 1" smaller in diameter - can be a boon to stiffer folks.

Other good sources:

www.ramatexinternational.com ("EARTHTRAGZ" - the super heavy plaid blankets)

www.huggermugger.com

www.Gaim.com

www.Kripalu.org (mail order department for their shop)

Restorative Supporting Music

Mark Kelso CD's- For God Alone, The Only Real Thing

Todd Norian CD's- Bija, Tejase

Snatam Kaur- By Thy Grace

Deva Premal- Grace

For Canadians, I have been told these are good resources:

www.shophalfmoon.com - Vancouver- they are a little pricey though

www.yogamat.com - All orders for delivery in Canada are shipped from Calgary.

Another thought- if you know of **local yoga studios** - call them up and see if they have any used bolsters, blankets etc that they would

be willing to sell you. They periodically need newer items. if they won't sell, ask for their suggestions where to buy. Ask **friends and relatives** if they have extra items they are ready to let go of. If you have Craig's List or free cycle type functions available up there - put in an ad... sometimes people just have extras they are willing to get rid of. Hudson Bay type blankets would too!

Make Your Own:

Re: the general dimensions of a rectangular bolster runs around 61-65 cm x 28 -34cm x 12.5- 22 mm (I prefer rectangular bolsters, I find them more useful all in all, but perhaps you can take those measurements and find a sofa / chair cushion about that size... the thing is - experiment- find that which works best for you.

A bolster option - Fold several blankets to make a bolster- how to do that is in the DVD...

I think you get the idea.

I hope this helps. Remember the little extra effort up front is well worth it! Your central nervous system will be very grateful.