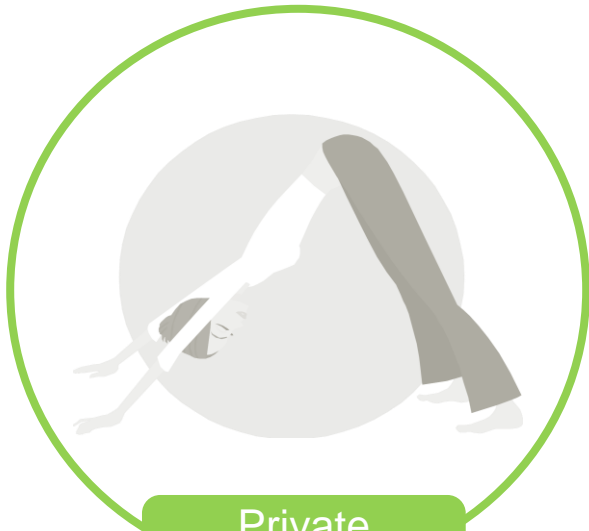




Holiday Gift Guide for Yogis



For the yogi building their home practice toolkit



Private Session

Need a sequence to work on at home? Have an ache or pain that needs some help? A private session gets you started! Get a 15 minute holiday bonus with purchase of a single session gift certificate. [Get your gift certificate here.](#)



Manduka Prolite Mat

Heavy enough that it doesn't crawl all over the floor while you're practicing yet light enough to roll up and carry to classes with you. It's certainly an investment but one you're going to have for years. I'm at year four with mine! [Get a new mat here.](#)



Cork Blocks

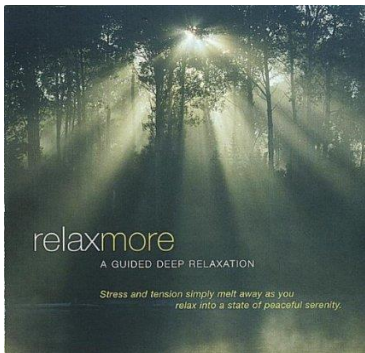
These blocks are sturdy and stable! They give you extra lift and opening in supported back bend. They don't wobble over as you reach down for them in triangle pose. There's no doubt they'll hold your hips in supported bridge [Grab two blocks here.](#)



Strap

With an easy to manage buckle this strap will keep your daily forearm planks perfectly aligned. It might even make them a pleasure! You'll also find a strap incredibly useful for lengthening those pesky hamstrings. [Get a strap here.](#)

For the yogi in need of rest and relaxation



Relaxmore
CD

In a world where we go-go-go, suddenly sitting still can be unnerving....for the mind. That's why guided relaxations are my go to when I need a little bit of focus while I rest deeply. [Grab a CD here.](#)



Blankets

From creating arm rests in a class favorite "lazy boy recliner" to that perfect cozy layer to lay under while you relax deeply a stack of blankets is a necessity. [Grab a pile here.](#)



Bolster

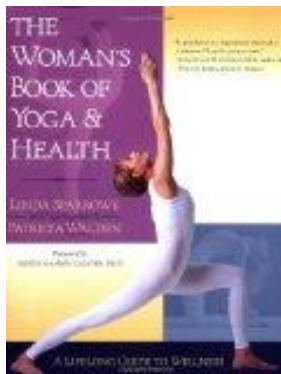
A workhorse in the world of restorative yoga! There's that famous lazy boy recliner, there's Stonehenge, there's backbends and forward folds....and need I go on? [Get one here.](#)



Handmade
Eye Pillow

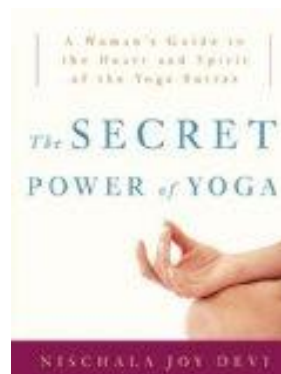
Filled with lavender these lovely handmade eye pillows help you drop right down into relaxation. Even better the covers are removable and washable so they stay clean! [Order one here.](#)

For the bookworm yogi



The Woman's Book of Yoga & Health

From a leader in the yoga world this comprehensive book supplies sequences to help you heal through various stages of life. It even addresses the important topics of eating disorders and depression. [Grab a copy here.](#)



The Secret Power of Yoga

This is the perfect book to start diving more deeply into a yoga practice. With yoga philosophy explained in clear, everyday terms using relatable examples this is a favorite! [Grab a copy here.](#)



Daring Greatly

This is a book that's all about living your yoga off the mat...but it doesn't realize it! One of the most life changing books I've ever read. It inspired me to finally take that leap and teach full time. [Grab a copy here.](#)



Yoga Journal

Yes, not technically a book but a great read nonetheless. From anatomy to sequences and yoga to meditation there is something for everyone in this monthly publication. [Get a subscription here.](#)