

IYENGAR YOGA PROPS

a guide for beginners



Hi there!

Shopping for props can be overwhelming.

But incorporating props into your Iyengar Yoga practice can be sooooo liberating!

I created this guide to help you make informed choices.

To make shopping as simple as possible, I also set up a collaboration with my friends at YogiKuti and included several links to my favourite props. They've even put together this [special bundle](#) for us with great savings.

Apply the coupon **yogawithpo** at checkout to receive an additional 10% off (I'll receive a small commission from each sale).

Enjoy and happy practicing!!!

Stephanie Tencer

Certified Iyengar Yoga Teacher, L3

Owner/Director, Studio Po





1 YOGA MAT

Invest in a good mat - you will use it a lot!

For Iyengar Yoga you will want a mat that is not too thick. I'd recommend 4mm or less. The [Iyengar Yoga Sticky Mat](#) is my favourite for a few reasons. First and foremost, it's incredibly grippy. As a beginner, the grippier the mat, the more solid and stable you'll feel during your yoga practice. #2 it's versatile. Roll it, fold it...use it to support you throughout the practice. In other styles of yoga, students may keep their mats on the floor but in Iyengar Yoga we use it in all sorts of ways. For example it's folded on top of a chair, rolled up and used under the feet, or even rolled to support the spine



NOTE: Part of what makes the Iyengar Yoga Sticky Mat versatile is that it's thin. This means that in a pose where, for example, you are kneeling, you may want to add a yoga blanket under your shins for extra cushion. If a soft mat is a priority for you, I'd suggest checking out the [Premium 4mm mat](#). This mat is a bit thicker than the Sticky Mat and will still be effective for most other Iyengar Yoga poses.



2 4 YOGA BLANKETS

Having [yoga blankets](#) that are consistent in size, thickness, and density will elevate your experience in the poses significantly. If you are incorporating shoulder stand into your repertoire of poses, ample blankets will be hugely appreciated. They are also incredibly handy for restorative poses.

NOTE: When I began yoga, I used towels instead of yoga blankets. It worked but I confess, once I got a taste for the value of proper yoga blankets, there was no turning back.



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2 YOGA BRICKS



Bricks or blocks? Tomato or tomahto? However your teacher refers to them, these are quintessential yoga props. And in an Iyengar Yoga class, wooden blocks are the gold standard as far as yoga accessories go.

I love wooden blocks because the weight and stability of these bricks offer support and unique sensory feedback to the practitioner, but I also know that sometimes they may not be practical. Whether it's because you are lugging your yoga props with you to the cottage or because there isn't a local supplier, please know that a foam or cork block is an excellent alternative.

NOTE: Whichever route you go (wooden blocks or foam), I recommend purchasing 2 identical bricks. You'll want either 2 wooden or 2 foam blocks, but not one of each. If you decide to purchase a 3rd brick (I enjoy having 3 blocks as part of my home-based prop kit), then go for the variety.

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1 YOGA STRAP

The yoga strap, also referred to as a yoga belt is a fantastic prop. I enjoy practicing with yoga straps that utilize a bar buckle over the ones that use a D-ring. Straps of different lengths can be useful in various ways but for most applications, especially for beginner yoga, the 7 foot yoga strap will be perfect.



5 1 YOGA CHAIR

In the beginning, any stable chair that doesn't have wheels or arm rests will do. But as you progress and incorporate more yoga poses into your repertoire, you will see that Iyengar Yoga teachers tend to use the chair in unique and unexpected ways. Having a yoga chair, which is essentially a metal folding chair where the back plate has been removed, will come in very handy. The yoga chair is used in a supported shoulder stand and it's also used as a gateway to back-bending by providing a lot of support. If you plan to be around for the long haul, I guarantee you will not be disappointed that you invested in a yoga chair!



NOTE: There are 2 sizes of yoga chairs - standard and tall. If you are taller than 5 feet 7 inches, you might want to consider the tall chair. That said, there are also creative ways to adapt a standard chair to make it a little taller in certain poses on an as-needed basis, so if you are on the cusp, you can probably get away with a standard chair.

6 1 YOGA BOLSTER

Yoga bolsters tend to come in 2 shapes: cylindrical or rectangular. I've seen both shapes used in Iyengar Yoga classes. The cylindrical bolsters are the ones I have the most experience with but I wouldn't say that they are 'better'. Both are excellent!



7 2 SHOULDERSTAND BOARDS

These boards are used to build up height and provide firmness under the neck and shoulders in Salamba Sarvangasana (shoulderstand). Although they are not an 'essential' prop (you could substitute blankets or bolsters instead), once you experience the lift and added support, I think you will agree that it's hard to imagine practicing without them.

In addition, they are versatile and can be excellent for seated poses as well as a slew of other poses. They can even be stacked and used for poses that require a second bolster.

NOTE: The boards come in 2 sizes - a wide version and a smaller version. I prefer the wide ones but you really can't go wrong with either. If you are purchasing the wide version, you'll want 2 boards. If you are purchasing the smaller boards, you'll want 4 boards in order to create a full platform for your shoulderstand.



READY TO BEGIN?

Iyengar Yoga Fundamentals



It's time to get to the mat!

I've spoken to so many of you who are struggling to find online classes that teach the necessary foundation for a smart, accessible, engaging, and life-long yoga practice. This is why I've created Iyengar Yoga Fundamentals.

Join me online and develop the mobility, strength, and energy to chase your kids, grandkids and fur babies endlessly around!

Here's what you get:

- 5 full length classes (75 minutes each) covering the fundamentals of Iyengar Yoga.
- 20 short tutorials addressing common challenges.
- a course syllabus with photos of every pose and additional tips and cautions.
- a 30-day roadmap to help you maximize results.
- an accountability calendar to track your progress and keep you motivated.
- 4 email check-ins to ensure you get off to a great start.
- unlimited access to all of the course materials for 3 months!

[learn more](#)