

MOVEMENT TOOLS

Here are all the tools you will need to move through this program. It's time to go shopping. You'll need these things before you start tomorrow!

You'll need to go out and get or order from amazon -- a few simple tools. BTW -- I don't get paid for my recommendations.

I do not get paid by any of the brands recommended. My recommendations are based purely on personal and professional experience. You will need to have all the tools on this list before you get started unless otherwise noted.

Yoga Mat

If you don't already have a mat, I like Gaiam Yoga Mats because they are lightweight, easy to transport and really stick to the floor. [Here's a link to buy one from amazon.](#)

Blanket

A Mexican blanket works great. A beach towel or a couch throw works as well.



Noodle Ball and Swimming Pool Noodle

For the Noodle Ball, take a knee-high sock and stuff six tennis balls into the sock. Push the balls towards the bottom of the sock and tie a knot at the last ball, so the balls are snug together. Until you get used to the Noodle Ball you can use a swimming pool noodle. Buy a regular size swimming pool noodle and



cut it to the size of your upper back.

Softball-sized Ball

I like Sky Balls but any Softball-size ball will work.

Yoga Strap

Any strap or belt will do. I like extra-long straps. [Here's the amazon link.](#)

Yoga Block

Super easy to find these days. [Here's the amazon link.](#)