

## The ultimate checklist for creating the most relaxing and beautiful home yoga space.

- Yoga mat
- Bolster
- 2 blocks
- Yoga strap
- Yoga/Mexican blanket
- Eye pillow
- Dimmable lamp
- Himalayan salt lamp
- A small wooden stool or shelf (to keep everything tidy)
- An easy to care for plant (philodendron or spider plant)
- Beeswax candles
- Speaker
- Earbuds
- Yoga mat cleaning spray
- Cloths for cleaning your mat
- A few yoga music playlists (make your own on your favourite app)
- Journal and one of your favourite pens
- Tea kettle
- A couple different teas
- Basket to hold your oils, journal, pens, mala etc.
- Mala (for meditation)
- Essential oil diffuser
- Essential oils for **diffusing** (start with lavender, peppermint and eucalyptus)
- Essential oils for **inhalation** (wild orange to uplift, frankincense for centering and rosemary to open the airways and to support focus)
- Essential oils for **topical** application (rollerball with Hawaiian Sandalwood or Balance (doTERRA blend)
- A spray bottle of cedarwood, witch hazel and water for clearing the room before practice
- A wall (for legs up the wall)
- Swiffer or Norwex mop for easy cleaning (if you have a plank or wood flooring)