Early to Rise Customer Support

Where can I get the Yoga blocks and bands used in the videos?

Stephanie H - 2020-02-20 - Yoga

The yoga blocks are fairly standard and for our purposes you do not need to spend a lot of money on "high quality" blocks - the ones you will find at Target, Walmart, or on Amazon are great. The bands are also fairly standard, but we do recommend (to clients who travel) to get the travel set from Sports Authority. It comes in a little travel bag with 3 bands of varying tensions, hooks for hand held exercises, and an ankle strap for leg work, plus door attachments. You can also find exercise bands that have a protective covering (in case they break) online as well. Those will be higher quality but are only necessary if you're going to use them quite a lot!