



Yoga Studio Essential Yoga Prop Checklist

Here's a quick checklist to verify you have the essential yoga props your studio needs, whether you're just opening or refreshing your inventory. Keep in mind, prop requirements vary depending on the type of yoga you offer.

For example, hot yoga rarely uses blankets or bolsters, while restorative classes may require several per student.

This list highlights the baseline setup recommended for most studios, with notes on extras that provide flexibility for larger classes or specialty classes.

Essential Props

- ☐ **Yoga Mats** (1 per student)
- ☐ **Yoga Blocks** (2 per student)
- ☐ **Yoga Straps** (1 per student)
- ☐ **Bolsters** (1 per student)
- ☐ **Blankets** (1 per student)
- ☐ **Meditation Cushions** (1 per student)

Support & Comfort

- ☐ **Eye Pillows** (1 per student)
- ☐ **Sandbags** (2 per student)
- ☐ **Yoga Wheels** (1 per student)
- ☐ **Chairs** (1 per student)

Studio Setup

- ☐ **Storage Racks/Shelves for Props**
- ☐ **Cleaning Supplies** (mat spray, towels, wipes)
- ☐ **Mat Towels** and **Hand Towels**
- ☐ **Water Station** (sustainable) or **Bottled Water** (accessible for all)

Optional / Specialty Props

- ☐ **Resistance Bands**
- ☐ **Aerial Hammocks**
- ☐ **Foam Rollers**
- ☐ **Yoga Balls** or **Stability Balls**
- ☐ **Sound Tools** (singing bowls, chimes, etc.)

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