





Visit: <https://betteryogalife.com/>

TOP 5 BEST EQUIPMENT FOR YOGA

<https://fitcurator.com/collections/yoga>

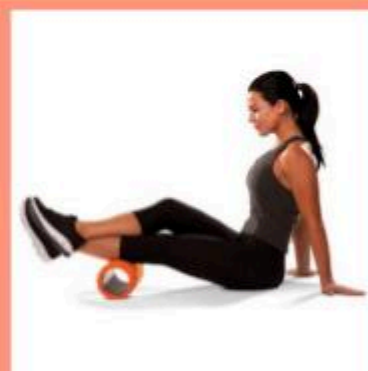


Yoga Mat

It is the first thing that yoga beginners or enthusiasts look for. Yoga mats should be lightweight with a good quality foam. Also, check for anti-slip surface grips which hold the mat tightly in place to prevent injuries. Add-on straps at the back make it easy to store or carry.

Exercise Roller

Another important tool in your yoga kit. Rollers can be simply handheld or with wheels. Exercise rollers are the best medicine for trimming unwanted body fat.



Ab Wheel Roller



Single or double ab wheel rollers are perfect for abdominal exercises. It stretches the muscles and provides excellent balance for rollout exercises.

Yoga Block

Whether you are a newbie or an expert, yoga blocks give you the extra support, flexibility, and depth in your poses. Durable high-density foam gives a firmer and more comfortable grip.



Yoga Strap

A must-have for home practice. A strap is an inexpensive way to improve balance posture and support.

Source: <https://betteryogalife.com/best-yoga-swing-for-practicing-yoga/>