



TOOLS FOR ONLINE CLASSES

Please note that tools are NOT REQUIRED for online classes. I will be using pillows, towels and canned food as "tools" for class, but if you want the real-deal check these ideas out. I've used and vetted each one of these products. I receive an affiliate percentage when you purchase any of these tools. I SO APPRECIATE you using this link if it there's something here you would like to buy.

TECHNICAL EQUIPMENT

How do I position my camera so that you can see me? This depends a lot on what kind of device you have. If you put the device too far away, you may not be able to see me. If you have the device too close to you, I may not be able to see you. Consider supplying yourself with a few books to prop your device on, or buy yourself a tripod (for iPhone/iPads) which allows you to easily adjust the device.

I have this tripod, and it works great! <https://amzn.to/2xfEx09>

MOVEMENT THERAPY CLASSES

THERABAND: this is a great tool to use for resistance. It can be used for a full-body workout. I would recommend getting a pack of bands that allows you varying tensions, but I've also included each tension separately.

Pack of 3 tensions. Yellow-3-4.3 lbs.; Red-3.7-5.5 lbs.; Green-4.6-6.7 lbs. Keep in mind that the tension increases as the band is stretched farther: <https://amzn.to/3a5vz49>

Heavy tension. Blue-5.8 - 8.5lbs.; Black-7.3-10.2lbs. Keep in mind that the tension increases as the band is stretched farther: <https://amzn.to/2QvzmAd>

SMALL BALL: this guy may seem small, but it packs a mighty punch. This can be used for a full body burn for the glutes, abs, inner thighs, back and arms.

<https://amzn.to/2x7exEv>

TONING BALLS: these act as hand weights but due to their round shape can double for leg work and other creative exercises that challenge the glutes, hamstrings and back muscles. They can even be used as a massage tool! While 3 lbs doesn't sound like a lot, it can really add up. So, take my word for it and choose from the following options: 1lb is great for beginners; 2lbs is great for intermediate; 3lbs is great for advanced.

1 STOTT 1lb toning ball: <https://amzn.to/3bb28Oj>
STOTT 1 lb toning ball pack of two: <https://amzn.to/3a3CrPC>

1 STOTT 2lb toning ball: <https://amzn.to/3a6LlMe>
STOTT 2lb toning ball pack of two: <https://amzn.to/2J39Wpk>

1 STOTT 3lb toning ball: <https://amzn.to/3dbfnjY>
STOTT 3lb toning ball pack of two: <https://amzn.to/2U2xYHt>

FOAM ROLLER: Unless you want to freak out your fascia, I would suggest getting a soft foam roller. Recent research suggests that hard rollers are not beneficial and can cause more stress than they relieve.

<https://amzn.to/3bcD3mo>

YOGA MATS: Manduka yoga mats are my ultimate favorite. They will last you a lifetime, so they're a great choice for reducing waste. They grow with your practice, becoming more comfortable as you use them. However, they are also expensive. Gaiam is a great alternative and much less expensive.

Manduka super light mats are easy to travel with, but don't provide as much cushion:
<https://amzn.to/2U20Xlr>

Manduka thick mat, 4mm: <https://amzn.to/2UjXjf2>

Manduka thick mat with extra cushion, 6mm: <https://amzn.to/2J1jipE>

Gaiam yoga mat, 4mm: <https://amzn.to/2QwVxWK>

Gaiam bulky & thick yoga mat. Provides a lot of padding, but too much padding can complicate balancing postures and isn't recommended for yoga. Includes a carrier strap.
<https://amzn.to/2UsnyQy>

YOGA STRAP: a yoga strap provides incredible support and comfort in multiple different yoga postures. Some restorative yoga postures are entirely dependent on the strap for efficacy.

Manduka yoga strap: <https://amzn.to/3deHAXc>

Gaiam yoga strap: <https://amzn.to/2lYmjmv>

YOGA BLOCK: a yoga block provides support and comfort in multiple different yoga postures. Some restorative yoga postures are entirely dependent on the yoga block for efficacy.

Manduka recycled yoga block: <https://amzn.to/2wpmvN7>

Gaiam yoga block: <https://amzn.to/3dh9m59>

YOGA BOLSTER

Yoga Accessories rectangular bolster: <https://amzn.to/2WtXQgQ>

YOGA BLANKET: While I know it might seem strange to buy a blanket specifically designed for yoga rather than just using a blanket you have in your house, I can promise you there is a difference. These blankets are specifically designed to mold into multiple different shapes and sizes providing much needed support to the body.

Manduka blanket: <https://amzn.to/3debg6B>

MASSAGE: these tools are amazing options for giving yourself or a loved one a massage... especially if you're stuck at home.

RENPHO Rechargeable handheld massager: <https://amzn.to/2Ulun6d>

Foam Roller: <https://amzn.to/3bcD3mo>

Massage Ball Kit: <https://amzn.to/2l1pUAq>

TRX: this is quite the amazing contraption! If you love your Pilates workout on the Reformer, this is an excellent option. <https://amzn.to/2UfZ9P5>

Covacure: This is what I call a "reformer in a box". Has a door anchor, multiple tubing strengths, ankle straps and foam handles for upper and lower body work. <https://amzn.to/2WGYHQ8>

NUTRITIONAL THERAPY CLASSES

INSTAPOT: this cooking tool allows you to throw a bunch of ingredients together and cook it in record time. This is an excellent choice for busy people who don't have enough time to cook.

<https://amzn.to/2J3bhwl>

CAST IRON PAN: in my mind, there just is no comparison to the cast iron pan for both ease of cooking and health benefits. If you're still using teflon pans, consider watching the documentary *The Devil We Know...* or, just google PFOA. If you're unfamiliar with the health risks of PFOA's, please educate yourself immediately.

<https://amzn.to/3bcy300>

FOOD PROCESSOR: The part of the cooking process that is usually the most time-intensive is the chopping process. No wonder there are sous-chefs! This food processor has multiple attachments so you can vary the thickness of your fruits and vegetables as well as adjust your mixing capabilities for various recipes.

<https://amzn.to/2Qw9dBr>