

PROPS

Blocks can be a great way to bring the floor to you. This can be particularly helpful in postures such as Triangle, where the emphasis is on opening the chest, rather than reaching the floor. To help the students understand the purpose of the props, be sure to tell them what you want them to experience in the posture (ie. opening.) While props are helpful, less is more. Too many props can be cumbersome. Be sure all props are in good condition and are clean before sharing with the class. If you are going to have the whole class use blocks for your class, be sure to pass them out before class.

Benefits of props?

Downsides of props?

List your favorite props?

Some examples of using your props with sequence?

