

YOGA WITH RESISTANCE BANDS

TEACHER TRAINING

band purchasing guide



Bands



[A] 2 STIRRUP BANDS

[B] 1 BIG LOOP

- You'll need two small spools of resistance bands.
- Start with a level of resistance that you're confident you'll be able to manage.
- Laurel recommends Therabands.
 - [Theraband spool RED](#) (about \$16)
 - [Theraband spool GREEN](#) (about \$12)
 - [Theraband spool BLUE](#) (about \$12)

[C] 2 MINI BANDS

- Either purchase one heavy and one light mini band, or just get a set of five.
- Laurel recommends Insonder.
 - [Insonder bands](#) (about \$7)
 - For easier reference, choose the primary colors (yellow, red, green, blue, black) to match Therabands color coding.

Note that you'll learn how to cut and tie these bands in the pre-recorded training content!

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Props



[D] 2 BLOCKS

- Note that if you don't have blocks at home, you can use similar household items—such as crates, chair seats, soup cans—in place of blocks.

[E] 1 BLANKET

- Note that any thick, dense blanket works

*Feel free to add a yoga mat and any additional props you normally use in your practice.

Jump Stretch Bands (optional)



[G] 2 JUMP STRETCH BANDS

- Note that you do not need these bands for the live training content. However, there are band tutorials within the pre-recorded content that teach you how to use jump stretch bands in your own personal practice or if working one-on-one or in small groups with students.
- Laurel recommends Whatafit.
 - [Whatafit](#) (about \$30)