



Here's what you need for Kim's Zoom Classes

GENTLE YOGA:

Recommended equipment:

- Yoga mat
- Yoga blanket or towel
- Two blocks
- Yoga strap (or belt, old tie)
- (Optional) Eye pillow or soft cloth

Suggested Playlist:

You're welcome to play your own music during class.
Just make sure your mic remains muted.

CHAIR YOGA:

Recommended equipment:

- Chair
- Yoga mat
- Yoga blanket or equivalent
- Two blocks
- Yoga strap (or belt, old tie)
- (Optional) Eye pillow or soft cloth

Suggested Playlist:

You're welcome to play your own music during class.
Just make sure your mic remains muted.