



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

PUMP YOUR BODY:

Recommended equipment:

- Handheld Weights (2 light, 2 medium, 2 heavy)*
- One yoga block or throw pillow
- Yoga mat, step, or bench (for bench press)

**If you dont have weights feel free to improvise and use something like 2 cans of soup (light), 2 bags of sugar (medium), and a small child or a (heavy) pet...LOL*

Suggested Playlist:

Visit her website to see this week's playlist:
<https://yogasimpatico.com/project/group-classes/>

You're welcome to play your own music.
Please keep your mic muted to eliminate
any background noise.

YOGA MEDICINE:

Recommended equipment:

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

Suggested Playlist:

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any background noise.