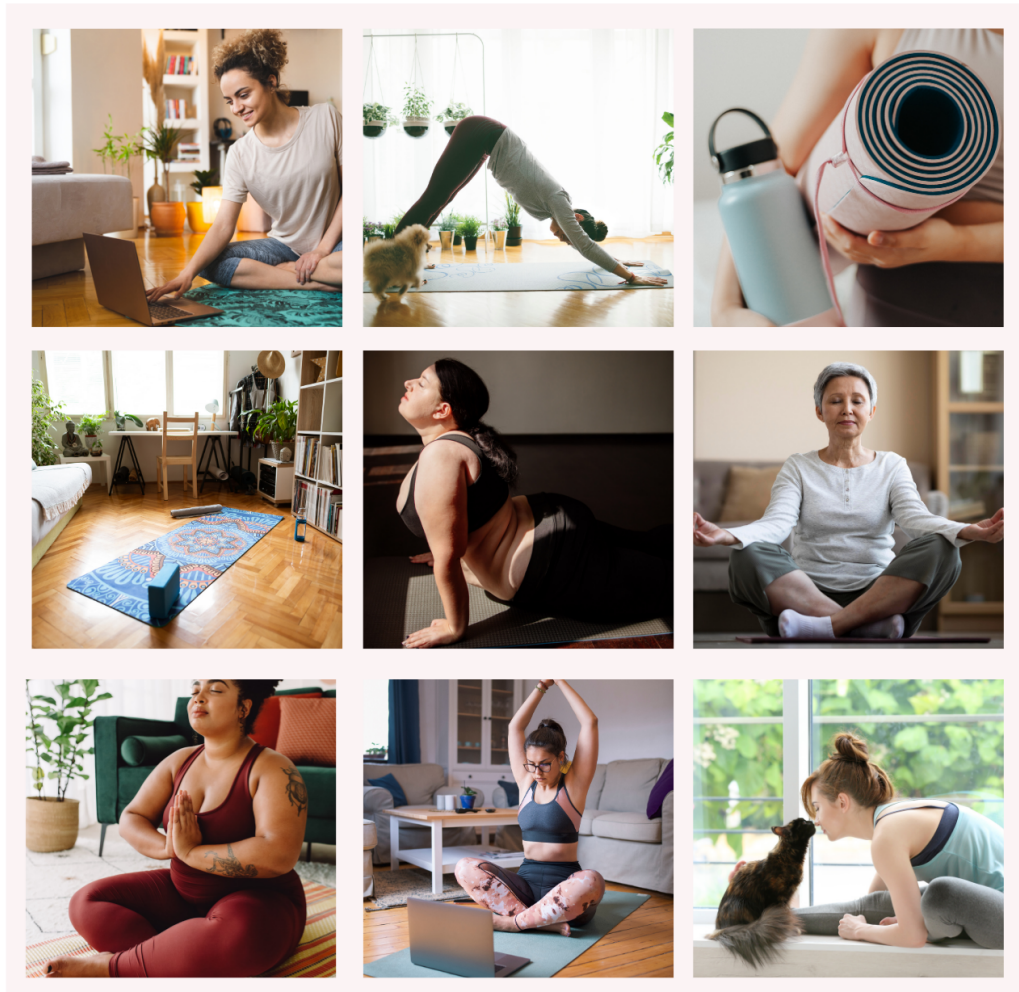


# CREATING YOUR AT-HOME YOGA SPACE

## *Essential Guide*



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# Everything You Need to Create Your At-Home Yoga Space

Want to create a yoga space at home but don't know exactly what you need to get started? I've got you covered.



You don't need to spend a fortune on fancy yoga outfits or products. In fact, save your money and work with items you already have!

**PROPS:** Less is more. 1 **yoga mat**, 1 **heavy blanket or towel**, and **2 yoga blocks** (nice to have though always optional) is all you need. No yoga mat? No worries. Start your practice on a large rug or towel. Just be sure nothing slips.

**SPACE:** Claim a room-nook-corner that makes you feel calm, centered, and safe. You don't need as much space as you think you do. If needed, rearrange your furniture layout to accommodate your little sanctuary.

**TIME:** Let go of any expectations when it comes to how long you practice. Whether you carve out 5 minutes or an hour, it's all yoga and it all counts. The point is to just carve out time.

**VIBE:** Use the senses to create an environment that makes you feel good.

- ✓ **Sight** - Adjust the lighting (do you prefer dim or bright?) Limit potential distractions and clutter (phones, pets, kids, you name it!)
- ✓ **Smell** - Never underestimate the power of scent. Use incense, essential oils, flowers, non-toxic candles, or keep it simple with nothing at all.
- ✓ **Feel** - Get comfy! We're talking super soft and stretchy here. Adjust your air temp for comfort too; maybe grab a fan or space heater if you like.
- ✓ **Sound** - Close the door for peace and quiet or cue up your favorite playlist.

# My Personal Favorite Yoga Essentials:

- Yoga **mat** I'm currently loving: [Retrospec Laguna Yoga Mat](#) It's cushy under my knees and grippy enough so I don't slip. *I recommend the darker color options since the lighter ones tend to show more dirt.*
- Yoga **blocks** I use most often: [URBNFit Yoga Blocks plus a Strap \(Bonus!\)](#) They're soft yet sturdy. Perfect for restorative poses and balance postures.
- Essential **oil** blend that I can't get enough of: [DoTerra Balance Grounding Oil Blend](#)
- My yoga **playlists** on Spotify: [@kellymortensen.co](#) for 60 minute gentle flow mixes.
- OMG The softest, most comfortable yoga **pants** ever: [OFFLINE By Aerie Real Me High Waisted Legging](#)
- Best free yoga on YouTube: [Yoga with Adriene](#)
- Best subscription-based yoga websites/apps: [Your Yoga Flow](#), [Gaia](#), and [Glo](#)

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Now that you're all set up, what's next?

Search up some free yoga videos on YouTube or [schedule a yoga consultation!](#)



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**Still not sure where to begin?**

Whether you need a step-by step plan, an accountability partner, or someone to cheer you on as you reach your goals. I am here for you.

[Email me](#) your questions or [schedule a session!](#)