



**Supply List—Shannon Phelan
Gentle Yoga for Mood and Strength
LLI723**

Yoga Mat

Blanket, cushion or towel

Chair - sturdy with no wheels

Yoga Blocks or use a stack of books tied with twine or string - not mandatory but very helpful

Yoga Strap or an old necktie, a belt or a bathrobe belt

Lifelong Learning Institute, Wellness Class Supply List. Questions?
Please email Natasha.Sacks@montgomerycollege.edu or
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