Course: Shoulders, Hamstrings, quads, psoas class
Instructor: Dianne Voikos

MATERIALS LIST:
*Sports Balm and Joint and tendon serum, Optional To purchase larger quantities see below

Optional:
www.herbsoilsandyou.com to purchase sports balm larger quantities optional

Please bring with you to class:

Ex. Paper towels, sketchbook etc.

All classes: Pen and paper for notes
Shoulder class: Yoga mat, tennis ball, yoga block, and 1 pillow, For the shoulder class. please wear a tank top

Hamstring class: yoga mat, strap, tennis ball, please wear shorts.

Quads class: Yoga mat, strap, tennis ball, please wear shorts.

Psoas class: Yoga block, 2 pillows, tennis ball, please wear shorts.