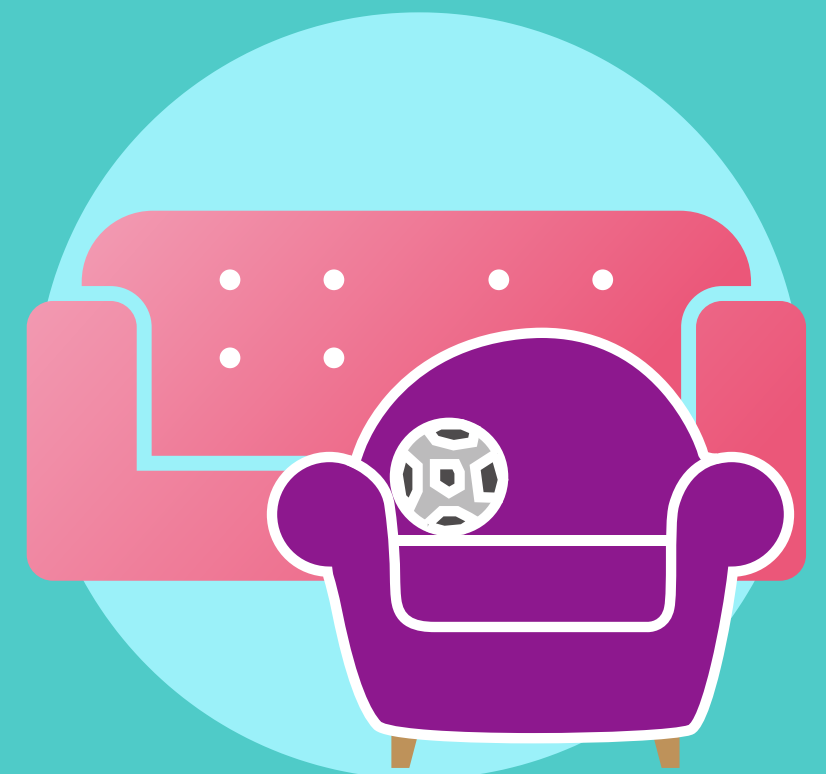


SOMATIC PRACTICES SUPPLY LIST



SOFTER THINGS

A mix of sturdy and soft pillows and cushions, as well as a mix of light and heavier blankets. Stuffed animals, rolled towels, foam rollers, paper towel rolls, or other soft things work, too!
Bonus items: a hooded sweatshirt, a "snuggie," an eye pillow.



SPACE TO RECLINE

A cozy-but-sturdy chair, bed, recliner, or floor space (with soft cushions and a wall). You'll practice with the option of cameras off, so feel free to be unapologetically comfortable.



HEAVIER THINGS

A mix of items of various heavier weights with smooth edges: a bag of rice or lentils in a pillowcase, your favorite book wrapped in a soft light blanket, smooth stones wrapped in a soft towel.
Bonus items: yoga sandbags or blocks, a lap cat or dog.



WATER

Stay hydrated!