

RANJANA YOGA CLASS

Home Yoga Space

A Beginner's Guide to Props

Set up a calm corner and choose a few simple props without overspending

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1. What a home yoga space is

A home yoga space is simply a clear, quiet spot where you can lay out a mat and move safely. It does not need to be large or special.

A few things matter more than decoration: a non-slip floor, enough room to extend your arms, soft light, and a spot where you will not be interrupted. Props such as blocks, straps and bolsters help you work with your body as it is today.

The short answer

Start with a mat and a cushion or folded blanket. Add a block and a strap only when you feel you need them. Household items such as a firm cushion, a scarf or a stack of books can stand in at first.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

If you have an injury, pregnancy, balance problems or a medical condition, ask your doctor before you practise, and keep a wall or sturdy chair nearby. Props support the body but do not make every pose safe.

Stop and get medical advice if you notice:

- pain, dizziness or chest discomfort during practice;
- a prop that slides or wobbles under weight;
- numbness or tingling that does not ease when you change position.

3. Simple props and what they do

Prop	Helps with	Note
Mat	Grip and cushioning	Choose a non-slip surface.
Block	Bringing the floor closer	Use the height that suits you.
Strap	Reaching in forward folds	A scarf also works.
Bolster or cushion	Supported rest	Keep it firm.
Blanket	Padding for knees and hips	Fold it neatly.

4. Setting up the space

Idea	Try this
Floor	Flat, clean and non-slip.
Light	Soft and even.
Air	Fresh but not a strong draught.
Noise	Quiet, or gentle music if you like.
Storage	Keep props in one basket.

A ready corner makes it easier to begin. Keep it simple.

5. A 10-minute first session in your space

Time	Practice	Notes
2 min	Sit on a cushion and breathe slowly	Settle.
3 min	Cat and cow, gentle neck rolls	Easy.
3 min	Low lunge each side, block under the hand	Mild.
2 min	Lie down and rest	Relax.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Clear a corner and lay out your mat	10 min	Is the space inviting?
2	Practise gently	10 min	Do you have enough room?
3	Add one prop	15 min	Does it make poses easier?
4	Practise most days	15 min	Keep it easy to start.

7. Choosing a class or teacher

Studios have props ready to borrow. Ask your teacher which ones suit your body before you buy.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

8. Practising at home

At home, take a moment to tidy the space before and after. Put your phone on silent.

9. Honest expectations

A tidy space can make it easier to build a habit. It does not change how well you practise.

10. Common mistakes and fixes

Mistake	Fix
Buying lots of kit first	Start with a mat.
Slippery floor	Use a non-slip mat.
Too little room	Clear a little more.
Using worn-out props	Replace unstable ones.
Forcing a pose past the prop	Adjust the pose.

11. Questions people ask

What do I need to start yoga at home?

A mat or a firm, non-slip surface and comfortable clothes. Add props later.

Do I need a block and strap?

Not at first. They help if your hands do not reach the floor or your hamstrings feel tight.

Can I practise on a carpet?

Yes if it is firm. Soft thick carpet can make balance harder.

How big should the space be?

Enough to stretch your arms and legs out lying down.

12. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

13. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

14. Glossary

Term	Plain meaning
Prop	A tool that supports a pose.
Bolster	A firm long cushion for supported rest.
Block	A firm brick used under hands or hips.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Setup notes	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				