

Checklist for Yoga Space

Entry Way:

- ☐ Door mat (first impressions are...)
- ☐ Shoe racks or cubbies
- ☐ Coat/bag hooks
- ☐ Umbrella holder(s)
- ☐ Quick-grab info (breaks down services for perspective students stopping in)
- ☐ Decorations (meaningful to the theme of the studio/space)

Check in / Waiting Space:

- ☐ Desk/counter & chair
- ☐ Comfy chairs/couch
- ☐ Yoga reading materials (magazines, etc.)
- ☐ Waivers & Sign in sheets
- ☐ Pens / Pencils / Markers
- ☐ Clipboards
- ☐ Calendar
- ☐ Phone
- ☐ Computer
- ☐ Payment holder or cash drawer
- ☐ Software for checking in students/ collecting money / keeping track finances
- ☐ Internet access
- ☐ Stapler
- ☐ Scrap paper

Office (if there is a separate space):

- ☐ Desk & chair
- ☐ Phone
- ☐ Computer / laptop
- ☐ Internet access
- ☐ Calendar
- ☐ Paper clips

- ☐ Clipboards
- ☐ Printer/Photo copier
- ☐ Paper supply
- ☐ Printer ink & toner
- ☐ Filing cabinet
- ☐ Mini-fridge (can be used to cool wet cloths to be given to students at end of class – especially during hot months/hot classes. You may consider adding a mild essential oil (maybe one you sell in your shop.)

Practice Space:

- ☐ Yoga Mats
- ☐ Straps
- ☐ Meditation cushions
- ☐ Blocks
- ☐ Bolsters
- ☐ Blankets
- ☐ Chairs (prop)
- ☐ Eye pillows (tissues or washable cloth to cover them)
- ☐ Tissue
- ☐ Mat cleaning wipes
- ☐ Battery-operated/Regular candles
- ☐ Sound system (with easy to use remote and options for CD or iPod)
- ☐ Chime (for bringing people out of savasana, or silent meditation)
- ☐ Altar space & associated items deity statue or picture of teachers (there could be a small symbol of this in each room including the entry way)
- ☐ Essential oil diffuser/Incense & Matches
 - ☐ Flooring (investigate options best for your area)
- ☐ Lighting system (allows for dimming)
- ☐ Temperature control, fans, portable heaters (if needed.)

Bathroom:

- ☐ First aid kit (with ice pack and LOTS of band-aids!)
- ☐ Advil/Tylenol

- ☐ Ginger Chews (if you have aerial yoga)
- ☐ Toilet paper
- ☐ Tissue
- ☐ Paper towels and/or hand towels
- ☐ Hand soap
- ☐ Hair ties (you never know when someone will forget one!)
- ☐ Air freshener

Merchandise for the Retail Space:

- ☐ Yoga Mats
- ☐ Microfiber towels (especially if you run a hot yoga studio)
- ☐ Blocks
- ☐ Blankets
- ☐ Straps
- ☐ Bolsters
- ☐ Eye pillows
- ☐ Water bottles
- ☐ Yoga literature (books about famous yogis, anatomy, history of yoga,)
- ☐ CD's
- ☐ Incense, candles or oils (especially ones you use so folks get the smell of them)
- ☐ other yoga-related items (malas, hair bands, etc.)
- ☐ Items by local artists relevant to your studio
- ☐ Yoga apparel

Cleaning Supplies:

- ☐ Rags
- ☐ Eco friendly cleaning solution
- ☐ Bucket & spray bottle
- ☐ Mop
- ☐ Broom
- ☐ Dustpan
- ☐ Hand vacuum
- ☐ Garbage/Recycle receptacles
- ☐ Small paintbrush for touch-ups

snagged at: theyoke.yoga

Most of the above list comes from **Teachasana** (*link to:* <http://www.teachasana.com/yoga-studio-supply-check-list/>). The contributors also offered the bottom add on:

For The Program Director/Studio Owner:

- 1 Patience.
- 2 Understanding.
- 3 Time for family and for personal practice.
- 4 Humility.
- 5 Love.
- 6 Flexibility.
- 7 Creativity.
- 8 Imagination
- 9 A good support system