

# Burn Your Chair Props

When it comes to selecting yoga props, I think a few qualities are most important to consider: usability, affordability, quality, and eco-friendliness. As a unique practitioner, you will have to balance these criteria for your own needs. For instance, some “name-brand” eco-friendly products may not be affordable enough for you, so you may have to look for knock-offs. Or you may feel that your props are worth the investment, as long as the quality is such that they last a long time.

Note: I am not affiliated with any of the companies or products listed and I do not receive any sort of compensation if you buy them.

## Blocks, Bolsters, Blankets, and Mats

A simple Amazon or Google search with “yoga” in front of the three words listed above will produce a plethora of props to choose from. It can be a bit daunting to sort through, so I have linked below a company that I have experience with that is local to me. Most of their products are very eco-friendly, including their yoga mat which is made from cotton. I’ve never used the mat myself, and imagine its usability for vigorous yoga movements wouldn’t be the best, but for supporting the Burn Your Chair practice it is perfect. I’ve also linked below a high-end eco-friendly yoga mat that I like for vigorous practices.

<https://www.sunandmoonoriginals.com/>

<https://liforme.com/>

\*\*Note - If you are looking for props outside of my recommendations for affordability, please consider avoiding props that contain toxic chemicals like chlorine, mercury, vinyl chloride, PVC and BPA. A basic rule of thumb - if the company does not explicitly say that its products are free of these chemicals, they probably aren’t. Some natural alternative ingredients to those in mass manufactured yoga products are cork, rubber, and cotton.

## Balls

Stability balls may be the most difficult prop to find free of nefarious chemicals. Most are made with PVC, and can also contain phthalates, BPA, or allergenic ingredients like latex. Remember: look for explicit advertisement by the manufacturer that their product does not contain the ingredients you hope to avoid. When in doubt, contact the manufacturer before buying. I have linked two balls that seem to be on the up and up. [The first ball](#) lists “BPA and Phthalate free Rubber” as their ingredient, but does not explicitly say free of PVC. I have this ball myself, and can vouch for its quality. [The second](#) advertises to be free of all nefarious chemicals, but I have not vetted it for quality.

## [Bars and Rings](#)

No Burn Your Chair practitioners home or office would be complete without a spot to hang from. Most practical and portable are doorframe pull-up bars. However, if you are too tall to comfortably hang within the doorframes available, or if your doors are not of standard size, there are other options. My favorite is to find an overhead beam to attach gymnastics rings to. Alternatively, there are gymnastic ring ceiling mounts available. I like using wooden rings like the ones linked below instead of plastic rings or pull up bars with foam grip handles that may be treated with chemicals.

## Standing Desks

A standing desk is an essential item in the home or office of a Burn Your Chair Practitioner. Especially if you get the portable version I like best, your standing desk will make working and resting in the eight essential healing postures more doable. If you are a desk worker, you may prefer a stationary standing desk instead.

[Portable Standing Desks](#) - My favorite version of the standing desk is one that is portable and able to transform any surface into a workspace. Simply place this standing desk on a standard desk, table, or countertop, push the tabs and voilà! You've created a stand up workstation. Legs getting tired? Put your portable desk on the floor to lay in sphinx or kneel.

[Stationary Standing Desks](#) - I don't have any personal experience with stationary standing desks, but I do have friends and clients that swear by them. If you need lots of space to spread out on or if you need a desk that supports more weight, these may be ideal for you. There is quiet a range of features available, with some desks having electric lifts and others even having a treadmill to walk on!

## Grounding Products

Can't get outside to practice the Burn Your Chair method as prescribed in the book? Consider these grounding products as a supplement for getting your daily "Vitamin G"! These products offer you a link to the healing power of the Earth; however, they should not be considered a replacement for time spent in nature.

### [The Original Grounding Mats](#)

These are the original grounding mats developed by Clint Ober, the pioneer of the Earthing movement. Via the electrical grounding system of your home or office, these mats create a link between you and the Earth. This allows free electrons contained in the Earth's surface to move into your body and neutralize radical electrons that cause inflammation and disease. These mats compliment the Burn Your Chair method well because they double as an anti-fatigue surface to make the eight essential healing postures more comfortable. Standing at

your desk or kneeling on the floor will feel much safer when using The Original Grounding Mats.

The link provided takes you to an Amazon listing which includes two mats, two outlet safety ports, an outlet tester, and a copy of Clint Ober's Earthing. This is an essential addition to a Burn Your Chair practitioner's self healing toolbox.

### [Grounding Sheets](#)

To get the most grounding time (without sleeping outside!) you need grounded sheets. Just like the leather of The Original Grounding Mats, the cotton of grounded sheets is interwoven with silver thread to make them more conductive. They plug into any ground outlet and provide a link to the Earth's free electrons all night while you sleep. There are many grounded sheets on the market, the link provided is just an example. We love ours, but I am sure there are many other reputable brands out there.