



Equipment Requirement Sheet

Fitness Yoga Specialty Certification

Do you want to lead challenging, yet safe yoga classes? The Fitness Yoga Specialty Certification will provide a platform for blending yoga with exercise variables to increase intensity and challenge while promoting mindful movement. Instructors will learn 15 yoga poses, review yoga-based regression and progression techniques, and learn ways to optimize cuing and the class environment to create an authentic yoga experience. This module is a required certification for NETA's 200-Hr Yoga Teacher Training Program.

Space Needed:

Group Exercise Studio:

Saturday: 8am – 6pm

Sunday: 8am – 6pm

Equipment Required:

___ Yoga Mats

___ Yoga Blocks

Optional Equipment:

___ Yoga Blankets

___ Yoga Straps



Questions regarding equipment please contact: Darci at darci@netafit.org