



Equipment Requirement Sheet

Kids Yoga Specialty Certification

NETA's Yoga for Kids workshop is a fun, interactive and educational experience. This kids' yoga training is designed to help yoga teachers and fitness professionals create an easy bridge to adapting classes to a younger audience. This training will provide an overview of child development, hands-on practice in storytelling and teaching, as well as address ways to creatively and effectively manage a class of young practitioners.

Space Needed:

Group Exercise Studio: 8am – 6pm

Equipment Required:

___ Yoga Mats

___ Yoga Blocks

Optional Equipment:

___ Yoga Blankets



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