



Equipment Requirement Sheet

Prenatal Yoga Specialty Certification

In this training, instructor's will learn the basic techniques necessary to adapt their traditional yoga classes to be safe and effective for expecting participants. This workshop provides an in-depth look at the anatomy and physiology of pregnancy, provides hands on practice of a sample prenatal yoga class, and gives the opportunity for each instructor the opportunity to practice teach a series of poses pose adaptations. Learn to more effectively use props and design classes that are safe and comfortable for every participants.

Space Needed:

Group Exercise Studio: 8am – 6pm

Equipment Required:

___ Yoga Mats

___ Yoga Blocks

___ Stability Balls

___ Bolsters

___ Yoga Blankets



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