



Equipment Requirement Sheet

Restorative Yoga Specialty Certification

Restorative yoga is a way to experience true relaxation. As stress and tension are released, healing and upliftment are promoted in body, mind, and spirit. In this workshop, participants will learn a series of restorative yoga poses, modifications and prop variations needed for students with special conditions. Participants will also practice Yoga Nidra, and participate in hands-on teaching sessions.

Space Needed:

Group Exercise Studio: 8am – 6pm

Equipment Required:

___ Yoga Mats

___ Yoga Blocks

___ Bolsters

___ Yoga Blankets

Optional Equipment:

___ Yoga Eye Pillows



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