



Equipment Requirement Sheet

Senior Yoga Specialty Certification

NETA's Senior Yoga Certification will prepare instructors to lead dynamic, yet safe yoga classes for an aging population. Participants will spend time in hands-on practice of poses with chair adaptations, learn the basics of teaching techniques for chronic conditions and injury prevention, as well as discuss the physiological effects of aging, using props, and introducing meditation to your classes.

Space Needed:

Group Exercise Studio:

Saturday: 8am – 6pm

Sunday: 8am – 6pm

Equipment Required:

___ Yoga mats

___ Yoga blocks

___ Steel, banquet-style chairs, folding chairs or SilverSneakers chairs



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