



## **Equipment Requirement Sheet**

### **Yoga Foundations Specialty Certification**

This intensive, two-day Yoga workshop provides hands-on experience in basic yoga class development through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. This course will provide an introduction to yoga philosophy, cuing, and yoga-based anatomy and physiology. You'll even have an opportunity to practice teach! Yoga Foundations is the first required certification for NETA's 200-Hr Yoga Teacher Training Program or it can be taken as a stand-alone certification.

#### **Space Needed:**

Group Exercise Studio:

Saturday: 8am – 6pm

Sunday: 8am – 6pm

#### **Equipment Required:**

\_\_\_ Yoga mats

\_\_\_ Yoga blocks

\_\_\_ Yoga blankets (optional)



Questions regarding equipment please contact: Darci at [darci@netafit.org](mailto:darci@netafit.org)