



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