



## Equipment Requirement Sheet

### Yoga Strong Specialty Certification

Yoga Strong blends power flow yoga with resistance training. It offers the discipline of a yoga practice and intensity options similar to a challenging fitness class. This class will boost your metabolism as you tone and sculpt every major muscle group while improving endurance and flexibility. Classes are taught with intensity variations, focus on the breath, traditional asana and stretching sequences, and encouragement of mental focus to help maintain yogic integrity.

#### Space Needed:

Group Exercise Studio:

Saturday: 8am – 6pm

Sunday: 8am – 6pm

#### Equipment Required:

\_\_\_ Yoga mats



\_\_\_ Yoga blocks



\_\_\_ Variety of dumbbells (3,5,8 lbs) and/or resistance tubing



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