



Equipment Requirement Sheet

Yoga for Special Populations Specialty Certification

Yoga is for everybody! With NETA's Yoga for Special Populations Workshop, instructors will take an in-depth look at creating an open environment, teaching to students with special needs, and learn ways to help every individual meet their goal in a group setting through a coaching approach. Explore pose adaptations, specialty class themes, and learn ways to make every individual feel comfortable in your class environment.

Space Needed:

Group Exercise Studio: 8am – 6pm

Equipment Required:

___ Yoga mats

___ Yoga blankets

___ Yoga blocks

___ Bolsters

___ Chairs



Please Note: workshop participants have been instructed to bring their own Mat, Yoga Strap, one Yoga block, blanket, and bolster. However, it is recommended that the facility have supplemental equipment on hand.

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