

Yoga Starter Kit



IFYG0292

This Kit Includes:

Yoga Mat (68" x 24" x 1/8") - This durable mat provides cushioning and support for your yoga practice. Its non-slip, textured surface helps you hold your poses without sliding. This mat is washable and includes care instructions.

Center Strap - Keep your yoga mat neatly rolled up for storage and easy transport to and from your yoga workouts.

6' Cotton Strap - Achieve deeper stretching and loosen tight joints. This soft, comfortable strap and adjustable, quick-release buckle help you ease more deeply into your yoga poses.

Yoga CD Workout - Designed especially to accompany your Starter Kit, this CD provides a 20-minute beginner workout featuring soft music along with the guidance of a certified yoga instructor.

Guidebook - This guidebook gives you a visual reference for 35 yoga poses and also stores your CD workouts.

Yoga Instructional Video - This video provides you with a virtual encyclopedia of 35 yoga poses, providing a visual demonstration of proper form as well as step by-step instructor narration.