

Yoga Health Club 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.

Foam Block - Lightweight block encourages proper form and helps you progress into more advanced stretches by bringing you closer to the floor.

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.

Carryall Bag - This canvas carryall bag, with a pocket and drawstring top, makes it easy to transport your yoga props to the health club, beach, or wherever your yoga practice takes you.

2 Yoga CD Workouts - Designed especially to accompany your Health Club Kit, this CD provides a 20-minute beginner workout and a 20-minute intermediate workout. Both workouts feature soft music along with the guidance of a certified yoga instructor.

Yoga Instructional Video - 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.