



NTPY0492

Ultra Yoga Kit

KIT INCLUDES:

YOGA INSTRUCTIONAL VIDEO - A certified instructor demonstrates 35 yoga poses, with relaxing music and beautiful Big Sur, California as an inspiring backdrop.

YOGA BEGINNER CD WORKOUT - An instructor-guided 20-minute beginner workout features calming music and step-by-step instruction from pose to pose.

YOGA GUIDEBOOK - A visual reference for 35 yoga poses with detailed instruction, as well as basic yoga tips and facts. Also stores your yoga workout CD.

OVERSIZED, ULTRA-PLUSH MAT (72" x 24" x 1/4") - This extra-thick mat is lightweight, durable and strong with a textured, non-slip surface.

CENTER STRAP - The nylon strap with Velcro tabs keeps mat rolled for easy storage and transport.

FOAM BLOCK - The sturdy, lightweight 9" x 3" x 6" foam block with beveled edges, encourages proper form and lends support and extension to numerous yoga poses.

6' COTTON STRAP with QUICK RELEASE BUCKLE - The comfortable cotton strap provides support for yoga poses and allows for a deeper stretch.