



NTPY0692

# ***Elite 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

**2 YOGA BEGINNER & INTERMEDIATE CD WORKOUTS** - The instructor-guided 20-minute beginner workout and 30-minute intermediate workout both feature 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.

**2 FOAM BLOCKS** - The sturdy, lightweight 9" x 3" x 6" foam blocks with beveled edges, encourage proper form and lend 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.

**CARRYALL BAG** - The mesh/nylon carryall bag is ideal for traveling to the club and conveniently holds yoga props as well as personal items.