



NTPY0892

Premier Yoga Kit

KIT INCLUDES:

OVERSIZED, ULTRA-PLUSH MAT (72" x 24" x 1/4") - This extra-thick 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.

MAT BAG - The mesh mat bag keeps your yoga mat neatly rolled up for storage and provides easy transport to and from your yoga workouts.

2 CORK BLOCKS - The blocks encourage proper form and help 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 nylon and mesh 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.

3 YOGA CD WORKOUTS - Designed especially to accompany your Premier Yoga Kit, this CD provides a 20-minute beginner workout, a 30-minute intermediate workout and a 45-minute advanced workout. All workouts feature soft music along with the guidance of a certified yoga instructor.

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

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.

POSE TIMER - Focus on the yoga pose and not on the time. This timer will help you to hold a pose for a set period of time.