

Yoga University of Florida, Power Alignment Yoga®  
& Altamonte Springs Yoga Teacher Training Programs  
... the Art and Science of Teaching Hatha Yoga™

290 Hour TT Required Yoga Props:

1. 2 Foam Blocks - 4 inch
2. 4 Yoga Blankets (thick weave)
3. 2 Extra Long Yoga Straps 9 or 10 feet
4. 2 Sticky Yoga Mats
5. 1 Yoga Chair - Metal Folding Chair with flat chair seat and back removed

290 Hour Hatha/Yoga Therapy Program (in addition to the above):

1. 2 “Better than Pune” Belts – Yoga Straps instead of 2 Extra Long Yoga Straps 9 or 10 feet
2. Rectangular Bolster
3. 2 Sand Bags
4. 4 Foam Blocks - 2 - 3 inch & 2 – 4 inch
5. 4 Yoga Blankets (thick weave)
6. 1 Yoga Chair - Metal Folding Chair with flat chair seat and back removed
7. 2 Sticky Yoga Mats

Additional Suggested Props:

1. Rectangular Bolster
2. 2 Sand Bags
3. 2 Foam Blocks - 3 inch
4. 2 Wooden Blocks
5. Yogitoes Skidless (or other brand) Mat Towel
6. Camp Chair or Back Jack Chair

We suggest purchasing (if you don't already own them) the following items for use during teacher training:

1. 3 inch 3 ring binder for note taking and handouts
2. Laptop desk or clipboard to write on
3. Highlighters, pens or pencils and paper
4. Bag to carry props – Big Blue IKEA bags work well and roller boards (suitcases) work too!

No audio and visual recording devices are allowed in training.  
Absolutely NO CELL PHONES allowed in training.