



University of Nevada, Reno  
**Extension**  
College of Agriculture,  
Biotechnology & Natural Resources

## Nama-St'ay Strong

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### Materials needed:

- **Yoga instructor, yoga DVD or streamed yoga video**
- **Mat for each participant**

### Instructions:

- Preview the yoga video to make sure the activity level is appropriate
- Follow along with the instructor, DVD or video
- Provide alternative poses to include all ability levels



### Tips for acquiring materials:

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- **Ask Around Internally:** Speak with facility staff or clients to identify if anyone is a certified or qualified instructor who could lead sessions
- **Engage Community Organizations:** Reach out to local nonprofits, clubs, or wellness groups that might volunteer instructors or trainers
- **Explore Thrift Stores:** Browse local thrift shops for secondhand DVDs related to yoga
- **Utilize Streaming Services:** Check popular subscription-based streaming platforms for available yoga instruction

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