



**PLYOGA®**  
**FITNESS**



FOUNDER STEPHANIE LAUREN

**[www.PLYOGAFitness.com](http://www.PLYOGAFitness.com)**

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# NJAHPERD 2018

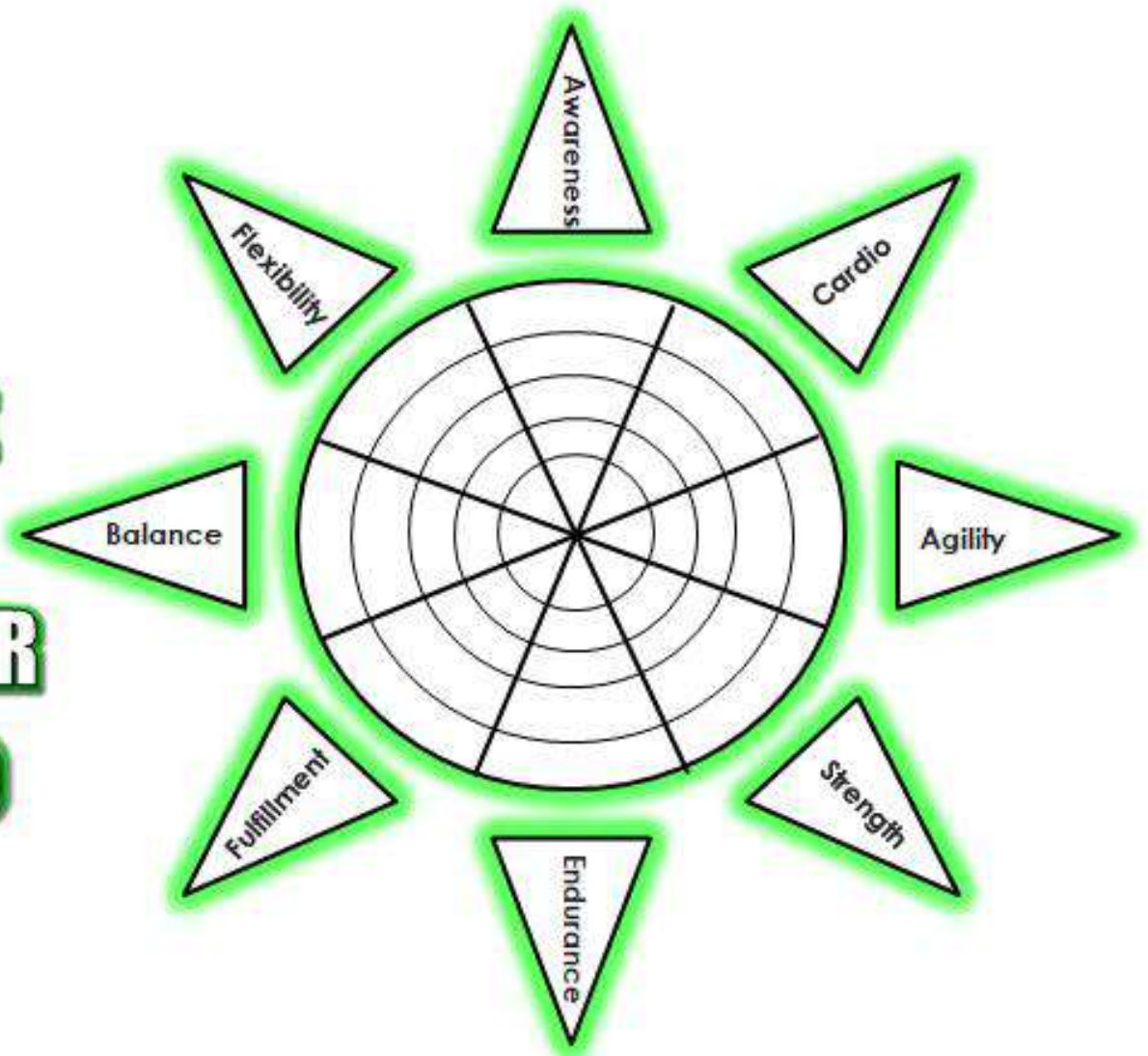
**A 4-Part Fitness System using familiar and fundamental yoga postures as an active recovery for Plyometric Intervals!**

## WHY PLYOGA?

- Students get the benefit of yoga and interval training, all in one, giving everyone something to identify with.
- PLYOGA requires no equipment.
- PLYOGA is highly accredited throughout the world as fitness educators.
- PLYOGA has 4 weeks of unit planning featuring functional fitness education that loops into standard education code.
- PLYOGA is local to NJ, enabling company principals to work with your district
- PLYOGA was founded by education professionals who understand the student dynamic.
- PLYOGA is highly accommodating for all levels.



**How Bright  
Is Your  
FITNESS STAR  
TODAY?**





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FITNESS

## PHYSICAL EDUCATION CERTIFICATION

### INCLUDING

- PLYOGA Certification Day
- 4 Week Unit Plan
- Education Manual
- PLYOGA Class Builder
- Student Assessment Tools
- The Minute of Movement
- The Mountain Minute
- PLYOGA Movement Library
- Ongoing Online Support
- PLYOGA Video Library
- PLYOGA Express Series

**YOUR BODY  
IS POWER**



**BENEFITS OF DEEP BREATHING**

<http://www.chopra.com/articles/breathing-for-life-the-mind-body-healing-benefits-of-pranayama>