

# PILATES BASED BODY AWARENESS

est. 1987

## Equipment for new students

For new students to Pilates Based Body Awareness (PBBA), this document gives details of clothing and equipment required for class.

### Your clothing for class

Please bring clean exercise clothing and socks. We don't wear trainers.

### The full kit

Yoga mat

A high density foam yoga brick or 2 yoga blocks (see below)

Long cotton webbing yoga strap (see below)

Hand towel (size is important)

### The improvised kit

Bath size towel (replaces mat)

Two or three empty video cassette cases taped together or a small, thick paperback book of similar size

Two hand size towels (use as is and/or in place of strap)

### Help finding your kit

Please try to purchase the correct equipment for class within your first month of study with PBBA.

### ***We recommend...***

Yoga mats from [www.gaiam.co.uk](http://www.gaiam.co.uk). (Please do not buy the Gaiam Pilates mat. This has been styled for Body Control Pilates and is unsuitable for PBBA.) Please check the quality and texture of other mats in class before purchasing one: you'll see they are sturdy and sticky. We need this in order to perform the exercises safely. If in any doubt, speak to Chris.

Yoga bricks from [www.gaiam.co.uk](http://www.gaiam.co.uk). Please buy a yoga brick of dimensions approximately 22x7x13cm.

If your feet are bigger than size 46, you will need 2 yoga blocks

Cotton webbing yoga straps from [www.yogamad.com](http://www.yogamad.com). The strap should be 2.5 cm wide and 2.5 metres long.

Hand towels from [www.johnlewis.com](http://www.johnlewis.com). The size is important.

Please label your mat, strap and brick / block(s). You may store your bricks and mats at the venue.

You can also try:

[www.yogamatters.com](http://www.yogamatters.com)

[www.sportzwear.co.uk](http://www.sportzwear.co.uk)

[www.yogamad.com](http://www.yogamad.com)

[www.ruthwhiteyoga.com](http://www.ruthwhiteyoga.com)

[www.gaiam.co.uk](http://www.gaiam.co.uk)

[www.sheactive.co.uk](http://www.sheactive.co.uk)

[www.theyogashop.co.uk](http://www.theyogashop.co.uk)

A good **starter kit** (2 good bricks, an excellent mat and a very reasonable strap) has been put together by **Nike**, available from **Argos** for approx £25.

Please take pride in your kit. Treat it well and keep it clean.

**[www.pilatesbodyawareness.co.uk](http://www.pilatesbodyawareness.co.uk)**