

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 fresh socks for class. 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) 2.5m x 3.6cm

Hand towel (size is important)

The improvised kit

Bath size towel (replaces mat)

Two empty video cassette cases taped together or a small, thick (2 inch minimum) paperback book of similar size (replaces brick)

A hand size towel

A dressing gown belt or long scarf (replaces yoga 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. (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. Please buy a yoga brick of dimensions approximately 22cm x 7cm x 13cm.

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

Cotton webbing yoga straps from www.yogamad.com, the best strap on the market. The strap should be 3.6cm wide and 2.5 metres long.

Hand towels, a good selection may be found from 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, but not your towel, strap or luggage.

You can also try:

www.yogamatters.com

www.sportzwear.co.uk

www.yogamad.com

www.ruthwhiteyoga.com

www.sheactive.co.uk

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 note, we have experienced some inappropriate equipment sold as yoga mats. We advise you not to purchase the flimsy pink mats as they are not suitable for class. If purchasing from Argos the brand must be Nike.

Please take pride in your kit. Treat it well and keep it clean. Yoga mats may be washed at 40 degrees centigrade, spun on a normal cycle, and left to dry in a warm room for a couple of days, turning occasionally.

www.pilatesbodyawareness.co.uk