



For all students enrolled in PBT, you will need to bring the following items to class:

- Yoga Mat
- Fit Ball- Use your height to purchase the correct size ball. *(Please understand that different brands result in different sizes, unfortunately)*
 - Under 4'8" - 45cm ball
 - 4'8" - 5'3" - 55cm ball
 - 5'4" - 5'10" - 65cm ball
 - 5'10" 6'4" - 75cm ball
- **Theraband** (9' long & 6" wide, medium resistance) available for purchase from Ms. Julia for \$10.00 each
- **Lacrosse Ball** *(optional but highly recommended)*

Most items can be purchased online or at local sporting goods stores, Target & Walmart.

NOTE: Many Fit balls come with a pump, Ms. Julia will have an electric pump available to use prior to class.

If you have any questions or concerns, please feel free to contact me: Julia Corbin 407-608-8391 (call or text)

JCorbinNDDA@gmail.com

~ Equipment can be stored at the studio ~