



Gather your gear...

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About your balls 🙄 (you'll need two)

Therapy balls are going to be your number one tool throughout this course. It's important to choose the right ones. In this course, we're striving for therapeutic pressure - which means we're looking for balls that aren't too hard. Here's some options:

Racquetballs - [these](#) are squishy and hollow on the inside. If you're new to massage and you're budget-conscious, I recommend starting here.

Yoga Tune Up Balls - these are the cream of the crop. Yes, they're more expensive than racquetballs but they come in a variety of sizes, which I find useful. For this course, you should start with [these](#). They come with a mesh bag to hold the two of them together. There are plenty of "off brand" balls on Amazon that are similar to Yoga Tune Up. I haven't tried them so I can't vouch for their density.

[Pinky Hi Bounce Balls](#) - these are pretty similar to Yoga Tune Up balls in terms of density and they're much cheaper. The downside is, they don't come with a tether and they only come in one size. You can easily get them on Amazon. You might also be able to find them at a dollar store near you.

How to hold your balls together

Sometimes we'll use one ball at a time. But when we use both together, you'll need a tether. Yoga Tune Up balls conveniently come with their own mesh bag. If you're using one of the other options, however, I recommend a tube sock. Simply tie the end off to keep your balls in place.

Other gear

Yoga Block - I'm using a [cork block by Manduka](#) but any old [foam block](#) will do as well. If you don't have a yoga block or don't want to purchase one, a thick hardback book can work.

Blanket - I recommend a [Mexican style blanket](#) like the ones you might find at a yoga studio. They're stiffer than the blanket you might cozy up with on the couch and therefore will help provide the therapeutic pressure we're looking for.

Wooden dowel - Feel free to head to your local craft store and snag a 1/2" to 3/4" balsa wood dowel. You can also use a long-handled wooden spoon or a broom stick.