



## METTA DISTRICT

Throughout all the Metta Districts there are props that Jana mentions in the various Workouts, Move Me, Educate Me and Rescue Me videos. Here is a list of Amazon product links to these items if you are interested in purchasing and building your own Pilates Props Toolbox.

[Pinky Ball](#)

[Theraband](#)

[Pilates Mat](#)

[Garden pad](#)

[Large Roller](#)

[Water Bottle](#)

[Magic Circle](#)

[2lbs Weights](#)

[7" Psoas Ball](#)

[10" Bender Ball](#)

[Small Foam Roller](#)

[5" Playground Ball](#)

[Block Therapy Buddy](#)

[Resistance Infinity Bands](#)

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