

Most Yoga postures cannot be attempted safely without a **non-slip, shock absorbent Yoga mat**.

Using the same article time and time again may well help you to keep your **subtle energies balanced** and avoid any potential health risks associated with using anonymous, shared Yoga equipment.

We feel that **all natural materials** tend to work in harmony with ones own spiritual energy, but this is not always practical when it comes to Yoga mats.

Sticky Yoga mats have, for many years been the favourite choice amongst Yoga teachers and students looking for a comfortable, high performance work surface at an affordable price.

We stopped promoting, mass produced standard size and thickness *Sticky* vinyl Yoga mats in June 2007.

Although we have undoubtedly lost profit because of this decision – we feel that now that the high volume of unmanageable waste produced is not necessary now that there are many more alternatives available.

The time has now come for most Yoga practitioners to move away from the mass produced vinyl mats and switch to the benefits provided by the latest material synthesis technologies such as rubber, TPE and PER resins.

For those requiring a particular specification of Yoga mat – ie *super thick*, or *extra long* - then the choice may be more limited, and some mats, (eg. from general health or fitness stores) may also be less than satisfactory to use - because of their awkward dimensions.

So, if you do find yourself with **no choice but to purchase a *Sticky*, (vinyl) Yoga mat**, then please note that the use of *toxic additives* in *Sticky* Yoga mats significantly affects their ecological impact, and so you should specifically avoid mats of the *Sticky* variety that have **not** been tested against harmful chemicals.

Some chemicals are a potential health hazard and, therefore we suggest that you choose only materials that have no harmful compounds. We recommend Yoga mats manufactured in the EU that have been tested to *OEKOTEX* standard, and which bear the *Confidence in Textiles* mark.

Care instructions for use with synthetic stretch and exercise floor mats

- **DO NOT USE THIS MAT WHEN WET**
- Keep the surface of your mat clean and dry at all times

BEFORE USING FOR THE FIRST TIME, or if the surface of your mat is wet, dusty, or dirty we recommend that you:-

- Wipe the surface with a clean, damp cloth, **or**
- Rinse in a tub of warm, soapy water, **or**
- Machine or hand-wash at 40 degrees C

- Use only a small amount of mild soap or detergent
- Do **not** spin, tumble dry or put on a radiator
- Towel off any excess water and dry flat or hang to allow to air dry naturally