

We recommend and sell the following mats and bolsters. Please let us know and we will bring them to class.

High Performance Yoga Mat - VB Black PRO 6.5mm \$55

Black Professional Yoga Mat that is tried, true and unsurpassed in the world as the finest yoga mat. On hard floors, VB gives superior cushioning wrists, knees, elbows, backs and buttocks, there is no need to use a towel.

VB Black Yoga Mat mat **ECO FRIENDLY** (see below) as it is made for zero-waste in Germany, to care about our planet.

- Slip resistant, even when wet with light perspiration..
- Surface resistant to clinging dust and particles.
- It is made of NON TOXIC PVC, contains NO latex, NO Phthalates, NO Heavy metals, NO Harmful substances so you can practice safely without fear of allergic reactions or toxins entering the body. They are made up of 80% PVC, 14% cotton, 6% PES
- Excellent durability and density.
- **Our 'mat for life'. With proper care and normal use, you will never have a top or bottom surface wear out or peel.**
- **Your Health & Environment: – We care and we know you do!**
Our mats do not contain any harmful substances – so you can practice safely without fear of allergic reactions or toxins entering the body. All components of our mats are approved by the German government for use in food wrapping materials ensuring the highest standards of safety. see Oeko certificate below.
- Emissions from the manufacturing process are burnt almost 100 % before passing into the atmosphere – leaving a cleaner healthier environment for you and future generations.
- Our manufacturer has invested heavily in a ventilation system, which allows the workers, who manufacture our mats, to breathe fresh air at all times.
- Unlike most yoga mats, the black mat has a top and bottom surface. The top has a fabric-like finish. The bottom is smooth. Either side is useable, depending on personal preference

For storing and rolling up, try to keep the surface you use on the outside. This helps the corners of the mat stay flat on the floor when practicing.

Yoga Bolsters \$69

Our Yoga Bolster is an economical, firm and round bolster. It has handles on each side, which allow easy carrying. This yoga bolster also comes with a removable and washable cotton cover.

Yoga bolsters are mainly used to lift and support the body to promote deep, restorative type poses. The firmer a yoga bolster is, the less sinking feeling you will get when you lie on it. What is important is that the yoga bolster runs the entire length of your spinal column. You should feel muscular and tension relief as your chest, abdomen and back begin to relax and your rib cage begins to open more. In this way you can feel your breathing and monitor inhale and exhale.