



## OUR TRAINING GUIDE TO YOGA MATS

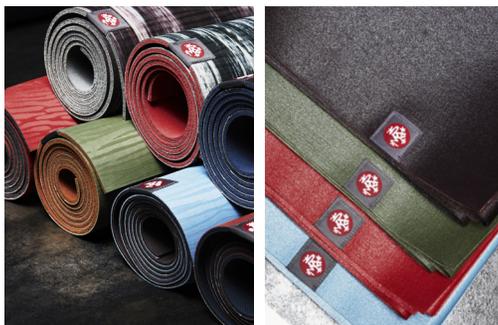
A yoga mat is the foundation upon which your entire practice is built and the one you choose should make you feel good inside and out. Our variety of mats are all soulfully engineered to support you as you challenge yourself and your practice.

### PRO Series



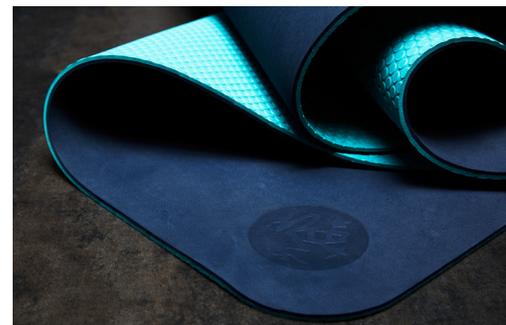
Manduka PRO: 26" x 71" / 6mm / 7lbs  
PROlite: 24" x 71" / 5mm / 4lbs

### eKO Series



eKO: 26" x 71" / 5mm thick / 7lbs  
eKO Lite: 24" x 68" / 4mm thick / 4.5lbs  
eKO SuperLite: 24" x 68" / 1.5mm thick / 2.2lbs

### welcOMe



welcOMe: 24" x 71" / 5mm / 1.7lbs

#### Guaranteed for Life

#### High Density Cushion

- protects joints and provides a stable practice surface
- perfect mat for someone with bad knees and joints

#### Zero Waste Manufacturing

- ensures no toxic emissions are released into the atmosphere
- OEKO-TEX Certified and safe for human contact

#### Performance Grip

- that wears in over time
- to accelerate the break-in process, cover the mat in sea salt for 24 hours and wipe away with a damp cloth

#### Closed Cell Surface

- keeps moisture from seeping into the mat and breeding bacteria
- easy to clean
- because sweat will not seep in, slippage can occur, add a performance towel for extra grip

#### 100% Latex Free

#### Naturally Grippy

#### Most Durable Natural Rubber Mat Available

#### Made from Natural Materials Using Non-Amazon Harvested Tree Rubber

- should not be left in direct sunlight

#### Sealed Cell Surface

- keeps moisture from seeping into the mat and breeding bacteria
- easy to clean

#### Zero Waste Manufacturing

- ensures no toxic emissions are released into the atmosphere

#### eKO SuperLite = The Perfect Travel Mat

- lightweight and portable mat that can be folded down for easy packing
- can be used on its own or on top of a rental mat

#### 100% Reclaimable & Recyclable

- made from sustainable PLUSfoam®
- once mat is no longer useable, customers can follow recycling process at PLUSfoam.com to ensure it's made into a new product

#### Lightweight + Supportive

#### Closed Cell Surface

- keeps moisture from seeping into the mat and breeding bacteria
- easy to clean

#### Beginner Price Point