

How to Use?

- Once you receive your Nutribuck Buckwheat Hull Yoga Cushion, do inspect all elements thoroughly
- Store the spare 500 g of buckwheat hulls carefully for refill or replacement within the original carry case
- Place the yoga cushion firmly on the ground and settle it. Best placed on a carpet or thick fabric on the floor during active workouts
- Try and stay in a relaxed sitting position for some time to assess comfort levels
- Try out some yoga postures that you perform regularly to judge if the mat is comfortably supporting the body parts in all positions and ensure there is no discomfort
- If necessary, you can add or reduce the hull filling to generate a more suitable comfort level for yourself



REMEMBER

- In case you are accustomed to using any other type of foam/fiber based yoga mat, it may take around 4-5 days to get used to the new product, so please be patient while finding out your ideal comfort level
- It is recommended that you habituate yourself to the mat in relaxed positions first. It is advised not to try out difficult yoga postures before identifying your comfort level
- Use the additional pillow for support to the neck and shoulders while practising yoga
- Remember to air your mat during the day. It improves the hulls period of usability
- Wash the mat cover frequently to get rid of any odors that might develop over time