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## yoga mat washing a yoga mat

Posted by Charles - 2008/11/18 07:27

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Hi. I was wondering what the correct way of washing a yoga mat is. Can it be put in the machine and on what cycle/temperature? What about the dryer (I live in an apartment and don't have a clothesline available, but could dry it over the back of a chair if I had to. Charles

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Posted by Susan M. Pataky - 2008/11/18 07:27

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Posted by Tapani Toivanen - 2008/11/18 07:27

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I just rinse my sticky mat in the shower after each session and then leave it hanging over a door. I've noticed that it has to dry overnight. Even when the surface is dry there still is some moisture inside (the texture has been broken from some spots and the water gets inside from there). Sometimes I've added some liquid soap, but you don't have to do that very often, if you just rinse it regularly before the sweat dries too much. Tapani T.

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Posted by shabd - 2008/11/18 07:27

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**INSTRUCTIONS FOR WASHING A YOGA MAT** Wash in cool water and small amount of mild detergent. You can was in a machine but **DON'T ALLOW IT TO GO THRU SPIN CYCLE**. Simply remove mat prior to spin and lay it on a thick dry towel. Roll mat and towel like sleeping bag. Step on the rolled up mat/towel to squeeze excess H2O. Unroll mat and hang to air dry. **NEVER PUT MAT IN DRYER!!!!** Good Luck Susan Charles <cgfl...@aol.com> wrote in message Hi. I was wondering what the correct way of washing a yoga mat is. Can it be put in the machine and on what cycle/temperature? What about the dryer (I live in an apartment and don't have a clothesline available, but could dry it over the back of a chair if I had to. Charles

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