
yoga mats

Posted by PeaBoy - 2008/11/19 09:00

I am new to yoga and I live in a house with hardwood floors, so I am looking for a yoga mat. I have seen the narrow ones on the yoga web sites, but I am looking more for something the size of which I see in Total Yoga. Can anyone recommend a good mat material, that is padded and that I can pick up and move when I don't want it out in the living room. Thanks, -p

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Posted by Charles - 2008/11/19 09:00

You will want to get a sticky mat which will prevent you from sliding during asanas. Regular exercise mats just don't cut it because of the texture of the material they are made of (way too slippery to practice yoga). Usually the sticky mats come in one width, but most places can give you an extra long mat if that is what you need (they come on one big roll and they just cut them to the desired length). They are very light and can easily be rolled up to be stored or taken to your yoga class (since our yoga center charges \$1 extra if you don't have a mat!!). try these sites www.huggermugger.com www.eightlimbs.com www.yogaprops.com

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Posted by stefyau - 2008/11/19 09:00

move when I don't want it out in the living room. Thanks, -p Sent via Deja.com <http://www.deja.com/> Before you buy.

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Posted by Shannon Brophy - 2008/11/19 09:00

try these sites <http://www.yoga.com> is a premier yoga store on the web having been around for a long time in comparison to others You will find yoga blocks, belts, mats, videos, and more. Shannon .

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Posted by PeaBoy - 2008/11/19 09:00

material they are made of (way too slippery to practice yoga). Lots of poses (standing especially) can be done on a hardwood floor with no mat, if the floor is not too slippery. Linoleum can work too. Carpet tends to be slippery for standing poses, but would work for seated poses. A blanket is a good surface for seated poses too. A mat would be great for elbow balance, along with a block to put between the hands. Books can be used in many postures in place of blocks. You can use belts without having a 'yoga belt' especially for the purpose. try these sites <http://www.yoga.com> is a premier yoga store on the web having been around for a long time in comparison to others You will find yoga blocks, belts, mats, videos, and more. Shannon .

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Posted by LMM - 2008/11/19 09:00

I have been looking into all of the posts, so thank you to all of you who have posted, but I still haven't really found what I am looking for. I want a BIG mat, something 5'x6' or thereabouts.

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Posted by Stellapr - 2008/11/19 09:00

I have an egg crate that you can buy anywhere. It is used on mattresses to make a bed more comfortable. I cut it the width I wanted and the length was just find. I do not slip and it is comfortable. Diane

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Posted by R D S - 2008/11/19 09:00

Try www.samadicushions.com... I have one and it works will for me i am 5 .11 its about 6x4.

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