

How to choose right yoga mats?

A very important decision for you as you commence on the yoga path is to choose the right yoga mat. First let's have glance at the qualities of the perfect yoga mat. In terms of practice, it must be offer traction. In other words it should allow your body parts to grip it firmly without slipping. This is essential in doing yoga poses that have to be held for extended periods. Next, it should lie flat on the floor when you spread it out. It should be soft enough to cushion you body yet firm enough to give support. And you should be able to clean it easily.

Yoga mats are generally a very thin mat. They are used in order to make the ground or floor more comfortable for sitting and lying yoga moves. A mat is a good investment and it may be one of the first yoga accessories you wish to purchase. There are many different types of yoga exercise mats and rugs, including:

CLASSIC" Yoga Mat

"DELUXE" Yoga Mat

Cotton Chemical Free/Organic Ashtanga Yoga Mats

OM Logo MAT

"DELUXE" Yoga Mat Roll

UTOPIAN YOGA MAT

Yoga Blanket/Serape

All these factors depend on the material. When it comes to yoga mates, you have the choice of natural or synthetic. Natural materials such as jute or cotton are sometimes known as yoga rugs. Synthetics such as latex or PVC are sometimes known as sticky mats. Yet other mats are made from a blend of jute and natural rubber. All types of mats have their pros and cons.

Yoga exercises are performed on the floor usually with bare feet. The postures may lead to loss of balance especially in the beginning stages and may result in a fall. You need something that will avoid direct contact of your body with the bare floor that will also protect you in case you lose balance and fall. Yoga exercises can make you sweat a lot, in turn introducing a tendency to slip easily. Mats can help you here and minimize the potential to slip and also protect you in case you do. A yoga mat is designed with precisely these requirements in mind, and is an invaluable accessory for serious practitioners of yoga. Yoga mats can be purchased online. Compared to most of the sports and other physical activity that you can think of, Yoga requires very little by way of accessories. However, you may need to pay attention to the little that is needed because of some peculiarities of Yoga.

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About the Author

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