

DESCRIPTION

Yoga Mat, made of 100% recyclable high-quality TPE material, with a non-slip and comfortable surface for yoga, pilates, and fitness practice. With a thickness of 6mm and a length of 183cm, it ensures optimal comfort and support during every session. Ideal for all levels of practice.

MATERIAL QUALITY: the mat is made of TPE, an eco-friendly high-quality material that guarantees stability, durability, and comfort. Approved by yoga teachers, pilates professionals, and personal trainers, ensuring an optimal experience.

GUIDELINES: postural guidelines on the mat's surface texture suggest proper alignment of hands and feet, helping prevent incorrect postures. These guidelines provide useful reference points to maximize exercise effectiveness and achieve your goals.

PRACTICAL and LIGHTWEIGHT: weighing less than 1kg, the mat is convenient and easy to carry. With the included cord, you can roll it up and carry it over your shoulder, making transportation even more convenient.

HYGIENE: regular cleaning of the mat helps increase its lifespan. Simply use a damp cloth with a few drops of mild detergent (avoid aggressive products). After cleaning, rinse well and allow to air dry. Do not machine wash, expose to heat, direct sunlight, or rain.

DIMENSIONS: the mat measures 183 x 61cm and is suitable for all heights. The 6mm thickness ensures comfort and stability: comfort for knees, elbows, and all support points without compromising stability and safety. Suitable for yoga sessions, pilates, bodyweight exercises, and fitness.



TECHNICAL SPECIFICATIONS.

Color

Lila

STRENGTHS