



mats matter

We are regularly asked about **mats** – which is better?

It is absolutely a personal choice and here are some pointers to think about. For me the considerations are: common usage; grip; durability; cleaning; price.

Common usage: thicker mats provide more comfort, but standing (in particular balance) poses are more difficult (even contraindicated) – stepping off the mat for these poses can accommodate this. If you carry your mat around a lot, consider the weight and size of it.

Grip: if a mat is too slippery, traction on hands and feet is lost – this traction assists for example a downward dog pose; textured mats provide most traction even if your hands get a little sweaty.

Durability: thicker mats last longer than thinner mats. That said, mat durability is also related to the material the mat is made from. PVC is a plastic-based material that is highly durable, easy to clean and offers excellent grip.

Cleaning: regular wipe downs are recommended particularly after a class in warm conditions; because we tend to roll mats immediately and store them like this, airing them occasionally is also a good idea. It is better to avoid detergents when giving a thorough clean as this can 'eat' the material, otherwise ensure that it is properly rinsed. You can use spray bottles (water with a teaspoon of white spirit vinegar in, and dry off with a towel) or cool wipes. You can even submerge the entire mat in a bath. **The important thing is let a mat dry completely.** Mats do get stained very easily – I have learnt to choose a colour that 'hides' stains.

Price: expensive is not necessarily better. In fact replacing a cheaper mat more often might provide a better experience.

Mats are easily purchased from Game, Dis-chem or Mr Price Sport where the prices tend to be the most competitive.