

Catalog

Yoga & Meditation Products

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To view current pricing or to place an order online, go to
www.MatsMatsMats.com.

To place your order via telephone, call us toll free at
877.777.6287 from 9am to 5pm pacific time.

To place your order using a purchase order (upon approved
credit), simply fax your purchase order to 818.337.7464 or mail it
to the address above.

Yoga And Meditation Products

Yoga Mats

We offer such a large selection of yoga mats and yoga equipment, that you are sure to find what you need. Various yoga mat sizes, thicknesses, types and styles are available, in a variety of price ranges. Click the link above to view our entire yoga mat selection (the names below give you an idea of our variety).



"Help Fight Breast Cancer" Pink Yoga Mat

Rounded Corner Yama Mat

Extra Long Harmony Natural Rubber Yoga Mat
Harmony Yoga Mat
Extra Long Universal Yoga Mat
Extra Long Deluxe Yoga Mat
Classic Beginner Yoga Mat
Utopian Yoga Mat
Ultra Light Travel Yoga Mat
Ashtanga Yoga Rug/Mat
Kids Yoga Mat

Short Harmony Natural Rubber Yoga Mat
Standard Universal Yoga Mat
Short Universal Yoga Mat
Deluxe Yoga Mat
Monster Yoga Mat
Natural Cotton Yoga Mat
Raja Yoga Mat
Pilates Mat

Cotton Meditation Mat & Pillow

All natural Zabuton mat is handmade from chemical-free green cotton. **\$44.00**

Our comfortable and supportive Zafu pillow provides better spine alignment and proper height for a more comfortable, deeper meditation. **\$36.00**



Silk Meditation Cushions

These silk zafu pillows have beautiful, unique and soothing designs. They have 100% silk covers and are filled with buckwheat hull. **\$94.99**

Our silk zabuton mats are filled with 100% cotton batting and provide more comfort, deeper meditation. **\$99.99**



Meditation Bench

Comfortable hardwood meditation bench with unique rounded leg bottoms. **\$45.95**



Yoga Blankets/Rugs

Select from 2 styles of authentic, hand woven, yoga blankets or rugs. **\$18.95**



Please see next page for more information and pricing...

Continued from previous page...

Foam and Wood Blocks

Provide safety and support for achieving correct postures.

Sets of Two:
3"x6"x9" **\$17.85**

4 "x6"x9" **\$19.95**



Yoga Bolsters



Our expertly crafted yoga bolsters are made of 100% cotton batting and are available in two distinct shapes (Round & Rectangular).
\$43.50

Yoga Bags

Select from 7 styles of durable yoga tote bags with shoulder strap, draw-string closure and other amenities. From **\$12.95**



Yoga Stretching Straps

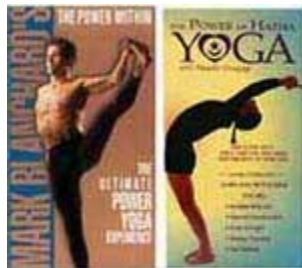
Stretch yourself to the limit with our yoga straps. Several styles:
End loops
\$8.95

Buckles or D-rings **\$8.95**



Yoga Videos

These instructional videos have been carefully selected to help you get the most from your yoga workout. From **\$9.99**



Please see next page for more information and pricing...

Continued from previous page...

Other Products

- Pranayama Pillow** - Cotton stuffed prana cushion supports spine. - **\$29.99**
- Sandbag** - 10 lb. sandbag deepens your posture by adding weight to poses. - **\$15.95**
- Tote Strap** - 18" tote straps lets you easily tie and carry yoga mat. - **\$5.99**
- Silk Eye Pillow** - Reduce stress and soothe eyes with a calming silk pillows. - **\$14.95**
- All Eyes Pillow** - A larger version of our Silk Eye Pillow. - **\$18.95**
- Yoga Mat Disinfectant** - Spray kit to disinfect your yoga mat. - **\$19.99**
- Yoga Mat Cleaning Wipes** - Mat cleaning wipes infused with essential oils. - **\$11.95**
- Yoga Kit for Kids** - Yoga cards, instruction book and music CD. - **\$17.95**
- Yoga Foam Wedge** - Sturdy and light weight wedge. - **\$14.99**
- Custom Entry Logo Mat** - Carpet entrance mat with your custom logo. - From **\$84.95**
- Shiatsu Massage Mat** - Traditional shiatsu mat with natural cotton batting. - **\$124.95**
- Yoga/Fitness Balls** - Strengthen fingers and hands with these fitness balls. - **\$17.95**
- Pilates Mats** - See our selection of pilates mats.

Yoga Mats

There are many styles of yoga mats. In order to provide the best fit for every person, we offer various yoga mat sizes, thicknesses, densities, colors, textures, and materials. Whatever style of yoga mat you are looking for...we have the mat for you!

Most Popular Yoga Mats

What most yoga studios, clubs, gyms & instructors purchase...

Universal Yoga Mat

A lightly textured, high-tack surface allows your hands to sink into this mat during poses. Available in 4mm, 5.5mm and in rolls. Seven colors.

Standard: 24"x68": from **\$17.95**
Extra Long: 24"x80": from **\$21.99**
Short: 24"x60": from **\$15.99**



Deluxe Yoga Mat

Has a heavily textured, high tack foam surface on both sides for better grip. Available in 3/16" thickness (4.7 mm).

Standard: 24"x68"
 Available in eight colors. **\$17.95**
 Also available in 100' rolls.
Long: 24"x72"
 Available in four colors. **\$19.95**



Save with Yoga Kits from **\$34.99**

Yoga Studio Mat

Perfect in-house, rental or loaner mat for gyms, clubs, yoga studios or yoga instructors. Minimum purchase, available in blue or purple.

\$9.95



Yoga Mat (Seconds)

Save money with an irregular, blemished and/or overstocked version of our popular yoga mats. Minimum quantity required, no choice of color, no returns.

From **\$8.95**



1/8" (3.2 mm) Yoga Mats

For various skill levels and those who like thin yoga mats...

Classic Beginner Yoga Mat

A basic mat for beginners. 1/8" thick (3.2 mm). Made of vinyl sponge foam. Size: 24"x72". Available in three colors. **\$16.95**

Save with Yoga Kits from **\$32.99**



Terra Pure Eco Yoga Mat

A degradable mat for all yoga needs. Made of eco friendly TPE foam. Size: 24"x72"x 3mm. Available in three colors. **\$34.95**



Please see next page for more information and pricing...

Continued from previous page...

3/16" (4 mm - 5.5 mm) Yoga Mats For any level and those who like a little more cushion...

Universal Yoga Mat

A lightly textured, high-tack surface allows your hands to sink into this mat during poses. Available in 4mm, 5.5mm and in rolls. Seven colors.

Standard: 24"x68": from **\$17.95**
Extra Long: 24"x80": from **\$21.99**
Short: 24"x60": from **\$15.99**



Deluxe Yoga Mat

High-tack foam and textured surface for better grip. Available in 3/16" thickness (4.7 mm).

Standard: 24"x68"
Available in eight colors. **\$17.95**
Also available in 100' rolls.

Long: 24"x72"
Available in four colors. **\$19.95**

Save with Yoga Kits from **\$34.99**



"Help Fight Breast Cancer" Yoga Mat



Get a great yoga mat and also help the fight against breast cancer at the same time. MatsMatsMats.com will donate a portion of the



proceeds from the sale of every one of these pink yoga mats to The Breast Cancer Research Foundation. **\$24.95**

Harmony Pro Natural Rubber Mat

The Harmony Pro" yoga mat is made of open cell, natural rubber. It offers excellent traction, even when wet from perspiration. Thicker, denser and tougher than standard mats. Available in 3/16" thickness.



Standard: 24"x68": **\$47.95**
Long: 24"x74": **\$56.95**

Natural Fitness Pro - Natural Rubber Yoga Mat

The Natural Fitness Pro natural rubber yoga mat is made of open cell, natural rubber and offers anaesthetic, two-sided, earth-tone color theme. Natural and eco-friendly.



Standard: 24"x69"x3/16": **\$47.95**
Long: 24"x75"x3/16": **\$56.95**

1/4" (6.3 mm) and thicker Yoga Mats For those who like a lot of extra cushion...

Utopian Yoga Mat

1/4" thick (6.3 mm). This super yoga mat provides extra density, superior texture and ideal rebound on a highly textured, anti-skid surface.
Size: 24"x72". Available in black.
\$39.99



Yama Mat

Our Yama Mat is 1/4" thick (6.3 mm) and has rounded corners, providing a more unique and distinguished look. The 1/4" thickness cushions your impact, while the texture provides extra grip during poses.
Size: 24"x72" in four colors. **\$24.95**



Please see next page for more information and pricing...

Continued from previous page...

Monster Yoga Mat

1/4" thick (6.3 mm). This nicely textured extra thick mat cushions your knees and ankles.
Size: 24"x72".
Available in five colors. **\$29.00**



Raja Mat

Our Raja Mat is 1/4" thick (6.3 mm) and is made of a dense material and includes a built-in velcro closure and strap for easy transport.
Size: 24"x72" in black. **\$29.95**



Harmony Fusion - Natural Rubber Mat

The Harmony Fusion yoga mat is made of open cell, natural rubber. It offers excellent traction, even when wet from perspiration. Thicker, denser and tougher than standard mats. Available in 5/16" thickness. Size: 24"x74". **\$79.95**



Natural Fitness Elite - Natural Rubber Yoga Mat

The Natural Fitness Elite natural rubber yoga mat is made of natural rubber and offers an aesthetic, two-sided, earth-tone color theme. Thick, natural and eco-friendly. Available in 5/16" thickness. Size: 24"x75". **\$79.95**



Other Mats

For those who want something special or unique...

Extra Light Travel Yoga Mat



Extra light and thin travel yoga mat. Ideal for the yoga user on the go. **\$14.95**

Natural Cotton Yoga Mat

Size: 3'x6'
Unbleached natural cotton shell is stuffed with pure, natural, untreated cotton batting. **\$69.00**
Also available is a cotton slip cover.



Please see next page for more information and pricing...

Continued from previous page...

Custom Logo Yoga Mats



Promote your club, gym, or studio by private labeling your company logo onto yoga mats.

Kids Yoga Mat

This is a great yoga mat for kids! At 24"x48", it's just the right length for the little ones. This mat is available in 4mm, 5.5mm and in rolls. Seven colors.



From **\$13.99**

Ashtanga Rug/Mat



100% cotton yoga rug ideal for Ashtanga & Bikram.
\$32.95

Pilates Mats

See our selection of pilates mats



Yoga Rolls



2'x100' yoga mat rolls. Cut your yoga mats to your desired length.
From **\$189.99**

Yoga Mat (Seconds)

Save money with an irregular and/or blemished version of our popular mats. Minimum quantity required, no choice of color, no returns.



From **\$7.95**



This Mat Helps Fight Breast Cancer...
Click Here To Find Out How!

Universal Yoga Mat

Our Universal Yoga Mat is very lightly textured and smooth to the touch. It has a high-tack, sticky surface with a soft feel. The surface allows your fingers to dig deep into the mat during poses and temporarily leaves an impression on the mat. These features make our universal yoga mat a popular choice among yoga students and instructors alike.

- High-tack, smooth surface for extra stickiness and grip.
- Internal, center threading gives this mat exceptional strength and durability against tearing.
- High quality closed-cell PVC vinyl gives it a soft cushion feel. (100% latex free)
- Hand washable.
- Size: 24" x 68" (or [2' x 100' if purchasing the roll](#))
- Thickness: 4 mm (just under 3/16") or 5.5 mm (just under 1/4")
- Colors: Green, Royal Blue, Light Blue, Mauve, Purple, Black, and Pink.
- Also see our [pink yoga mat that supports breast cancer awareness](#)



Green



Royal Blue



Mauve



Pink



Purple



Black



Light Blue



Custom Logo Mats



Yoga Sets...
...Best Value

Please see next page for more information and pricing...

Continued from previous page...

Usually Ships Next Business Day!

Single Universal Yoga Mat - 4 mm (just under 3/16")- \$17.95
Single Universal Yoga Mat - 5.5 mm (just under 1/4")- \$21.95

5-Pack - 4 mm (just under 3/16")- \$74.95 (\$14.99 each)
5-Pack - 5.5 mm (just under 1/4")- \$88.45 (\$17.69 each)

10-Pack - 4 mm (just under 3/16")- \$139.90 (\$13.99 each)
10-Pack - 5.5 mm (just under 1/4")- \$159.90 (\$15.99 each)

20-Pack - 4 mm (just under 3/16")- \$249.80 (\$12.49 each)
20-Pack - 5.5 mm (just under 1/4")- \$299.80 (\$14.99 each)

50-Pack - 4 mm (just under 3/16")- \$539.50 (\$10.79 each)
50-Pack - 5.5 mm (just under 1/4")- \$649.50 (\$12.99 each)

2'x100' Roll - Thickness 4 mm (just under 3/16")
\$189.99 (\$11.18 each @ 17 mats/roll)

2'x100' Roll - Thickness 5.5 mm (just under 1/4")
\$199.99 (\$11.77 each @ 17 mats/roll)

Enables you to cut to any size you like. Yields 17.6 standard 24"x68" mats.



Universal Yoga Mat (Extra Long)

Our Universal Extra Long Yoga Mat is very lightly textured and smooth to the touch. It has a high-tack, sticky surface with a soft feel. The surface allows your fingers to dig deep into the mat during poses and temporarily leaves an impression on the mat. These features make our universal yoga mat a popular choice among yoga students and instructors alike.

- High-tack, smooth surface for extra stickiness and grip.
- Internal, center threading gives this mat exceptional strength and durability against tearing.
- High quality closed-cell PVC vinyl gives it a soft cushion feel. (100% latex free)
- Hand washable.
- Mat size: 24"x80" (or 2'x100' if purchasing the roll)
- Thickness: 4 mm (just under 3/16") or 5.5 mm (just under 1/4")
- Colors: Light Blue, Mauve, Royal Blue, Green, Purple, Black, and Pink (4mm only).



Please see next page for more information and pricing...

Continued from previous page...

Usually Ships Next Business Day!

Single Extra Long Universal Yoga Mat - 4 mm (just under 3/16") - \$21.99
Single Extra Long Universal Yoga Mat - 5.5 mm (just under 1/4") - \$25.99

5-Pack - 4 mm (just under 3/16")- \$99.95 (\$19.99 each)
5-Pack - 5.5 mm (just under 1/4")- \$114.95 (\$22.99 each)

10-Pack - 4 mm (just under 3/16")- \$169.90 (\$16.99 each)
10-Pack - 5.5 mm (just under 1/4")- \$199.90 (\$19.99 each)

20-Pack - 4 mm (just under 3/16")- \$319.80 (\$15.99 each)
20-Pack - 5.5 mm (just under 1/4")- \$379.80 (\$18.99 each)

50-Pack - 4 mm (just under 3/16")- \$749.50 (\$14.99 each)
50-Pack - 5.5 mm (just under 1/4")- \$899.50 (\$17.99 each)

2'x100' Roll - Thickness 4 mm (just under 3/16")
\$189.99 (\$12.67 each @ 15 mats/roll)

2'x100' Roll - Thickness 5.5 mm (just under 1/4")
\$199.99 (\$13.33 each @ 15 mats/roll)



Enables you to cut to any size you like. Yields 15 extra long 24"x80" mats.

Universal Yoga Mat (Short)

Our Short Universal Yoga Mat is very lightly textured and smooth to the touch. It has a high-tack, sticky surface with a soft feel. The surface allows your fingers to dig deep into the mat during poses and temporarily leaves an impression on the mat. These features make our universal yoga mat a popular choice among yoga students and instructors alike.

- High-tack, smooth surface for extra stickiness and grip.
- Internal, center threading gives this mat exceptional strength and durability against tearing.
- High quality closed-cell PVC vinyl gives it a soft cushion feel. (100% latex free)
- Hand washable.
- Size: 24"x60" (or 2'x100' if purchasing the roll)
- Thickness: 4 mm (just under 3/16") or 5.5 mm (just under 1/4")
- Colors: Light Blue, Mauve, Royal Blue, Green, Purple, Black, and Pink.



Green



Royal Blue



Mauve



Pink



Purple



Black



Light Blue



Custom Logo Mats

Please see next page for more information and pricing...

Continued from previous page...

Usually Ships Next Business Day!

Single Short Universal Yoga Mat -4 mm (just under 3/16")- \$15.99
Single Short Universal Yoga Mat -5.5 mm (just under 1/4")- \$19.99

5-Pack - 4 mm (just under 3/16")- \$69.95 (\$13.99 each)
5-Pack - 5.5 mm (just under 1/4")- \$89.95 (\$17.99 each)

10-Pack - 4 mm (just under 3/16")- \$119.90 (\$11.99 each)
10-Pack - 5.5 mm (just under 1/4")- \$149.90 (\$14.99 each)

20-Pack - 4 mm (just under 3/16")- \$219.80 (\$10.99 each)
20-Pack - 5.5 mm (just under 1/4")- \$279.80 (\$13.99 each)

50-Pack - 4 mm (just under 3/16")- \$499.50 (\$9.99 each)
50-Pack - 5.5 mm (just under 1/4")- \$599.50 (\$11.99 each)

2'x100' Roll - Thickness 4 mm (just under 3/16")
\$189.99 (\$9.50 each @ 20 mats/roll)

2'x100' Roll - Thickness 5.5 mm (just under 1/4")
\$199.99 (\$10.00 each @ 20 mats/roll)



Enables you to cut to any size you like. Yields 20 short 24"x60" mats.

Deluxe Yoga Mat



Our Deluxe Yoga Mat was included in Gift Packages for the Stars at the 2004 Oscars!

This is the yoga mat you've seen in yoga studios across the country and around the world. Our Deluxe Yoga Mat has durability, stability and a high-tack, sticky surface with a soft feel making it the ideal mat for yoga. True yoga enthusiasts will instantly recognize the quality, making it our most popular yoga mat.

- Provides a high-tack, textured surface on both sides for extra stickiness and grip.
- High quality closed-cell PVC vinyl gives it a soft cushion feel. Embedded fabric mesh provides more durability against tearing. (100% latex free)
- Yoga mats are hand washable.
- Size: 24" x 68" (or [2' x 100'](#) if purchasing the roll)
- Thickness: 3/16" (4.7mm) - providing extra thickness for added comfort.
- Available in Sky Blue, Navy Blue, Green, Purple, Burgundy, Red, Tangerine, and Black.



Burgundy



Green



Navy Blue



Tangerine



Purple



Red



Sky Blue



Black

Usually Ships Next Business Day!

5-Pack
\$74.95 (\$14.99 each)

10-Pack
\$139.90 (\$13.99 each)

20-Pack
\$249.80 (\$12.49 each)

50-Pack
\$539.50 (\$10.79 each)

72" Extra Long Deluxe Yoga Mat



This is the yoga mat you've seen in yoga studios across the country and around the world. Our 72" Extra Long Deluxe Yoga Mat has durability, stability and a high-tack, sticky surface with a soft feel. True yoga enthusiasts will instantly recognize the quality, making it our most popular yoga mat.

- Made of durable foam with a high-tack surface for extra stickiness.
- Internal, center threading gives this mat exceptional strength and durability against tearing.
- High quality cellular vinyl gives it a soft cushion feel. (100% latex free)
- Yoga Mats are hand washable.
- Size: 24" x 72"
- Thickness: 3/16" (4.7 mm) - providing extra thickness for added comfort.
- Available in Navy Blue, Purple, Tangerine, and Red.



Purple



Navy Blue



Tangerine



Red

Please see next page for more information and pricing...

Continued from previous page...

Usually Ships Next Business Day!

Single Extra Long Deluxe Yoga Mat
\$19.95

Extra Long 5-Pack
\$94.95 (\$18.99 each)

Extra Long 10-Pack
\$169.90 (\$16.99 each)

Extra Long 20-Pack
\$289.80 (\$14.49 each)

Extra Long 50-Pack
\$649.50 (\$12.99 each)

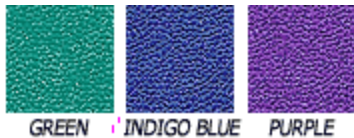
Classic Yoga Exercise Mat



Durable 1/8" Vinyl Sponge Foam

- This 24" x 72" mat provides the ideal cushion for your yoga exercise and provides a full 4" of extra length compared to many other 68" mats.
- Sticky, soft surface gives you non-slip support during your exercise sessions.
- Made of closed-cell PVC Vinyl material (100% Latex free)
- Mats are hand washable.
- Lightweight yet durable with beveled edges all around. 1/8" thick (3.2 mm).
- Easily rolled for storage or travel.

Available in three colors:



Yoga Sets...
...Best Value

Please see next page for more information and pricing...

Continued from previous page...

Usually Ships Next Business Day!

Single Classic Yoga Mat
\$16.95

5-Pack
\$72.45 (\$14.49 each)

10-Pack
\$129.90 (\$12.99 each)

20-Pack
\$249.80 (\$12.49 each)

50-Pack
\$539.50 (\$10.79 each)

Pink Yoga Mat (Help Fight Breast Cancer!)



By purchasing this unique, hip, pink yoga mat, you get a great mat and also help the fight against breast cancer at the same time.

MatsMatsMats.com will donate 10% of the purchase price from the sale of every one of these mats to *The Breast Cancer Research Foundation* (BCRF), a breast cancer charity that guarantees that a minimum of 85% of all funds raised goes directly to researching the causes of and treatments for breast cancer. The American Institute of Philanthropy recently awarded BCRF an "A" rating and listed it as its highest rated, national breast cancer charity. For more information, please visit [The Breast Cancer Research Foundation](http://TheBreastCancerResearchFoundation.org).



Our "**Help Fight Breast Cancer**" yoga mat is pink and has a round logo (3" diameter, shown above) elegantly embroidered into one corner of the mat. The mat is very lightly textured and smooth to the touch. It has a high-tack, sticky surface with a soft feel to it. The surface allows your fingers to dig deep into the mat during poses and temporarily leaves an impression on the mat. These features make our universal yoga mat a popular choice among yoga students and instructors alike.

- High-tack, smooth surface for extra stickiness and grip.
- Internal, center threading gives this mat exceptional strength and durability against tearing.
- High quality closed-cell PVC vinyl gives it a soft cushion feel. (100% latex free)
- Hand washable.
- Size: 24" x 68"
- Thickness: 4 mm (just under 3/16") or 5.5 mm (just under 1/4")

Usually Ships Next Business Day!

Please see next page for more information and pricing...

Join MatsMatsMats.com in Raising Awareness and Funds to Help Fight Breast Cancer!

[2007 Breast Cancer Statistics and Good Breast Health Info](#)

Breast Cancer patients utilize Yoga for physical, mental and spiritual transformation & promotion, stress, relaxation, wellness, prevention, hypertension, migraines, arthritis, carpal tunnel syndrome, self-care, heart disease, constipation, insomnia, respiratory conditions, chronic pain, and female health. Yoga offers cancer patients relief from the stress of treatment, while also assisting with rehabilitating their weakened bodies. In fact, at the country's most prestigious cancer centers, yoga mats and yoga straps are a common sight.

**Get a Mammogram Today!
Early Detection Saves Lives!**

Continued from previous page...

Pink "Help Fight Breast Cancer" Yoga Mat - 4 mm (just under 3/16") - \$24.95

Pink "Help Fight Breast Cancer" Yoga Mat - 5.5 mm (just under 1/4") - \$28.95

"Help Fight Breast Cancer"

Harmony Pro Natural Rubber Yoga Mat



The Harmony Professional" yoga mat is made of open cell, natural rubber, and offers excellent traction, even when wet from perspiration. Denser and tougher than standard mats, the Harmony Pro yoga mat provides a solid, non-slip platform for Ashtanga, Iyengar, Bikram, Kripalu and Vinyasa styles -- and for anyone who wants extra comfort. The mat has an internal mesh to provide extra strength and stability. You can use either side of the mat for your yoga practice.

- Made primarily of dry, open-cell natural rubber (a renewable resource made from rubber trees and containing no PVC) making this the ideal mat for the yogi concerned about the environment.
- This mat should not be left outside in the sun, since natural rubber is very sensitive to direct sunlight - the material can dry out, harden and lose its grip.
- Natural rubber always has a "rubber" odor that will diminish over time.
- Contains no PVC, EVA, TPE, heavy metals or ozone depleting substances.
- Biodegradable.
- All materials in this mat are approved by the FDA for use in rubber products in continuous contact with food and drugs.
- Provides a thick, textured surface for extra stickiness and grip.
- People with latex allergies should avoid natural rubber.
- Hand washable.
- Size:
 - 24" x 68" (Standard)
 - 24" x 74" (Extra Long)
- Thickness: 3/16" (4.7 mm)
- Weight: approx. 4.75 lbs.
- Manufactured in the United States in compliance with all US environmental and health and safety laws
- Available colors: Purple, Royal (Medium) Blue, Midnight (Dark) Blue, Orchid, Sedona Red, Olive, Tibetan Orange and Black.



Also available is the [Yoga Harmony Fusion Mat](#) in 5/16" thickness and 74" length.

Please see next page for more information and pricing...

Continued from previous page...



Royal Blue



Orchid



Purple



Black



**Midnight
Blue**



Olive



**Sedona
Red**



**Tibetan
Orange**

Usually Ships Next Business Day!

**Standard Harmony Pro Yoga Mat (24"x68")
3/16" thickness: \$47.95**

**Extra Long Harmony Pro Yoga Mat (24"x74")
3/16" thickness: \$56.95**

1/4" Utopian Yoga Mat



The Utopian yoga mat strives to be the "best yoga mat" and was created for the true yoga enthusiast.

- Provides extra density and ideal rebound.
- Superior texture and anti-skid grip to prevent slipping.
- More resilient, high tack foam (doesn't leave finger impressions).
- Made of durable foam with a high-tack surface for extra stickiness.
- Internal, center threading provides exceptional strength and durability against tearing.
- High quality cellular vinyl gives it a soft cushion feel. (100% latex free)
- Hand washable.
- Size: 24" x 72"
- Thickness: 1/4" (6.3 mm) - providing superior thickness for added comfort.
- Weight: Approx. 6 lbs.
- Fits conveniently into our Nylon, Deluxe Canvas and Designer Tote Bags.
- Available in Black.



Please see next page for more information and pricing...

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Usually Ships Next Business Day!

Single Utopian Yoga Mat \$39.99

5-Pack Utopian Yoga Mat \$189.95 (\$37.99 each)

10-Pack Utopian Yoga Mat \$349.90 (\$34.99 each)

20-Pack Utopian Yoga Mat \$659.80 (\$32.99 each)

50-Pack Utopian Yoga Mat \$1,499.50 (\$29.99 each)

Yoga Yama Mat



The Yoga Yama Mat came from the desire to provide the finest yoga sticky mat at the best price. Extra thick and soft, this yoga mat enables comfortable yoga practice by providing cushion for your knees, ankles and other sensitive bones. The Yama mat is 24"x72" with radius (rounded) corners. This mat is 1/4" thick with a high degree of texture. It offers minimal crush resistance, giving you a well grounded feeling.

Also available is the [60" Short Yama Mat](#).

- Provides a thick, textured surface for extra stickiness and grip.
- Textured traction surface on both sides (usable on both sides).
- Hand washable.
- Size: 24" x 72"
- High quality closed-cell PVC vinyl gives it a soft cushion feel. Embedded fabric mesh provides more durability. (100% latex free)
- Thickness: 1/4" (6.3 mm) - for added comfort.
- Available in: Royal Blue, Pink, Purple, and Yellow.



Purple



Royal Blue



Yellow



Pink

Usually Ships Next Business Day!

Yama Mat
\$24.95



Yoga Sets...
...Best Value

Monster Yoga Mat



The Yoga Monster mat came from the desire to provide the finest yoga sticky mat at the best price. Extra thick and soft, this yoga mat enables comfortable yoga practice by providing cushion for your knees, ankles and other sensitive bones.

- Provides a thick, textured surface for extra stickiness and grip.
- Textured traction surface on both sides (usable on both sides).
- Hand washable.
- Size: 24" x 72"
- High quality closed-cell PVC vinyl gives it a soft cushion feel. Embedded fabric mesh provides more durability. (100% latex free).
- Thickness: 1/4" (6.3 mm) - for added comfort.
- Available in: Green, Red, Black, Blue and Purple.



Green



Red



Black



Blue



Purple

Usually Ships Next Business Day!

Monster Yoga Mat
\$29.00

Raja Mat



The Raja black yoga mat is the ideal power yoga mat, ashtanga yoga mat, or mat for any other demanding yoga practice. It is a lightly textured, dense, 1/4" thick mat that provides excellent traction. This yoga mat includes a completely detachable velcro harness, making it easy to store your mat and to transport your mat to and from class (thus eliminating the need for a mat bag).

The Raja Mat also provides the stability and comfort needed for Pilates mat work.

- Provides extra density and ideal rebound.
- Includes harness for easy transportation and storage.
- Lightly textured, tacky surface to prevent slipping.
- Internal, center threading provides exceptional strength and durability against tearing.
- Hand washable.
- Size: 24" x 72"
- Thickness: 1/4" (6.3 mm) - providing superior thickness for added comfort.
- Weight: Approx. 5 lbs.
- Available in Black.



Usually Ships Next Business Day!

Raja Mat
\$29.95

Travel Yoga Mat

Our Travel Yoga Mat is perfect for the yoga enthusiast on the run! Thin and light, this mat easily folds and packs in your luggage and lets you practice and relax wherever you go around the world.

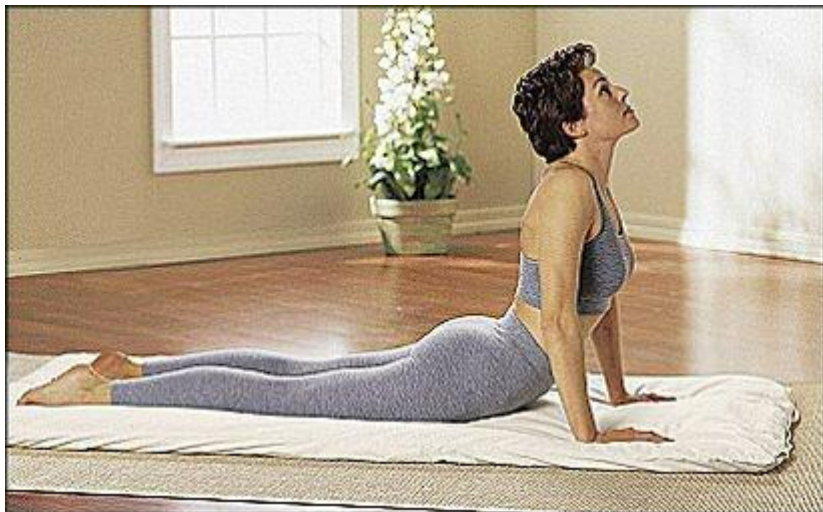
- Made of durable foam with a high-tack surface for extra stickiness.
- Smooth, non-textured, high quality cellular vinyl gives it a soft cushion feel. (100% latex free)
- Hand washable.
- Size: 24" x 68"
- Thickness: 2mm
- Weight: Approx. 1.25 lbs.
- Available in Blue only.



Usually Ships Next Business Day!

Blue Travel Yoga Mat \$14.95

Natural Cotton Yoga Mat



If yoga movement and meditation is to be successful, it must happen in a peaceful, comfortable space. Our Yoga Mat provides a safe and comfortable surface on which to orchestrate the poses. It's also great for Pilates exercise and Massage.

- Unbleached, natural cotton shell.
- Stuffed with 8 pounds of pure, natural, untreated cotton batting (total weight approx. 10 pounds).
- Hand tufted to provide the ideal place from which to embark on your inner journeys.
- Convenient shoulder strap for easy carrying to class. Attached ties for easy roll up and storage.
- Approximate Size: 3' x 6' x 2"



Cotton Slip Cover:

Also available is a cotton protective slip cover in either natural (unbleached, untreated), black, navy blue, or purple . Due to sweat, dirt and skin oils, this easily washable cover will protect your mat and keep it clean.

Usually Ships Next Business Day!

Natural Cotton Yoga Mat: \$59.99

Natural Cotton Slip Cover: \$39.99

Natural Cotton Yoga Mat & Slip Cover Combo: \$89.99

Universal Kids Yoga Mat



Our Kids Yoga Mat is very lightly textured and smooth to the touch. It has a high-tack, sticky surface with a soft feel. The surface allows your fingers to dig deep into the mat during poses and temporarily leaves an impression on the mat. These features make our kids yoga mat a popular choice among yoga instructors and kids alike. The smaller size yoga mat allows kids to easily transport and position their own mat.

- High-tack, smooth surface for extra stickiness and grip.
- Internal, center threading gives this mat exceptional strength and durability against tearing.
- Ideal for kids 7 and under (for older kids see our 60" [Short Yoga Mat](#).)
- High quality closed-cell PVC vinyl gives it a soft cushion feel. (100% latex free)
- Hand washable.
- Size: 24"x48" (or 2'x100' if purchasing the roll)
- Thickness: 4 mm (just under 3/16") or 5.5 mm (just under 1/4")
- Colors: Light Blue, Mauve, Royal Blue, Green, Purple, Black, and Pink.

Also available is our [Yoga Kit For Kids](#) suitable for children 4 and up.



Green



Royal Blue



Mauve



Pink



Purple



Black



Light Blue



Custom Logo Mats

Usually Ships Next Business Day!

Please see next page for more information and pricing...

Continued from previous page...

Single Kids Yoga Mat -4 mm (just under 3/16")- \$13.99
Single Kids Yoga Mat -5.5 mm (just under 1/4")- \$18.99

5-Pack - 4 mm (just under 3/16")- \$59.95 (\$11.99 each)
5-Pack - 5.5 mm (just under 1/4")- \$77.45 (\$15.49 each)

10-Pack - 4 mm (just under 3/16")- \$109.90 (\$10.99 each)
10-Pack - 5.5 mm (just under 1/4")- \$136.90 (\$13.69 each)

20-Pack - 4 mm (just under 3/16")- \$187.80 (\$9.39 each)
20-Pack - 5.5 mm (just under 1/4")- \$251.80 (\$12.59 each)

50-Pack - 4 mm (just under 3/16")- \$424.50 (\$8.49 each)
50-Pack - 5.5 mm (just under 1/4")- \$539.50 (\$10.79 each)

2'x100' Roll - Thickness 4 mm (just under 3/16")
\$189.99 (\$7.60 each @ 25 mats/roll)

2'x100' Roll - Thickness 5.5 mm (just under 1/4")
\$199.99 (\$8.00 each @ 25 mats/roll)



Enables you to cut to any size you like. Yields 25 kids 24"x48" mats.

Cotton Yoga Mat (Ashtanga/Mysore Rug)



These elegant and high quality, cotton yoga mats/rugs are tightly woven and were first used for Yoga practice in Mysore, India (which is why they are often referred to as Mysore Rugs). Ideal for Ashtanga, Bikram or any sweaty yoga practice, these rugs can be used by themselves or in conjunction with a sticky mat (e.g. our [deluxe yoga mat](#)). This will add extra cushion for sitting postures and better traction and stability for standing postures by absorbing perspiration and moisture that would otherwise make your mat slippery. Traction on these cotton mats is activated by moisture build up from sweat or water.

- Rolls up with your mat for easy carrying.
- 100% Cotton
- Made in India
- 24" x 74" (approx. 74" long without the tassels)
- Diameter when rolled up: 3-4"
- Dry clean only (to ensure colors do not run/bleed).
- Available in: Purple, Navy Blue, or Deep Tangerine.

Usually Ships Next Business Day!

Single Ashtanga Rug

\$32.95 Each

Deep Tangerine currently out of stock!

Custom Logo Yoga Mats

Embossed Logo Samples

(logo is raised above the lowered boxed background)



Debossed Logo Samples

(logo is indented/depressed into the existing background)



Our Deluxe Yoga Mats are the mats you've seen in yoga studios across the country and around the world. Now you are also able to private label these mats with your own logo, providing a unique product for your clients, while allowing you to market your company at the same time. The logo can be embossed or debossed into the mat, creating an elegant and effective promotional product that is a high quality, usable yoga mat.

- Minimum order quantity of 200 mats.
- Logo is embossed or debossed (see photos above). Therefore, the logo will have no color other than the color of the mat.
- Your printable area on the mat can be up to 5"x11".
- Provides a high-tack surface for stickiness and grip.
- High quality closed-cell PVC vinyl gives it a soft cushion feel. Embedded fabric mesh provides more durability against tearing. (100% latex free).
- Available in various colors and thicknesses.
- Allow approx. 6-8 weeks for production and delivery on your initial order.

Please see next page for more information and pricing...

Continued from previous page...

- Step 1:** Choose mat quantity and color.
- Step 2:** Choose the position of your logo on the mat
- Step 3:** Email us your high resolution logo (after you place your order)
- Step 4:** Receive our faxed paper proof of your artwork for approval
- Step 5:** Receive a real imprinted sample of the mat (one-off) for approval
- Step 6:** Receive your complete custom logo yoga mat order

**For further information or to place an order
please call our customer service representatives at 877-777-6287.**

Yoga Kits (Sets)

If you are looking to purchase a yoga mat kit as a gift or for yourself, we are sure to have a yoga package that fits your needs. We offer three different sets (Complete Set, Essentials Set and Serenity Set), each of which combines some of our most popular yoga products into one, cost conscious package! Usually the most important component of a yoga set is the yoga mat and since there are so many styles of yoga mats (various yoga mat sizes, thicknesses, densities, colors, textures, and materials) we have made these sets available with a great selection of yoga mat styles.



Complete Set

Includes: yoga mat, foam yoga block, yoga strap & mat tote bag.

- [With Universal Mat - \\$39.99](#)
- [With Yama Mat - \\$46.99](#)
- [With Classic Mat - \\$49.99](#)
- [With Deluxe Mat - \\$51.99](#)
- [With Monster Mat - \\$56.99](#)
- [With Harmony Mat - \\$72.99](#)

Essentials Set

Includes: yoga mat, two yoga foam blocks & yoga strap.

- [With Universal Mat - \\$35.99](#)
- [With Classic Mat - \\$36.99](#)
- [With Deluxe Mat - \\$38.99](#)
- [With Yama Mat - \\$42.99](#)
- [With Monster Mat - \\$44.99](#)
- [With Harmony Mat - \\$58.99](#)

Serenity Set

Includes: yoga mat & tote bag

- [With Universal Mat - \\$25.99](#)
- [With Classic Mat - \\$32.99](#)
- [With Yama Mat - \\$32.99](#)
- [With Deluxe Mat - \\$34.99](#)
- [With Monster Mat - \\$44.99](#)
- [With Harmony Mat - \\$59.99](#)

Complete Yoga Set - With Universal Yoga Mat



Set includes [universal yoga mat](#), [yoga foam block](#), [yoga stretching strap](#) and [nylon yoga tote bag](#)

Universal Yoga Mat: 4mm or 5.5mm High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness.

Thickness: 4mm or 5.5mm.

Size: 24" x 68"

Foam Yoga Block

Ultra light weight and easy to use foam yoga block. Provides safety, stability, and support for achieving correct postures.

Dimensions: 4" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with buckle or D-ring.

Black Nylon Yoga Tote Bag

Light weight nylon tote bag with shoulder strap, draw-string closure and velcro side pocket.

Available in Black only.

Set available in Blue, Purple or Black (tote bag in black only).



Purple



Black



Royal Blue

Usually Ships Next Business Day!

Set with 4mm Mat: \$39.99

Set with 5.5mm Mat: \$44.99

Complete Yoga Set - With Yama Yoga Mat



Set includes [yama yoga mat](#), [yoga foam block](#), [yoga stretching strap](#) and [nylon yoga tote bag](#)

Yama Yoga Mat: 1/4" High-Tack Foam with Rounded Corners

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness.

Thickness: 1/4"

Size: 24" x 72"

Foam Yoga Block

Ultra light weight and easy to use foam yoga block. Provides safety, stability, and support for achieving correct postures.

Dimensions: 4" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with buckle or D-ring.

Black Nylon Yoga Tote Bag

Light weight nylon tote bag with shoulder strap, draw-string closure and velcro side pocket.

Available in Black only.

Set available in Blue or Purple

Usually Ships Next Business Day!

Complete Set with Yama Mat

\$46.99

Complete Yoga Kit - With Classic Yoga Mat



Set includes [classic yoga mat](#), [foam yoga block](#), [stretching yoga strap](#), and [canvas bag](#).

Yoga Classic Mat: 1/8" Vinyl Sponge Foam

Ideal for yoga and pilates. High-tack sticky surface gives yoga user non-slip support.

Size: 2' x 6'

Foam Yoga Block

Ultra light weight and easy to use foam yoga block. Provide safety, stability, and support for achieving correct postures. Dimensions: 3" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with end loops.

Deluxe Canvas Yoga Tote Bag

Durable canvas tote bag with adjustable shoulder strap and a draw-string closure. Also has a convenient exterior side pocket with a velcro closure to store your keys, wallet and other items.



Purple



Blue

Usually Ships Next Business Day!

\$49.99

Complete Yoga Kit - With Deluxe Yoga Mat



Set includes [deluxe yoga mat](#), [foam yoga block](#), [stretching yoga strap](#), and [canvas bag](#).

Deluxe Yoga Mat: 3/16" High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness.
Thickness: 3/16". Size: 24" x 68"

Foam Yoga Block

Ultra light weight and easy to use foam yoga block. Provide safety, stability, and support for achieving correct postures. Dimensions: 3" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with end loops.

Deluxe Canvas Yoga Tote Bag

Durable canvas yoga tote bag with adjustable shoulder strap and a draw-string closure. Also has a convenient exterior side pocket with a velcro closure to store your keys, wallet and other items.



Purple



Navy Blue

Usually Ships Next Business Day!

Set Matching \$51.99

Complete Yoga Set - With Monster Yoga Mat



Set includes [monster yoga mat](#), [foam yoga block](#), [stretching yoga strap](#), and [zippered bag](#).

Monster Yoga Mat: 1/4" High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness. Thickness: 1/4". Size: 24" x 72"

Foam Yoga Block

Ultra light weight and easy to use foam yoga block. Provide safety, stability, and support for achieving correct postures. Dimensions: 3" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with buckle.

Zippered Yoga Tote Bag

Durable yoga tote bag with zipper along entire side and a shoulder strap. Also has a convenient exterior side pocket with a zipper closure to store your keys, wallet and other items.



Blue



Purple

Usually Ships Next Business Day!

Complete Set with Monster Mat

\$56.99

Complete Yoga Set - With Harmony Yoga Mat



Set includes [Harmony Pro yoga mat](#), [foam yoga block](#), [stretching yoga strap](#), and [zippered bag](#).

Harmony Pro Yoga Mat: 3/16" Natural Rubber

Ideal for yoga and pilates. Made of durable, natural rubber for extra stickiness.
Thickness: 3/16". Size: 24" x 68"

Foam Yoga Block

Ultra light weight and easy to use foam yoga block. Provide safety, stability, and support for achieving correct postures. Dimensions: 3" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with buckle.

Zippered Yoga Tote Bag

Durable yoga tote bag with zipper along entire side and a shoulder strap. Also has a convenient exterior side pocket with a zipper closure to store your keys, wallet and other items.



Blue



Purple

Usually Ships Next Business Day!

Complete Set with Harmony Pro Mat

\$72.99

Essentials Yoga Set - With Universal Yoga Mat



Set includes [universal yoga mat](#), [two yoga foam blocks](#), and [yoga stretching strap](#)

Universal Yoga Mat: 4mm or 5.5mm High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness.

Thickness: 4mm or 5.5mm.

Size: 24" x 68"

Two Foam Yoga Blocks

Ultra light weight and easy to use foam yoga block. Provide safety, stability, and support for achieving correct postures.

Dimensions: 4" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with buckle or D-ring.

Set available in Blue, Purple or Black.



Purple



Black



Royal Blue

Usually Ships Next Business Day!

Set with 4mm Mat: \$35.99

Set with 5.5mm Mat: \$39.99

Yoga Essentials Set - With Classic Yoga Mat



Set includes [yoga classic mat](#), [2 foam yoga blocks](#), and [6' yoga strap](#).

Classic Yoga Mat: 1/8" Vinyl Sponge Foam

Ideal for yoga and pilates. High-tack sticky surface gives yoga user non-slip support.

Size: 2' x 6'

Two Foam Yoga Blocks

Ultra light weight and easy to use foam yoga blocks. Provide safety, stability, and support for achieving correct postures. Dimensions: 3" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with end loops.

Yoga Mat, 6' Yoga Strap, and Foam Yoga Blocks Available in Blue or Purple.



Purple



Blue

Usually Ships Next Business Day!

Set \$36.99

Essentials Yoga Set - With Deluxe Yoga Mat



Set includes [deluxe yoga mat](#), [two yoga foam blocks](#), and [yoga stretching strap](#)

Deluxe Yoga Mat: 3/16" High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness. Thickness: 3/16". Size: 24" x 68"

Two Foam Yoga Blocks

Ultra light weight and easy to use foam yoga blocks. Provide safety, stability, and support for achieving correct postures. Dimensions: 3" x 6" x 9"

6' Yoga Stretching Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with end loops.

Yoga Mat, Stretching Strap, and Foam Blocks Available in Blue or Purple.



Purple



Navy Blue

Usually Ships Next Business Day!

Set \$38.99

Essentials Yoga Set - With Yama Yoga Mat



Set includes [yama yoga mat](#), [two yoga foam blocks](#), and [yoga stretching strap](#)

Yama Yoga Mat: 1/4" High-Tack Foam with Rounded Corners

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness.

Thickness: 1/4"

Size: 24" x 72"

Two Foam Yoga Blocks

Ultra light weight and easy to use foam yoga block. Provide safety, stability, and support for achieving correct postures.

Dimensions: 4" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with buckle or D-ring.

Set available in Blue or Purple.

Usually Ships Next Business Day!

Essentials Set with Yama Mat

\$42.99

Essentials Yoga Set - With Monster Yoga Mat



Set includes [monster yoga mat](#), [two yoga foam blocks](#), [stretching yoga strap](#)

Monster Yoga Mat: 1/4" High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness. Thickness: 1/4". Size: 24" x 72"

Two Foam Yoga Blocks

Ultra light weight and easy to use foam yoga block. Provide safety, stability, and support for achieving correct postures. Dimensions: 3" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with buckle.

Yoga Mat, Stretching Strap, and Foam Blocks Available in Blue or Purple.



Blue



Purple

Usually Ships Next Business Day!

Essentials Set with Monster Mat

\$44.99

Essentials Yoga Set - With Harmony Yoga Mat



Set includes [Harmony Pro yoga mat](#), [two yoga foam blocks](#), and [yoga stretching strap](#)

Harmony Pro Yoga Mat: 3/16" Natural Rubber

Ideal for yoga and pilates. Made of durable, natural rubber for extra stickiness.
Thickness: 3/16". Size: 24" x 68"

Two Foam Yoga Blocks

Ultra light weight and easy to use foam yoga block. Provide safety, stability, and support for achieving correct postures. Dimensions: 3" x 6" x 9"

6' Stretching Yoga Strap

Stretch yourself to the limit with our 100% cotton, durable yoga strap with buckle.

Yoga Mat, Stretching Strap, and Foam Blocks Available in Blue or Purple.



Blue



Purple

Usually Ships Next Business Day!

Essentials Set with Harmony Pro Mat

\$58.99

Serenity Yoga Mat Set - With Universal Yoga Mat



Set includes [universal yoga mat](#) and [black nylon yoga tote bag](#)

Universal Yoga Mat: 4mm or 5.5mm High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness.

Thickness: 4mm or 5.5mm.

Size: 24" x 68"

Black Nylon Yoga Tote Bag

Light weight nylon tote bag with shoulder strap, draw-string closure and velcro side pocket.

Available in Black only.



Green



Royal Blue



Maive



Pink



Purple



Black



Light Blue

Usually Ships Next Business Day!

Set with 4mm Mat: \$25.99

Set with 5.5mm Mat: \$29.99

Serenity Yoga Set - With Classic Yoga Mat

Set includes [classic yoga mat](#) and [canvas yoga tote bag](#)

Classic Yoga Mat: 1/8" Vinyl Sponge Foam

Ideal for yoga and pilates. High-tack sticky surface gives yoga user non-slip support.

Size: 2' x 6'

Deluxe Canvas Tote Bag

Durable canvas tote bag with adjustable shoulder strap and a draw-string closure. Also has a convenient exterior side pocket with a velcro closure to store your keys, wallet and other items.



Purple



Green



Blue

Usually Ships Next Business Day!

Set \$32.99

Serenity Yoga Mat Kit - With Yama Yoga Mat



Set includes [yama yoga mat](#) and [black nylon yoga tote bag](#)

Yama Yoga Mat: 1/4" High-Tack Foam with Rounded Corners

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness.

Thickness: 1/4"

Size: 24" x 72"

Available in Royal Blue or Purple.

Black Nylon Yoga Tote Bag

Light weight nylon tote bag with shoulder strap, draw-string closure and velcro side pocket.

Available in Black only.

Usually Ships Next Business Day!

Serenity Set with Yama Mat

\$32.99

Serenity Yoga Mat Kit - With Deluxe Yoga Mat

Set includes [deluxe yoga mat](#) and [canvas yoga tote bag](#)

Deluxe Yoga Mat: 3/16 " High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness. Thickness: 3/16". Size: 24" x 68"

Deluxe Canvas Yoga Tote Bag

Durable canvas yoga tote bag with adjustable shoulder strap and a draw-string closure. Also has a convenient exterior side pocket with a velcro closure to store your keys, wallet and other items.



Purple



Navy Blue



Green



Usually Ships Next Business Day!

Set \$34.99

Serenity Yoga Mat Kit - With Monster Yoga Mat



Set includes [monster yoga mat](#) and [zippered bag](#).

Monster Yoga Mat: 1/4" High-Tack Foam

Ideal for yoga and pilates. Made of durable, high-tack foam for extra stickiness.
Thickness: 1/4". Size: 24" x 72"

Zippered Yoga Tote Bag

Durable yoga tote bag with zipper along entire side and a shoulder strap. Also has a convenient exterior side pocket with a zipper closure to store your keys, wallet and other items.



Red



Black



Blue



Purple

Usually Ships Next Business Day!

Mat

Bag \$44.99

Serenity Yoga Kit - With Harmony Yoga Mat



Set includes [Harmony Pro yoga mat](#) and [zippered yoga tote bag](#)

Harmony Pro Yoga Mat: 3/16" Natural Rubber

Ideal for yoga and pilates. Made of durable, natural rubber for extra stickiness.
Thickness: 3/16". Size: 24" x 68"

Zippered Yoga Tote Bag

Durable yoga tote bag with zipper along entire side and a shoulder strap. Also has a convenient exterior side pocket with a zipper closure to store your keys, wallet and other items.



Blue



Purple

Set Price: \$59.99

Usually Ships Next Business Day!

Yoga Mexican Blankets



Our authentic, hand woven, Mexican yoga blankets have many uses, whether in yoga or in everyday life.

In yoga, Mexican blankets are ideal for placing onto your mat for extra loft or folding for use in various yoga postures (often used in lieu of a bolster). Each blanket is one of a kind, and when you own one of these hand-made blankets, you can rest assured that you own a work of art and that nobody will have a duplicate.

- Rolls up with your mat for easy carrying.
- Blend of 25% cotton and 75% acrylic for comfort and durability.
- Size: 60"x80".
- Dry cleaning recommended.
- Available in diamond stripe pattern in assorted colors such as: Forest Green, Red, Purple, Royal Blue, Yellow, Brown, Maroon, Black, And Pink.

Usually Ships Next Business Day!

Single Blanket (sorry, no color choice)
\$18.95 Each

6-Pack (assorted colors)
\$101.70 (\$16.95 each)

10-Pack (assorted colors)
\$149.50 (\$14.95 each)

20-Pack (assorted colors)
\$279 (\$13.95 each)

40-Pack (assorted colors)
\$518 (\$12.95 each)

Yoga Blocks (Foam Blocks and Wood Blocks)

Our yoga blocks are great for extending your poses. Choose from 3" or 4" width and from foam block or bamboo wood block styles.

3" Yoga Foam Blocks



Colors: Blue, Purple, Black
Size: 3"x6"x9"
Price: \$17.85 (set of 2)

4" Yoga Foam Blocks



Colors: Blue, Purple, Charcoal/Black
Size: 4"x6"x9"
Price: \$19.95 (set of 2)

4" Yoga Wood Blocks



Color: Natural Bamboo
Size: 4"x6"x9"
Price: \$31.98 (set of 2)

Foam Yoga Blocks (3 "x6"x9")



Ultra light weight and easy to use foam yoga blocks. Provide safety, stability, and support for achieving correct postures.

3" x 6" x 9"

Available in Purple, Blue, or Black:

 Purple  Blue  Black

Usually Ships Next Business Day!

Please see next page for more information and pricing...

Continued from previous page...

Single Yoga Block:
\$9.95

Set of Two Yoga Blocks:
\$17.85

6-Pack:
\$49.50 (\$8.25 each)

10-Pack:
\$65.00 (\$6.50 each)

20-Pack:
\$119.00 (\$5.95 each)

50-Pack:
\$262.50 (\$5.25 each)

Yoga Foam Blocks (4"x6"x9")



Ultra light weight and easy to use foam yoga blocks. Provide safety, stability, and support for achieving correct postures.

Size: 4" x 6" x 9"

Available in Blue, Purple or Black.



Usually Ships Next Business Day!

Single Yoga Block:
\$10.95

Set of Two:
\$19.95 (\$9.98 each)

10-Pack:
\$79.90 (\$7.99 each)

20-Pack:
\$149.80 (\$7.49 each)

40-Pack:
\$256.00 (\$6.40 each)

Yoga Bolster



Our 100% cotton yoga bolsters are made with durable foam cores, heavily wrapped in cotton batting to provide comfortable, firm support to your back, abdomen or legs. The bolster covers are removable for washing.

Colors: Natural, Purple, Navy Blue, Medium Denim Blue, Red or Black

Available Styles:

Round: 9" Diameter x 27" Long

Rectangle: 12" Wide x 6" High x 24" Long



Usually Ships Next Business Day!

Yoga Bolster
\$43.50

Yoga Tote Bags

Our yoga tote bags are great for transporting your yoga mat to and from class or anywhere else.



Yoga Designer Tote Bag

These yoga tote bags are equipped to organize everything you need for your yoga workout.

Available in two unique styles:
Cozy Fleece, Cotton Twill, or Tweed.

\$24.99 each (\$32.99 for extra large)



Yoga Zippered Tote Bag

These yoga mat carriers have a zipper along the length of the bag allowing for quick and easy insertion and removal of your yoga mat.

Available in Denim: Black or Medium Blue
Available in Cotton: Purple, Navy Blue, or Natural

\$24.99 each



Yoga Breeze Tote Bag (with Zipper)

Our mixed fabric-mesh zippered mat bags are hip and stylish, while still providing easy access to insert and remove your yoga mat. Great ventilation too!

Available in Royal Blue, Pink, Purple and Teal

\$19.99 each

Please see next page for more information and pricing...

Continued from previous page...



[Yoga Canvas Tote Bag](#)

Durable Canvas tote bag with adjustable shoulder strap, a draw-string closure and velcro side pocket.

\$19.99 each



[Yoga Nylon Tote Bag](#)

Light weight nylon tote bag with shoulder strap, draw-string closure and velcro side pocket.

\$14.95 each



[Yoga Mesh Tote Bag](#)

Light weight mesh tote bag with shoulder strap, draw-string closure and velcro side pocket.

\$14.95 each



[Yoga Economy Tote Bag](#)

Light weight nylon tote bag with wide cotton shoulder strap and draw-string closure.

\$12.95 each



Tote Strap

18" tote strap lets you easily tie and carry your yoga mat.

\$5.99/each

Designer Yoga Mat Carriers



Standard Size



Standard Size



Standard Size



Extra Large Size



Extra Large Size



Extra Large Size

Our durable Designer Yoga Mat Bags come equipped with:

- A zippered pocket - large enough to hold keys, jewelry, wallet, etc.
- An exterior mesh utility pouch (can be used to hold your water bottle)
- Standard size bags come with a sturdy colorful 1" wide strap.
- Extra Large size bags come with a 2" wide solid color strap.
- Superior quality craftsmanship made in the U.S.A.
- 100% cotton, machine washable.
- Bags are 28" long with a diameter of 5.7" (extra large - 9" diameter)

The designer yoga tote bag will comfortably hold one standard 1/8" or 3/16" yoga mat. The extra large bag will comfortably hold, for example, any of the following combinations (with room to spare):

- One 1/4" Utopian or 1/4" Monster Mat, or
- Two 3/16" deluxe mats, or
- One 3/16" deluxe mat and two blocks, or
- One 3/16" deluxe mat and one yoga mexican blanket

Please see next page for more information and pricing...

Continued from previous page...

Our Designer Yoga Tote Bags are available in two styles: Cozy Fleece or Cotton Twill



**Purple
(Fleece)**



**Black
(Fleece)**



**Teal
(Fleece)**



Rust (Twill)



Purple (Twill)



Black (Twill)



Charcoal (Twill)



Slate Blue (Twill)



Terracotta (Twill)



Pine Green (Twill)



Beige (Twill)

Usually Ships Next Business Day!

**Designer Yoga Bag (Standard)
\$24.99**

**Designer Yoga Bag (Extra Large)
\$32.99**

Zippered Yoga Mat Carrier

This extra large durable and stylish Yoga Mat Bag will hold even extra thick yoga mats and other tools such as towel, block, and water bottle. This mat carrier features a zipper along the length of the bag enabling quick and easy insertion and removal of your yoga mat. It also has an outside zipper pocket for all your small essentials and a large carrying strap.

- A side pocket (also zippered) - large enough to hold keys, jewelry, wallet, etc.
- A sturdy strap.
- Superior quality craftsmanship made in the U.S.A.
- Size: 27" long and approx. 7" diameter.
- Will comfortably hold even extra thick yoga mats

Available in Denim - Black or Medium Blue

Available in Brushed Cotton - Purple, Navy Blue, or Natural



Usually Ships Next Business Day!

Zippered Yoga Bag

\$24.99

The page cannot be found

The page you are looking for might have been removed, had its name changed, or is temporarily unavailable.

Please try the following:

- If you typed the page address in the Address bar, make sure that it is spelled correctly.
- Open the home page, and then look for links to the information you want.
- Click the [Back](#) button to try another link.

HTTP 404 - File not found Internet Information Services

Technical Information (for support personnel)

- More information:
[Microsoft Support](#)

Yoga Breeze Mat Carrier



Our hip and stylish light-weight yoga mat bag is made of durable fabric and breathable mesh. It provides easy access to insert and remove your yoga mat using a full-length zipper. The mesh portion provides excellent ventilation for your mat. This yoga mat carrier will comfortably hold your yoga mat and also some other small props (e.g. strap, towel). Also has an outside velcro pocket for all your small essentials and a large, adjustable carrying strap.

And in addition to all of these great features...it's unique and simply looks cool!

- Light weight.
- A side pocket (with velcro closure) - large enough to hold keys, jewelry, wallet, etc.
- A sturdy, adjustable strap.
- 27" long with a diameter of 5.7"
- Will comfortably hold one standard 1/8", 3/16", or 1/4" yoga mat.

Available in Royal Blue, Pink, Purple or Teal

Usually Ships Next Business Day!

Breeze Yoga Bag
\$19.99

Deluxe Canvas Yoga Tote Bag



Our durable, canvas carry-all tote bag comes with an adjustable shoulder strap and a draw-string closure. Also has a convenient exterior side pocket with a velcro closure to store your keys, wallet and other items.

These bags are 29" long with a diameter of 5.7"

Available in three colors:



Purple



Indigo Blue



Green

Usually Ships Next Business Day!

Single Yoga Tote Bag
\$19.99

5-Pack
\$89.95 (\$17.99 each)

10-Pack
\$164.90 (\$16.49 each)

20-Pack
\$299.80 (\$14.99 each)

50-Pack
\$649.50 (\$12.99 each)

Yoga Nylon Mat Carrier



This yoga bag is made of washable nylon with a shoulder strap and a draw-string closure.

- Custom made to hold yoga mats up to 1/4" thick.
- Protects your yoga mat.
- Water repellant.
- Velcro pouch can store your personal belongings while using the mat.
- These bags are 30" long with a diameter of 5.7"

Available in Black:



Black

Usually Ships Next Business Day!

Single \$14.95

5-Pack \$64.95 (\$12.95 each)

10-Pack \$109.50 (\$10.95 each)

20-Pack \$179.00 (\$8.95 each)

50-Pack \$397.50 (\$7.95 each)

Yoga Mesh Mat Carrier



This light weight, open mesh yoga mat bag is durable and allows maximum ventilation for your yoga mat. It will comfortably hold your mat and other small props (e.g. strap). This mat bag also has an outside velcro pocket for all your small essentials as well as a large shoulder carrying strap.

- Light weight.
- A side pocket (with velcro closure) - large enough to hold keys, jewelry, wallet, etc.
- Shoulder strap.
- Will comfortably hold one standard 1/8", 3/16", or 1/4" yoga mat.

Available in Red, Blue, or Yellow

Usually Ships Next Business Day!

Yoga Mesh Mat Carrier
\$14.95

18" Tote Straps

Simply guide end of strap through metal ring and tighten.



Our 18" tote strap lets you easily tie and carry your yoga mat to and from home. Ideal for carrying 1/8" and 3/16" thick yoga mats.

Available in Black only.

Usually Ships Next Business Day!

Tote Strap - \$5.99

Yoga Straps

Add flexibility to your poses with our yoga straps which allow you to grasp limbs you otherwise couldn't reach and hold poses longer. Achieve the results you want!



Yoga Straps with End Loops

Stretch yourself to the limit with our durable, 6' long yoga straps. They are soft to the touch and have convenient end loops for your hands or feet.



Yoga Straps with Cinch Buckle or D-Ring

(not available with our yoga sets!)

These 6' or 8' long yoga straps are made of durable cotton and are available with D-Rings or a hard plastic buckle with a nickel tip at the ends for easy threading.

6' Yoga Straps



Stretch yourself to the limit with our durable, 6' long yoga straps. They are soft to the touch and have convenient end loops for your hands or feet.

Choose from three colors: Blue, Purple, or Black.

Usually Ships Next Business Day!

Single Yoga Strap
\$8.95

5-Pack
\$39.95 (\$7.99 each)

10-Pack
\$69.90 (\$6.99 each)

20-Pack
\$129.80 (\$6.49 each)

50-Pack
\$299.50 (\$5.99 each)

6' and 8' Yoga Straps with Buckle or D-Ring



Stretch yourself to the limit with our durable, 6' or 8' long, 100% cotton yoga straps. They are 1.5" wide and are available in two styles - with cinch buckles or d-ring. The cinch buckle straps have a convenient, black, hard plastic buckle on one end and nickel tip on the other end for easy threading. Once in position, the cinch buckle holds securely, and its unique design provides an easy release. The D-Ring straps have metal D-rings on one end and can be easily fastened.

Choose from four colors: Navy Blue, Purple, Green, Black or Natural.

Usually Ships Next Business Day!

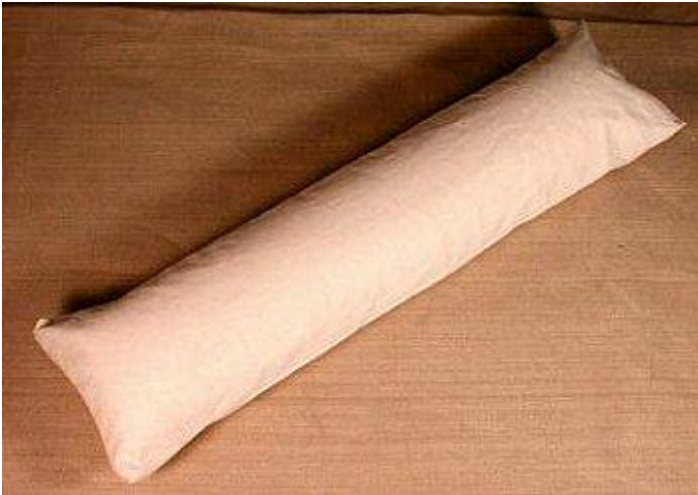
6 foot long: \$8.95
8 foot long: \$9.95

10-Pack (6 foot long): \$55.00 (\$5.50 each)
10-Pack (8 foot long): \$62.50 (\$6.25 each)

20-Pack (6 foot long): \$95.00 (\$4.75 each)
20-Pack (8 foot long): \$110.00 (\$5.50 each)

50-Pack (6 foot long): \$200.00 (\$4.00 each)
50-Pack (8 foot long): \$237.50 (\$4.75 each)

Pranayama Bolster Pillow



Our cotton stuffed cushions will support your spine from head to tail. In line with the spine, your chest expands for better breathing. Horizontally it supports the mid-back in a gentle arch. Cover is washable and removable by means of a zipperless, overlapping closure.

Size: 30"L x 6" x 6"

Colors: Natural, Blue or Purple

Usually Ships Next Business Day!

Pranayama Pillow: \$29.99

Sandbag



This 10 pound sandbag will help you deepen your posture by adding weight in different poses. High quality nylon packcloth, convenient handle.

Size: 6" x 14" x 3"

Weight: 10 lbs.

Available in blue or purple.

Usually Ships Next Business Day!

Sandbag: \$15.95

Silk Eye Pillow - Yoga Eye Pillow



Reduce stress and soothe your eyes with our calming Silk Eye Pillow. Filled with organic flaxseed, this therapeutic eye pillow's gentle, stress-soothing pressure will help you relax, and relieve headaches. The sensual silk is breathable, luxuriously comfortable and cool. Use while resting, taking a break from work, meditating or before going to bed for soothing calmness.

Size: 4" x 8"
Weight: 0.5 lbs.
Colors: purple, navy blue and black

Handcrafted in the U.S.A.

Usually Ships Next Business Day!

Silk Eye Pillow: \$14.95

All Eyes Large Silk Pillow



Simply lay the All Eyes Pillow across your eyes, brow and temples. The Pillow blocks out all light and spreads a soothing weight over key acupressure points around the eyes and temples. Silk cover filled with flaxseed.

Size: 5 1/2" x 10"L
Colors: Purple and Navy Blue

Handcrafted in the U.S.A.

Usually Ships Next Business Day!

All Eyes Pillow: \$18.95

Silk Neck Roll



The silk neck roll is perfect for relaxing the neck and shoulders. It has a drawstring for adjusting firmness to your personal comfort. It also has a removable case and is filled with organic buckwheat hulls.

Size: 4 1/2"H x 12"L
Color: Navy Blue or Purple

All handcrafted in the U.S.A.

Usually Ships Next Business Day!

Silk Neck Roll: \$32.99

Disinfectant Cleaner

Our Disinfectant Cleaner is a highly concentrated, commercial grade formula that provides excellent one-step, cost effective cleaning and disinfection. It provides a one-step disinfectant cleaner and deodorant to clean and disinfect most surfaces. Great for Gyms, Studios, Doctor Offices, Hospitals, and Home use. It kills a very broad-spectrum of micro-organisms, including HBV, HIV-1, VRE, MRSA, GRSA, MRSE, VISA, PRSP, Herpes Simplex Types 1&2, Influenza Type A2, Adenovirus, Rotavirus and much more! It also kills most molds and mildew. In concentrate it will last up to 3 years, and 1 year once mixed with water, whereas most other cleaners last only days or weeks. It is made by Johnson Wax, one of the country's leading cleaning chemical manufacturers. It is also environmentally friendly and is non-toxic (it is considered a "green" product).

This no-rinse formula will not damage the skin, floor finishes or paint. It also provides odor control. One concentrated cleaning square mixes with 1 gallon of water for immediate use.

This Disinfectant Spray Kit includes:

- 1 empty gallon bottle
- 1 empty quart spray bottle
- 1 concentrated square of dry disinfectant/cleaner and deodorant. Simply drop into the included 1 gallon bottle and add 1 gallon of water to create ready-to-use liquid solution.

The Refill Pack includes:

- 2 concentrated squares of dry disinfectant/cleaner and deodorant. Simply drop one square into a 1 gallon bottle and add 1 gallon of water to create ready-to-use liquid solution.



Usually Ships Next Business Day!

Disinfectant Spray Kit \$19.99

Disinfectant Refill Two-Pack \$19.99

Yoga Mat Cleaning Wipes



Clean your mat...Calm your mind!

Jo-Sha Wipes are natural, cleansing, yoga mat wipes infused with soothing essential oils. You will appreciate having a clean yoga mat on which to practice while you enjoy the healing [benefits of essential aromatherapy oils](#) like Lavender, Peppermint, Eucalyptus, and Tangerine. Jo-Sha Wipes dry quickly and evaporate completely, leaving the yoga mat with its important sticky surface and a faint lingering scent that invigorates the senses and adds to your yoga practice. Each wipe is infused with one of four essential oils to provide that soothing scent during and after cleaning. Use Eucalyptus to promote mental clarity and to cleanse negative energies caused by physical or emotional distress. Use Lavender to restore balance and evoke a sense of calm and relaxation. Use Peppermint to invigorate the mind and to awaken dull senses. Use Tangerine to create an uplifting inner atmosphere of joy and to ease mental burdens. The wipes come in convenient packets so you can easily throw a few Jo-Sha Wipes in your yoga mat bag and be on your way. Not only will you have a clean mat, but you will get the benefits of healing aromatherapy.

- Naturally cleansing; contains NO

alcohol and NO bleach.

- Biodegradable.
- Outer plastic bag is 100% recyclable.
- Gently cleans your mat but will maintain the important sticky, no-slip surface.
- Dries quickly and evaporates completely on your yoga mat so you can wipe it down and step right on it to begin your yoga practice.
- Can be used to clean your mat, yoga props, and fitness equipment, or to cleanse your feet and hands before you practice.
- Available in 4 fragrances: Lavender, Peppermint, Eucalyptus, Tangerine, or an assortment of all 4 scents.
- Contains 20 *individually wrapped* wipes in a re-sealable bag.
- Ingredients: Water, Aloe Vera, Polysorbate 20, Optiphen, Essential Oil (Lavender, Peppermint, Eucalyptus or Tangerine), Vitamin E, Citric Acid.



Aloe Vera is a very common natural extract from the plant. It is widely used in cosmetic and pharmaceutical preparations for its soothing and healing properties. **Polysorbate 20** is a natural emulsifier that bonds the water and the essential oils. **Optiphen** is a natural and safe preservative accepted globally. It is a unique formulation which consists of phenoxyethanol and an emollient base. **Vitamin E** is a fat-soluble vitamin that is an important antioxidant. Vitamin E is often used in skin care products because it is believed to play a role in encouraging skin healing and reducing scarring after injuries. **Citric Acid** comes from citrus fruits. It is a natural preservative and is also used as a cleaning agent and antioxidant.

Best Value

Also available, 50-pack of *bulk packaged* wipes in re-sealable dispenser bag. These yoga mat cleaning wipes are not individually packaged and are therefore great for use in yoga classes or at home, where individually packaged wipes are not necessary. These are the same wipes as the individually packed ones shown above, just bulk packaged for better value.

Available in Lavender scent only.



Usually Ships Next Business Day!

Pack of 20 individually packaged Jo-Sha Wipes

\$11.95

Pack of 50 bulk packaged Jo-Sha Wipes - Lavender Only
\$11.95

Yoga Kit for Kids

"What Your Kids Will Clamor for Next Christmas". The Wall Street Journal

This award winning Yoga Kit for Kids is both a game and a teaching tool that combines fun, fitness and imagination. The bright, 5" x 7" cards feature photographs of children in easy yoga poses. The cards are illustrated with the object or animal the pose is named after. Kids imitate the illustrated photographs on the cards to pretend to be Dogs, Lions, Heroes and more! On the reverse side of the card is a cartoon and a short rhyming poem - fun to remember and repeat - describing how to move into the pose.



- Develops strength, flexibility and balance.
- Ideal for indoors or out.
- Use at home or school.
- Suited for ages 4 and up.
- A portion of every sale is donated to children's charities.

Includes:

25 sturdy, over-sized yoga cards.

24 page illustrated instruction book.

Music CD (contains 20 minutes of energizing classical music and 20 minutes of soothing instrumental music).

Award: Parents Choice Silver Honor Winner

Award: Dr. Toy 100 Best Children's Products

Award: National Parenting Center Seal of Approval

Usually Ships Next Business Day!

Price: \$17.95

Shiatsu Thai Massage Mat

Traditional shiatsu massage mat made with untreated cotton batting. Wide enough for both the practitioner and the patient to stretch out comfortably 54" x 80" x 2.5" of cotton provides a nice thickness for ample cushioning yet light enough to be portable with its roll up ties and attached carrying strap. Perfect for body work and even road trips!



- Unbleached, natural cotton shell.
- Stuffed with approx. 20 pounds of pure, natural, untreated cotton batting (total weight approx. 25 pounds).
- Hand tufted.
- Convenient shoulder strap for easy carrying to class. Attached ties for easy roll up and storage.
- Approximate Size: 54" x 80" x 2.5"

Cotton Slip Cover:

Also available is a cotton protective slip cover in either natural (unbleached, untreated), navy blue, or purple . Due to sweat, dirt and skin oils, this easily washable cover will protect your mat and keep it clean. The weight of the cover is approx. 5 pounds.

Shiatsu Mat Only (Natural): \$124.95

Shiatsu Mat Slip Cover Only: \$59.95

Shiatsu Mat & Slip Cover Combo \$169.95

Yoga Balls / Fitness Balls

The Natural Fitness Soft Weighted Balls provide a comfortable alternative to dumbbells and other hand weights. These balls are designed to provide increased resistance to allow you to advance further in your fitness program. Their soft, cushioned feel is perfect for hand held activities or to place on parts of your body for additional resistance. They are extremely versatile and can be used in a wide range of exercises and activities to build strength and stability

- Tone and strengthen by adding weight resistance
- Soft and fun alternative to dumbbells
- Stress-free natural grip
- Use for Pilates, fitness & strength training, yoga and rehabilitation
- Latex-free vinyl outer shell, filled with natural sand and iron
- Exercise Instruction Chart provides a full body workout



ZERO IMPACT PROGRAM: *In an effort to offset the environmental effects of the manufacturing and transportation of this eco-friendly product, a tree will be planted for each one sold. The Zero Impact Program funds this important reforestation program in areas of the world most in need of the benefits of agroforestry, and the tree species is carefully chosen to achieve the greatest positive impact to the local ecology and its people*

We also have [large exercise balls](#), if you are looking for the inflatable kind.

Kit includes set of two balls and an exercise/instruction chart. Choose your color/weight combination.

- 2 lb. each., Moss Green, 4.5" diameter. -**\$17.95**
- 4 lb. each., Red, 4.5" diameter. -**\$19.95**
- 6 lb. each., Ocean Blue, 4.5" diameter. -**\$22.95**

Usually Ships Next Business Day!

Yoga/Fitness Balls (Set of two balls)

Meditation Cushions (Zafu & Zabuton)



Zafu Pillow:

Our comfortable and supportive Zafu pillow provides better spine alignment and proper height for a more comfortable and deeper meditation. The Zafu makes sitting meditation easier on the knees and ankles. Our Buckwheat Hull or Kapok filling gently conforms to your body's shape and is wrapped in a strong, pure cotton twill shell (our natural colored Zafu is untreated and unbleached). Our Zafu pillows are a supremely comfortable resting place from which to embark on the meditative travels of the mind/body. Available in Round or Crescent shape. Available in natural (untreated and unbleached), purple, navy blue, medium denim blue, red and black - (colored zafus do not use natural dyes).

Size: 15" diameter x 7" thick

Weight: approximately 6 pounds with buckwheat hull filling or 3 lbs with kapok filling.



Also available is a **cotton covered** zafu with 100% organic filling.

Also available is a **silk covered** zafu with 100% organic filling.

Zabuton Mat:

Zafus work better on top of our traditional Zabuton mat. The all natural Zabuton mat is handmade from chemical-free "Green Cotton", 10oz. duck for its shell and stuffed with pure cotton batting to provide a cushioned surface for your ankles and legs for stress-free meditation. The Zabuton mat always has a natural cotton shell (untreated and unbleached cotton, natural off-white color) and comes with a removable cover in the following colors: natural (untreated and unbleached), purple, navy blue, medium denim blue, red and black (colored Zabuton covers do not use natural dyes).

Size: Approx. 29" x 29" x 2"

Weight: approximately 4 pounds



Also available is a **cotton covered** zabuton with 100% organic filling.

Also available is a **silk covered** zabuton with 100% organic filling.

Zabuton Cover:

Also available is an additional cover in six colors to protect your Zabuton Mat
Square: (Approx. 29"x29"x2")

[Also available is a completely organic version of our zabuton cover.](#)

Please see next page for more information and pricing...



Continued from previous page...

Other Related Products:



[Meditation Benches](#)



[Meditation Music CD](#)



[Buckwheat Hull or Kapok Filling](#)



[Silk Zafu & Zabuton](#)

Usually Ships Next Business Day!

Zafu Pillow:
\$36.00

Zabuton Mat with Cover:
\$44.00

Extra Cover for Zabuton Mat:
\$15.00

Meditation Combo (includes Zafu, Zabuton and Zabuton Cover):
\$69.99

Meditation Benches

Comfortable hardwood meditation benches with unique rounded leg bottoms. The rounded bottom surface of the legs allow the meditator to adjust spine and pelvis alignment by rocking forward or backward to get ideal stress-free alignment, rather than be forced into an alignment position predetermined by a flat bottomed bench. The rounded legs also will not cut into the fabric of a zabuton cushion underneath the meditator, whereas the corners of flat leg benches can damage the cushion. For added portability, folding benches are also available.



Material: 7/8" thick, solid, light colored, Brazilian mahogany wood with durable clear coat finish and steel hinges.

Benches available in two styles:

- Deluxe with folding legs (Middle on photo - 18"L x 7.5"W x 7.5"H - **\$54.95**)
- Approx. 4 lbs.
- Standard with folding legs (Bottom on photo - 18.5"L x 5.5"W x 7.5"H - **\$48.95**)
- Approx. 2.5 - 3 lbs.

Cushion for Bench:

- Rectangular cushion design filled with urethane foam
- Fits "Standard" or "Deluxe" bench
- Attaches with velcro straps
- Thickness: 1.5"
- Size: 15" x 5.5"
- Color: Black



Usually Ships Next Business Day!

Cushion for Meditation Bench: \$14.95

Anso no Kata

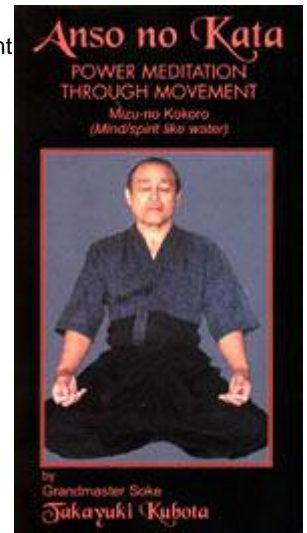
We are happy to present to you Anso no Kata, a meditation form, which is performed in a slow rhythmic fashion. It is designed to help relax your muscles during the various changing movements. Life is movement and movement is life, so it is important to practice meditation while in motion as well as in non-movement form.

This can heighten your awareness of yourself and your surroundings. True inner relaxation and calm is the foundation for the development of genuine power and energy.

DVD length is approximately 30 minutes.

Usually Ships Next Business Day!

\$24.95



Meditation Audio CDs (with narration)

As long as 5000 years ago, it was discovered when we become present without judgment, in the silence of being, we can access the infinite power of all creation. Traditionally someone might meditate or do Yoga for years before they experience this enlightenment. When someone would have a brief glimpse of this enlightened, the state was called a Satori.

Most of us spend a lifetime focusing on desires and fears, every once in a while we visit the present moment fully. When we do it feels great and is always remembered as one of our happiest moments in life.

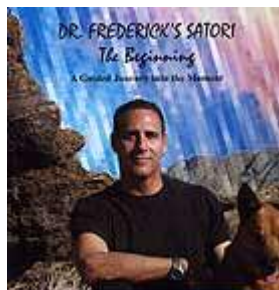
Dr. Frederick's Satori: The Beginning

This CD is for relaxation, stress reduction, and sleeping well!

The Beginning meditation CD contains 48 minutes of music and narration. This CD is an amazing way to learn to meditate. It is best when played at bedtime and is great for stress reduction and sleeping problems. No prior knowledge is needed.

Track #1 contains 24 minutes of narration and music meant to stimulate the Alpha state. This track teaches one how to calm the mind and learn to use breath and thoughts to relax the body and mind.

Track #2 contains 24 minutes of incredibly relaxing music, by composer Alan Reeves that stimulates the Alpha state.



Usually Ships Next Business Day!

\$24.95 Each (includes shipping!)

Please see next page for more information and pricing...

Continued from previous page...

Dr. Frederick's Satori: Achieving Your Goals **This CD is for inspiration, focusing, and creativity!**

This Satori □Achieving Your Goals□ is 58 minutes total. It brings out the creativity, peace, joy and power of life. It is energizing and motivating. It is best played in the morning.

Track #1 is an 8-minute introduction to meditation and the Satori.

Track #2 is 25 minutes of narration and music. The listener is guided inward to a place of real power, joy, peace and creativity. This narrated journey not only energizes the listener, but also teaches you how to direct and focus the energy to accomplish your goals.



Track # 3 is 25 minutes of re-enforcing pure music by composer Alan Hewitt. This CD does not contain Yoga poses or Asanas; however, it is based on the yoga Sutras. It is a must have to inspire and/or complement your yoga workout or your life journey.

Usually Ships Next Business Day!

\$24.95 Each (includes shipping!)

Dr. Frederick's Satori: Walking in Awareness **This CD is for posture, fighting depression, and FUN.** **That□s right a meditation designed to help you smile!**

This amazingly simple walking meditation CD has 50 minutes of upbeat music and narration. Reducing stress and its effects, releasing endorphins that fight depression, better posture and enhancing healing and longevity in the body □ these are just some of the positive outcomes of Dr. Frederick□s Satori CD-Walking in Awareness.

Based on the same principles as his other CDs, but also including visualizations to really improve your posture and awareness, this CD is very powerful and easy for anyone to use. If you have difficulty sitting still or just want to add another special meditative experience to your life, try this, it is the ultimate body, mind and spirit transformational CD.

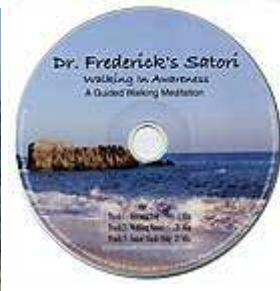
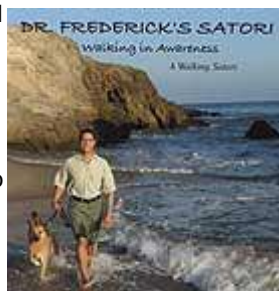
Track #1 is a 1-minute introduction to this walking meditation.

Track #2 is 25 minutes of narration and music. The listener is guided on proper breathing techniques, proper posture and then taught how to use all the senses. There is so much information in our life that can help us, if we learn to use and access it. Dr. Frederick uses over ten ways to help the listener find awareness and wisdoms.

Track # 3 is 25 minutes of re-enforcing pure music by highly spirited composer Alan Hewitt. The upbeat music is fun and inspiring.

Usually Ships Next Business Day!

\$29.95 Each (includes shipping!)



100% Organic Zafu Pillow:

Our comfortable and supportive Zafu pillow provides better spine alignment and proper height for a more comfortable and deeper meditation. The Zafu makes sitting meditation easier on the knees and ankles. Our 100% organic Buckwheat Hull or Kapok filling gently conforms to your body's shape and is wrapped in a strong, pure 100% organic cotton twill shell - our natural Zafu is untreated and unbleached. Our Zafu pillows are a supremely comfortable resting place from which to embark on the meditative travels of the mind/body.

Available in Round or Crescent shape.

Size: 15" diameter x 7" thick

Weight: approximately 6 pounds for buckwheat and 3 pounds for kapok.

[Also available is a non-organic version of our zafu.](#)

100% Organic Zabuton Mat:

Zafus work better on top of our traditional Zabuton mat. The all natural Zabuton mat is handmade from 100% organic, chemical-free, "Green", 10oz. cotton duck for its shell and stuffed with pure, 100% organic cotton batting to provide a cushioned surface for your ankles and legs for stress free meditation. Includes a similarly 100% organic cover in natural color.

Size: 30" x 30" x 2"

Weight: approximately 4 pounds

[Also available is a non-organic version of our zabuton mat.](#)

Zabuton Cover:

Also available is an additional 100% organic zabuton cover in a natural color to protect your Zabuton Mat Square: (30"x30"x2")

[Also available is a non-organic version of our zabuton cover.](#)

Please see next page for more information and pricing...



Continued from previous page...

Usually Ships Next Business Day!

**100% Organic Zafu Pillow (Natural Color):
\$44.00**

100% Organic Zabuton Mat with Cover(Natural Color): \$68.00

100% Organic Extra Cover for Zabuton Mat(Natural Color): \$29.00

**100% Organic Meditation Combo
(includes Zafu, Zabuton and Zabuton Cover. Natural Color):**

\$99.00

Silk Zafu Cushions & Zabuton Mats



[Moroccan Spice](#)



[Tibet](#)



[New Kashmir](#)



[Lotus](#)



[Pistachio Paisley](#)



[Tranquil Blu-Ocean](#)

Silk Zafu Pillows:

Our elegantly designed, silk zafu pillows are ideal for the serious meditator or to enhance your home decor. Made of a luscious combination of imported silk brocade and dupione silk, the zafu is filled with 100% organic buckwheat hulls which gently conform to your body's shape. Also added in the filling is a subtle hint of lavender. These beautiful meditation cushions are adorned with an Om coin on the carrying handle and feature a hidden side zipper.

Size: 20" diameter x 8" thick

Weight: approximately 7 pounds

Allow approx. 7-10 days for delivery

[Also available is a cotton non-organic version of our zafu.](#)

[Also available is a 100% organic version of our zafu.](#)

Silk Zabuton Mats:

The perfect complement to the zafu is our silk zabuton meditation cushion. It is filled with 100% organic cotton batting and lined with a 100% durable, double sided cotton muslin shell. It is covered with an elegantly designed, 100% imported silk, removable cover for easy cleaning. Ideal for comfortable meditation or beautiful floor pillows.

Size: 28" x 33" x 2"

Weight: approximately 4 pounds

Allow approx. 2-3 weeks for production and delivery.

[Also available is a cotton non-organic version of our zafu.](#)

[Also available is a 100% organic version of our zafu.](#)

Usually Ships Next Business Day!

**Silk Zafu Pillow:
\$94.99**

**Silk Zabuton Mat:
\$99.99**

**Meditation Cushion Combo (includes Zafu and Zabuton):
\$174.99**

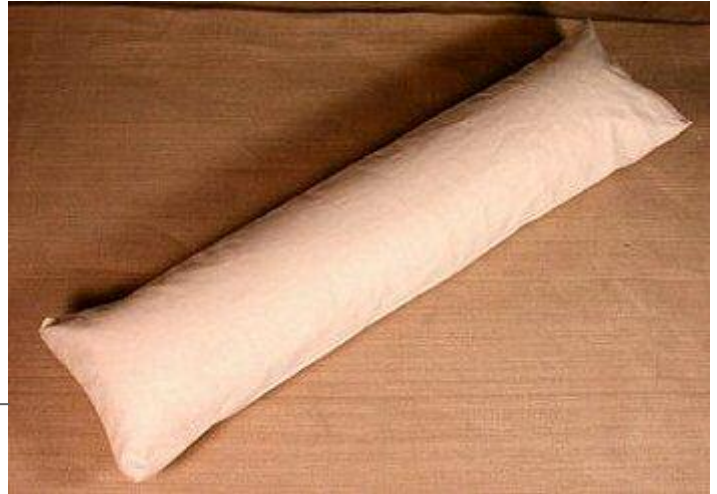
Our 100% organic pranayama cushions will support your spine from head to tail. In line with the spine, your chest expands for better breathing. Horizontally it supports the mid-back in a gentle arch. Covered with 100% organic 7oz. cotton cover and filled with 100% organic chambray.

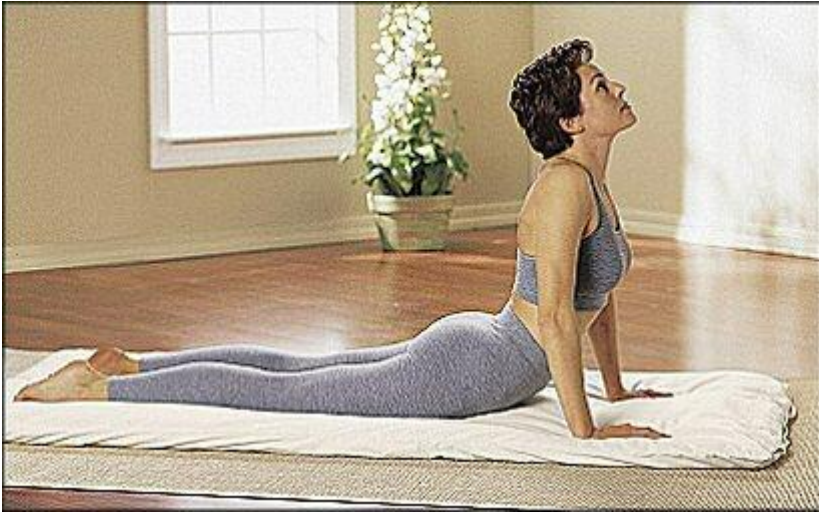
Size: 30"L x 6" x 6"
Color: Natural

Made in USA!

Also available: [Non-organic pranayama pillow](#)
Usually Ships Next Business Day!

100% Organic Pranayama Pillow: \$42.50





If yoga movement and meditation is to be successful, it must happen in a peaceful, comfortable space. Our 100% organic cotton yoga mat provides a safe and comfortable surface on which to orchestrate the poses. It's also great for Pilates exercise and Massage.

- 100% organic, 7oz. unbleached, chemical-free cotton shell.
- Stuffed with 8 pounds of 100% organic, pure, natural, untreated cotton batting (total weight approx. 10 pounds).
- Hand tufted to provide the ideal place from which to embark on your inner journeys.
- Convenient shoulder strap for easy carrying to class. Attached ties for easy roll up and storage.
- Size: 3' x 6' x 2"



Cotton Slip Cover:

Also available is a 100% organic, 7oz. cotton protective slip cover. Due to sweat, dirt and skin oils, this easily washable cover will protect your mat and keep it clean.

[Also available: Non-organic cotton yoga mat](#)

Usually Ships Next Business Day!

100% Organic Natural Cotton Yoga Mat: \$149.95

100% Organic Natural Cotton Slip Cover: \$59.95

**100% Organic Natural Cotton Yoga Mat & Slip Cover Combo
\$199.95**

Our yoga bolsters are made with durable 100% organic 7oz. cotton covers and filled with 100% organic chambray batting to provide comfortable, firm support to your back, abdomen or legs. The bolster covers are removeable for washing.

Color: Natural

Style: Round: 9" Diameter x 27" Long

[Also available: Non-organic bolsters](#)

Usually Ships Next Business Day!

100% Organic Yoga Bolster

\$89.95



Kapok and Buckwheat Hull Filling

Kapok Filling:

Kapok is an all natural, unbleached filling derived from the seeds of the massive, tropical kapok tree. Kapok has a silky floss like texture, making it a great type of pillow filling. It provides the same type of soft cushion that some synthetic fillings provide, but in an all natural and environmentally friendly manner.

Weight: 5 pounds per package

Volume: Approx. 2.5 cubic feet - tightly packed (enough to fill one zafu or two head pillows)

Usually Ships Next Business Day!

Kapok Filling (5 lbs.): \$29.95

We also offer [kapok filled zafu meditation pillows](#).



Buckwheat Hull Filling:

Buckwheat hulls are the husks that protect the buckwheat kernel from the various elements of nature. The buckwheat hull is organically grown in the United States, using no fertilizers or pesticides.

This natural filling has many advantages over conventional fiberfill, foam, or feather fillings. The most important quality for the relief of pain is that the material conforms to the exact contours of the body providing a compliant passive support. This means that you have the same amount of support in all areas minimizing the stress on all areas of support. Other filling materials which compress, try to recover their original shape, and this puts stress on the muscles. Other advantages of the buckwheat hull filling are the "cool in the summer, warm in the winter" insulating properties, and the filling also lasts for many years. Long after other fillings have collapsed and worn out, a buckwheat hull filling will still be fully functional. Buckwheat hull is also environmentally friendly.

Weight: 5 pounds per package

Volume: Approx. 2 cubic feet (enough to fill one zafu or one head pillow)

Usually Ships Next Business Day!

Buckwheat Hull Filling (5 lbs.): \$24.95

We also offer [buckwheat hull filled meditation cushions](#) and a [buckwheat hull filled head pillow](#).

