

Eco Yoga Mat

Includes
8 Exercises:



- p.2 Downward Facing Dog
- p.2 Crane (Crow)
- p.2 Warrior I
- p.3 Revolved Side Angle Pose Variation
- p.3 Standing Forward Bend
- p.3 Pigeon
- p.4 Upward Facing Dog
- p.4 Warrior II

A great yoga mat provides grip, absorbs sweat and has a thin profile to create a close connection with the ground. The Eco Yoga Mat has all three of these features and is completely non-toxic, biodegradable and recyclable.

Downward Facing Dog



A rejuvenating stretch

- Requires both strength and flexibility
- Opens and strengthens the upper body
- Strengthens shoulders and spine
- Lengthens hamstrings and calves
- Lengthens entire length of the spine

Crane (Crow)



Enables you to reach beyond your limits

- Discover a sense of lightness and joy
- A dynamic balancing pose
- Requires a strong core and strong shoulders
- Creates full flexion of the spine, hips and knees
- Encourages intense focus and steadiness

Warrior I



Look and feel like a warrior

- A combination of torso extension and rotation, hip internal and external rotation, and strength and flexibility
- Requires strength, flexibility and calm
- Stretches the chest and lungs, shoulders and neck, abdominals and hip flexors
- Strengthens the shoulders and arms, and the muscles of the upper back
- Strengthens the thighs, calves, and ankles
- Lengthens the inner thighs and hip joints

Revolved Side Angle Pose Variation



Twists allow us to move confidently through change

- This variation adds hands in Salutation Seal position
- Strengthens quads, knees and ankles
- Lengthens hip flexors
- Encourages spinal rotation
- Develops balance and control

Standing Forward Bend



An outward stretch with an inward focus

- Reach the heels and sit-bones away from each other
- Maintains the length of the front of the torso
- Releases tension in the neck and shoulders
- Strengthens knees and thighs

Pigeon



Hips are the key to your Yoga practice

- Opens the hip joints on both sides
- Lengthens hip flexors
- Encourages external rotation of the hip joint
- Extends the lumbar spine with support



Once the position is mastered...

- Allow the upper torso to release forward over the front leg and lengthen the arms overhead

Upward Facing Dog



Opens your heart to the world

- Opens the front wall of the torso
- Strengthens abdominals and hip extensors
- Strengthens the shoulders while opening the chest
- Lengthens the hip joints and strengthens the quadriceps

Warrior II



Experience a sense of empowerment

- Builds strength in the upper and lower body
- Lengthens the hip flexors and calf muscles
- Strengthens the thighs and abdominals
- Challenges balance and endurance
- Opens the chest and strengthens the shoulders and arms

WARRANTY, CARE AND USAGE FOR ECO YOGA MAT

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

Method 1

Fill a spray bottle with water and add 20-30 drops of tea tree oil*. Spray mat and wipe with a clean cloth. Let it air dry unrolled.

Method 2

Wipe the mat with a cloth dipped in soap suds or laundry powder solution. Rinse with water and wipe dry with a towel or cloth.

Method 3

Machine wash on delicate cycle using cold water. Lay flat to dry.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

Storing & Handling

- Store your Yoga Mat in a dry location away from direct sunlight.
- Do not store anything on top of the mat as it may cause permanent indentations.
- Do not apply adhesive tape to the surface
- Keep away from direct heat.
- Never use corrosive cleaning products on mat.
- Be sure mat is dry before rolling up for storage.
- Clean when necessary, using one of the methods below.

Safety and Usage

Improper use of exercise equipment may cause serious bodily injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner; avoid excessive tension in neck and shoulders.
- Do not use equipment if it appears worn, broken or damaged, and do not attempt to repair equipment yourself.
- Use equipment only as recommended.

For more information about MERRITHEW™ products and training, please call:
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