

# Eco Yoga Mat

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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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