



Article published on June 6th 2012 | [Health](#)

Yoga is a discipline practiced for more than seven thousand (7000) years, being a practical and philosophical system that aims at human development, providing integration between your body and your mind. It is an Ancient Science, Archaic in fact. On the physical level, provides well-being, brings balance, strength and vitality. On the mental plane increases memory, concentration, and provides a greater emotional control, promoting quality of life and satisfaction. The practice increases physical vitality, mental serenity, and creates the opportunity for self-development. On a deeper level, the practice of Yoga seeks to lead to self-realization. Anyone can practice yoga, no matter the age, capacity, flexibility, body weight, sex, etc.

To begin practicing yoga you just need the desire to do so and little else to start on this journey to better physical and mental well-being. Yoga Mats are one of the few pieces of equipment that the experts recommend that you purchase for when you begin learning yoga. A Yoga Mat can come in all shapes, sizes, colours, thicknesses and in a wide variety of materials. For those of us who care about the environment there is now a range of Eco Yoga Mats available to buy.

Why choose and Eco Yoga Mats? Simply put for those of us who like to recycle and keep a low carbon footprint there are a variety of eco friendly yoga mats available that have been made from recycled or environmentally friendly materials. These eco yoga mats are made from a variety of different materials and they come in a range of colours, textures and even patterns for a very personal yoga mat experience. You can really choose an eco yoga mat that reflects your beliefs but is not short on style.

To choose the ideal Eco Yoga Mat you need to take into consideration your proportions and ensure that your body fits well on the yoga mat. An Eco Yoga Mat is a great choice from the many ranges of commercial yoga Mat available. They are usually made from natural fibres or from items that have been recycled. Yoga mats made of cheaper plastic or PVC is not the most desirable because of the risks that can bring to your well being. Some experts advise against using these types of mainstream Yoga Mats made from these materials as they may contain chemicals which may be toxic when exposed to higher temperatures.

Eco Yoga Mats made with materials and natural fibres such as cotton and jute can be beneficial for some types of yoga but not for others. Although greener, its durability is reduced due to the fact that they may absorb the moisture from perspiration, which weakens their natural fibres™. The Yoga mats made of natural latex are considered by many as carpets ideal for practicing this activity. Such mats are very durable, while they are also environmentally friendly.

Article Source:

<http://www.articleside.com/health-articles/eco-yoga-mats.htm> - [Article Side](#)

[Joky Fan](#) - About Author:

For more details please visit our site to a [Eco Yoga Mats](#) or a [Click here](#).

Article Keywords:

Eco Yoga Mats

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!