

BSTYM3 3mm Blue Yoga Mat



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Our durable Body-Solid Yoga Mats provide a stable, non-slip surface for your yoga or Pilates. A great yoga mat will take your practice to the next level. This soft, flexible mat is lightweight for easy transport to and from class. The low density lightens the weight of the mat without losing quality or traction. Features a light-tack non-slip surface with just the right cushioning for your bones and joints. Perfect for home or studio use, this mat ensures the safety and comfort you need to enhance proper alignment and maintain poses. Ideal for everyone, from beginners to seasoned yogis.

Special Features

- Made from durable high density PVC
- Lightweight for easy transport
- Textured, non-slip surface
- Size 72" x 24"
- 3mm Thick