

## Which Yoga Mat Is The Right One For Me?

If you are just starting out with yoga, you already know that there are a number of different pieces of equipment that you may need and the yoga mat is one of them. But, how can you choose one that is right for you? There are several things to help you make that decision and knowing a little about each yoga mat will help you to make the right choice.

The most common type of yoga mat is the sticky mat. These mats are very thin and offer a little padding. This is the traditional type of mat. There are now those that have more padding and allow for a better feel being produced. What is important is to realize the point behind having a yoga mat at all. They do several things for you. First, they can help to brace you so that you do not slip and fall when you are in one stance or the next. They can also help to provide even a small bit of padding to the knees, the hips, and the back.

Here are some of the various types of yoga mats and what they can do for you.

**The Meditation Mat:** This mat is usually purchased with a pillow that goes with it. The combination offers for a better sitting meditation posture. It conforms to your body's shape while allowing you to sit properly.

**Universal Style Yoga Mat:** This yoga mat is one of the most basic. It has a light texture to it and a high tack surface that will allow the hands to melt into it during poses.

**Deluxe Yoga Mats:** These are highly textured. They often are made of high tack foam surfaces and offer a better grip all around.

For those that are a beginner, a beginner yoga mat can be quite important. These are vinyl and have a sponge foam texture to them.

**Others:** There are also those yoga mats that can do excellent things for you. For example, some are thicker and denser than others. Some will absorb perspiration. Some are just tougher.

In order to know which yoga mat you should purchase, you will want to consider what you plan to do with it, your level and need for comfort while doing that and what budget you have. You can always ask your yoga instructor about which mats are appropriate for the type of yoga you will be doing.

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### About the Author

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