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YOGA TIPS TO BREAK IN & MAINTAIN YOUR YOGA MAT

Aurora yoga mats are ready to use upon receiving. You will find they have virtually no odor, but if you find yourself slipping, here are some yogi tips that may help break in your mat. As part of our Aurora family, we are dedicated to resolve your problem or concerns and we guarantee your satisfaction and our products 100%. Our main goal is to ensure your safety and enjoyment that will allow you to maximize your yoga experience.

1. Wash your hands with soap & water before using your yoga mat. This will reduce any natural oils in your hands that may transfer to the yoga mat & cause slipping.
2. Do not use creams or oils on your hands or feet before your yoga practice to keep your mat clean. This may also cause slipping.
3. Wash your mat with a soft brush and a non-oil based soap or a tablespoon of detergent mixed with warm water, then rinse thoroughly. Repeat if necessary.
4. Hang dry your yoga mat outside in the sun if possible or hang over your shower-rod. Mat must be absolutely dry before using. (DO NOT PUT IN DRYER)
5. To keep your yoga mat fresh and clean, we recommend our Aurora All-Natural Organic Yoga Mat Wash. Use to naturally clean your yoga mat while also giving it a fresh natural scent. Spray directly onto mat and wipe dry with towel. Mat must be dry before using. We recommend cleaning after your yoga practice.
6. Always keep a cotton towel next to your yoga mat to wipe away any perspiration as well as to clean your mat.
7. If necessary use an **Aurora Yoga Slip Free Rosin Bag** to absorb any perspiration, natural oils in your skin or resin from the mat itself that could cause slipping:
 - Before practice, dab the bag a little bit on the mat where your hands and feet go. You can also put a little on your hands and feet before and during your practice.
 - The Slip Free Rosin Bag is very easy to clean off your mat and skin. It just wipes off with a towel, but you can use an Aurora Organic Mat Wash or any mat wash spray to wipe your mat.
 - To keep your Slip Free Rosin Bag long-lasting, make sure to keep it in the plastic bag provided. It will keep the rosin intact and dry for longer results.