

Meta title: The Best Yoga Mats | LivingHealthy.com

Meta description: Looking for the best yoga mat to fit your specific needs, such as for Bikram or to cushion joints? Check out which mats are top in their class!

The Best Yoga Mats

By Felicia Muniz

If you're a yoga enthusiast, then choosing the right mat is essential for your practice. Basic characteristics to consider include length, thickness and material. For instance, you may want a thicker pad to cushion a problem knee or material that won't irritate your allergies.

You may have a preference when it comes to appearance, texture and stickiness. If you practice a lot of hot yoga, then you will want a mat with a high tack amount to combat the moisture and sweat. It's best to select a mat that feels comfortable and helps align your chakras.

Best Yoga Mat Less Than \$15

Premium yoga mats can cost more than \$100! If you are new to yoga, then you might not be willing to spend that type of money. However, you can get a basic yoga mat at a much cheaper price tag that still has awesome features.

WINNER: BalanceFrom GoYoga All Purpose High Density Non-Slip Exercise Yoga Mat with Carrying Strap

Pros:

- ✓ **Extra thick** – At 6mm, the eco-friendly material gives you extra cushion, which is beneficial if you have issues with your knees, spine, hips and elbows.
- ✓ **Bonus yoga strap** – The bonus strap makes storage and transportation of the mat a breeze.

Cons:

- **Extra thick** – While great to some, the mat's thickness can feel awkward for if you are experienced yogi or want to feel more connected with the floor.
- **Cheaper material** – Although affordable, the BalanceFrom GoYoga will not last as long as mats made from more expensive, long-lasting material.

Best Overall Yoga Mat

From setting your intention to savasana, you will want a mat that has grip, is comfortable and fits your practice. For longevity, select a mat that is also easy to clean, made out of environment-friendly material and easy to transport to your classes.

WINNER: TOPLUS Yoga Mat, Non-Slip Yoga Mat Eco Friendly Exercise & Workout Mat with Carrying Strap

Pros:

- ✓ **Size and thickness** – Four inches longer than a standard yoga mat, the TOPLUS gives you extra room for elongated poses. It is also 6mm, which provides extra cushion for joints. However, the mat remains lightweight at only 37 ounces.

- ✓ **Eco-friendly** – While PVS, NBR and EVA are common non-green material used in mats, the TOPLUS mat is made with the new substance, TPE, and doesn't contain harmful dyes, although there are several colors and designs to choose from.
- ✓ **Options** – In addition to providing a strap, TOPLUS has variations of this mat that are designed with soft suede and rubber, which are perfect if you enjoy hot yoga or simply a thinner mat.
- ✓ **Price** – Even with all the features this mat offers, the price is affordable at any budget.

Cons:

- **New company** – Brands like Manduka and Gaiam are household names in the yoga community. TOPLUS was newly formed in 2016 and has yet to establish itself as a top contender in the industry.

Best Oversized Yoga Mat

If you're the person always being asked to get items off the top shelf, then you might need an extra-long yoga mat. You may want a wider mat if your practice includes twists or if you simply want more room to move. An oversized mat is nice for poses that elongate your body causing your hands or feet to touch the ground on a standard-size mat.

The average mat is 68 inches, but extra-large mats can stretch out 87 inches. Likewise, the average width is 24 inches but extra-wide mats are cut at 36 inches. Not all extra long mats are also extra wide.

WINNER: YogaAccessories Extra Wide and Extra Long 1/4" Deluxe Yoga Mat

Pros:

- ✓ **Durable** – This mat is made to last! Designed with anti-tear material that is also resistant to scratches, the YogaAccessories mat can last years.
- ✓ **Price** – Larger mats can also come with a larger price tag, but this one is affordable and similarly priced to smaller mats.
- ✓ **Texture and tack** – Many thick mats can feel slick but this one has grip while being comfortable on joints.

Cons:

- **Bulky** – Not only extra long and wide, but this mat is also a ¼-inch thick, which collectively can feel like maneuvering a plane when walking into your yoga class. Larger mats like these are less convenient to schlep around without a strap and maybe a better choice for practice at home.
- **Not suitable for hot yoga** – The bigger size and thickness can make hot yoga classes awkward, as it takes up a lot of room and you may feel less balanced with less floor connection.

Best Yoga Mat for Kids

If your kids are interested in yoga, then they will want a mat that reflects their personality. They should also have mats that are appropriate for their size. Having a kid-size mat will help your little yogi with his or her poses.

Having a non-slip mat is important at any age but young enthusiasts should have a secure grip to ensure safety while trying fun and creative poses. Another important feature to consider when

selecting a mat is one made with non-toxic materials. This is especially important for infants and kids still exploring with their mouths.

WINNER: Gaiam Kids Yoga Mat Exercise Mat

Pros:

- ✓ **Several fun colors and themes** – From elephants to rockets, Gaiam mats come in a variety of colorful designs.
- ✓ **Non-toxic and non-slip** – The PVC mat is free of 6P, DEHP, BBP and other toxic phthalates.
- ✓ **Bonus class** – Your kids will get to enjoy doing yoga with other yogis their age with a downloadable children's yoga class.

Cons

- **Standard size** – While 3mm is the standard size for yoga mats, your child may want a thicker mat if he or she practices on hard floors.
- **Designed for a specific age** – The Gaiam kids yoga mat size is specific for young yogis between 5 and 8 years of age, and it may be bigger than needed for those who are younger.