

An Eco-Friendly Yoga Mat has Hit the Scene (spec piece)



Yoga is all about spirit and connecting to the earth. But doing this on a plastic, synthetically-made mat seems kind of ironic, doesn't it?

Good news! A solution exists. A new type of mat from [42 Birds](#) has entered the world of yoga. It's made of cork, making it natural and sustainable. The earth can now truly have your back during Shavasana.

What Materials Are In Most Yoga Mats?

PVC—or polyvinyl chloride—makes up most mats. Unfortunately, this material is the cheapest one to work with despite its detrimental effects on the environment. PVC

mats aren't biodegradable nor recyclable, and they are highly hazardous in landfills. In fact, many countries have banned PVC from even entering their dumps.

TPE (thermoplastic elastomers) and PER (polymer environmental resin) mats are certainly better than PVC ones, but they still contain plastic, making them questionable in terms of sustainability.

What Makes Cork So Great?



Cork is a completely renewable resource. Most cork products across the globe come from cork oak trees. When a tree reaches maturity, it is harvested for cork, leaving it totally unharmed.

Is the Cork Yoga Mat Just As Practical?

We'll let our reviews speak for themselves:



Love it

I was worried that this mat would be heavy but it's even lighter than my previous lulu lemon mat! It gives me great grip in heated and nonheated yoga classes!



The best!

The light weight of this mat does not compromise the support and features. I use it on my hard wood floors and have no wrist or knees problems! Perfect for travel in the city and on the subway.

How Will The Mat Affect My Yoga Practice?

That's a fair question to ask. Your yoga practice is an important part of your day, which is why 42 Birds has taken a lot of care into making your new mat the best it can be.

It Reconnects You to the Earth

The energy of the earth supporting you throughout your practice seriously makes a difference. Your eco-friendly yoga mat will encourage you to surrender to whatever experience you're having in class or your at-home practice.

Where Do I Buy It?

You're ready to show up to your yoga class with a new mat, right? (Get ready for the compliments.) Click [here](#) to make your move.