

BALANCE

By Kat Smith



MINDFULNESS

OM My!

The growing menace of plastics plaguing the world and its oceans extends to most yoga mats, which typically end up in landfills because they're created using nonrecyclable materials. However, yogis can feel more serene in their practice with Bali-based **Yogi Design Lab's** mats that are composed of natural tree rubber and microfiber made from recycled plastic bottles. Founder Chad Turner's goal was to develop a product that is not only highly functional and beautiful but also boasts the smallest eco footprint possible. While he aims to limit plastic usage in the long run, his company is currently repurposing materials that are already out there, employing a closed-loop supply chain to manufacture its mats in an environmentally conscious manner. Yoga Design Lab mats are available locally at **BKS Yoga Studio** in Naples. Studio manager Jill Rodriguez recommends the combo mat for hot yoga and those prone to sweating. "I practice on one myself," she says. "They almost have a soft, velvet feel, but once they get a little damp, they grip really well." (yogadesignlab.com; bksyogastudio.com)

