

**Mandala Living**

**Re-energiser Cylinder Woollen Bolster**

Mandala Living ethically handmakes high-quality yoga and meditation essentials in Sydney, and has made it effortlessly simple to cultivate space for restoration and renewal with its Re-energiser Cylinder Woollen Bolster. This bolster is just as beautiful as it is practical. It's designed to offer versatile support and comfort while helping to deepen yoga poses when desired. Mandala Living bolsters can be used in many different ways, from as a prop in yin yoga and meditation to during pregnancy, strenuous stretches and calisthenics. Each bolster is hand sewn, filled and packaged, featuring a removable cover made from durable, high-quality fabric as well as including an adjustable zipper and a nifty carry handle. The tactile feel of wool in this bolster lends itself naturally to comfort and support. Australian wool is biodegradable, requires less energy and water than alternative materials and the fabric is gentle on the skin, breathable and energy-efficient, making this bolster just as sustainable as it is comfortable. We recommend teaming this bolster with a Mini Eye Pillow while lying down in savasana or a cosy Cashmere Poncho when seated to keep you warm while meditating.

**W:** mandalaliving.com.au



**Mukti Grounded XL Mat by Create Flow**

We didn't think Create Flow's Mukti yoga mats could get any better. Turns out, they can. The Mukti Grounded XL Mat is a non-toxic, chemical-free eco yoga mat made with natural tree rubber and jute. The design is wider and longer (200cm x 66.5cm x 4mm) than the original Grounded Mat, making it suitable for yogis who are taller or broader in the shoulders or for those who just love getting creative with their sequencing. This super-supportive and comfortable mat is great to practise on, offering plenty of room to move around with freedom, spaciousness and ease.

**W:** createflow.co



**Jade Yoga Harmony Mat**

A yoga mat that supports the planet just as much as your yoga practice can be hard to find, but Jade Yoga's Harmony Mat, described as "nature's best yoga mat", with a balance of stability and comfort, may be just that. The earth-friendly mat is made with natural rubber and no PVC, with the rubber a renewable resource tapped from rubber trees. It is non-slip thanks to the open-cell natural rubber that guarantees a great grip when things get sweaty, which often happens in a dynamic asana practice. Lauded as the brand's "original and most popular mat", the Harmony Mat's cushioning also makes it super comfortable and safe to practise on with injuries and niggles in the body. It turns out there is indeed a mat that cares for the planet just as much as your yoga practice — through its partnership with Trees for the Future, Jade Yoga plants a tree for every yoga mat that is sold.

**W:** jadeyoga.com



**Stretch Now Myra Linen Pants**

Stretch Now's breathable, comfortable and versatile Myra Pants are crafted from 100 per cent premium linen and designed for everyday wear as well as your yoga practice. The full-length pants finish at the ankle and can be rolled back for a cropped look, featuring a comfy elastic waistband as well as side pockets. In an earthy blue shade, the Myra Linen Pants are just as practical for your asana practice as they are for seated meditation and pranayama, making them a great all-round addition to your practice.

**W:** stretchnow.com.au

**Create Flow Cork Mobility Kit**

Roll, release and replenish your body with Create Flow's new myofascial cork mobility kit. It contains four pieces of natural, sustainably sourced cork from Portugal that are designed to relieve tension in the body from repetitive movement, weak posture and emotional stress. Featuring two 5.5cm natural cork balls, one 6.5 x 15cm natural cork peanut and one 55 x 300cm natural cork mini roller (travel size), this kit is all you need to dissolve tension in your body with myofascial massage techniques. Create Flow's cork yoga accessories are made from 100 per cent renewable cork that is harvested from certified forests without cutting down the trees. This biodegradable, toxic-free, anti-microbial mobility kit is a great addition to a planet-friendly yoga practice.

**W:** createflow.co

