# Choosing the Best Yoga Mat for Your Practice: Top Picks and Features



**Best Yoga Mats for Your Practice**

Whether you're new to yoga or a seasoned practitioner, selecting the right yoga mat is essential for enjoying a stable and comfortable practice. Here are some top choices:

1. **Gaiam Essentials Fitness Yoga Mat**: - **Size**: L172 x W61 x D1cm - **Material**: High-density foam - **Price**: £42.88 - **Details**: This mat provides excellent cushioning and comes with a non-slip surface and a carry handle for convenience.

2. **Yogamatters Sticky Yoga Mat**: - **Thickness**: 0.5mm - **Price**: £25 - **Details**: A budget-friendly option with good grip and extra cushioning, available in various colors.

3. **Yogi Bare Paws Light TRAVEL Yoga Mat**: - **Thickness**: 4mm - **Material**: Natural rubber - **Price**: £74.95 - **Details**: Known for its extreme non-slip grip, this mat is eco-friendly and features a smart design.

4. **Lululemon 3mm Mat**: - **Thickness**: 3mm - **Price**: £78 - **Details**: Popular for its moisture-retaining top layer and anti-microbial properties, ideal for hot yoga.

5. **Sweaty Betty Supergrip Align Yoga Mat**: - **Size**: L183cm x W68cm x D0.5cm - **Price**: £65 - **Details**: This mat features a design to aid posture, with a grippy rubber blend that suits various yoga styles.

6. **Manduka eKO Yoga Mat**: - **Thickness**: 5mm - **Material**: Biodegradable natural rubber - **Price**: £102 - **Details**: Eco-friendly with non-toxic treatments, available in vibrant designs, offering excellent grip and cushioning.

7. **Les Mills MBX Mat**: - **Price**: £60 - **Details**: Made with high-density eco-PVC, suitable for various workouts with an anti-slip coating for stability.

8. **Yogamatters Eco Rise Yoga Mat**: - **Thickness**: 3mm - **Price**: £45 - **Details**: Features a unique cotton-blend mesh surface and eco-friendly natural rubber base, available in bright colors.

9. **Liforme Grateful Rainbow Yoga Mat**: - **Price**: £120 - **Details**: Includes a grippy top layer and a natural rubber base, designed to retain moisture and prevent mold.

10. **KG Physio Non-Slip Yoga Mat**: - **Size**: L183 x W60cm x D0.8cm - **Price**: £13.99 - **Details**: Popular for its cushioning and stable surface, comes with a carry strap and a one-year guarantee.

11. **Manduka eKO SuperLite Travel Yoga Mat**: - **Price**: £54 - **Details**: Ultra-portable and foldable, perfect for travel while providing additional support on regular mats.

12. **Charlotte Jade Botanical Palm Mat**: - **Price**: £60 - **Details**: Features a botanical design inspired by nature, made with eco-friendly natural rubber.

13. **Flow State Elements Collection Mat**: - **Price**: £120 - **Details**: Designed by street artist Maser, this mat doubles as wall art and is machine washable.

Choosing the right mat depends on factors such as grip, thickness, material, and personal preference. These options provide a range of features to suit different yoga practices and needs.