

When Slip Happens

A Complete Guide To Less Slide In Yoga

No matter which mat you're practicing on, hands and feet can slip from time to time, interrupting your flow and making hard poses, well, harder. Slip happens, but there are a few things you can do to stay in your pose:

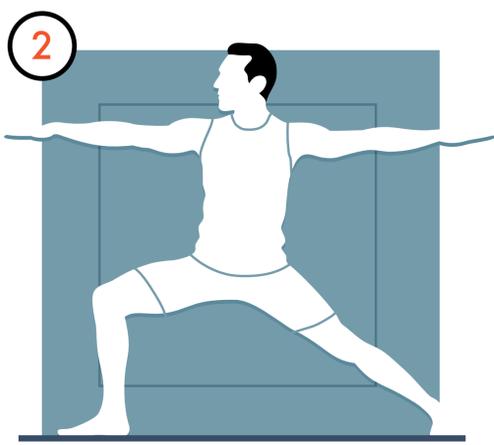


Keep A Firm Foundation

In positions like downward dog, distribute weight evenly by pressing firmly through widely spread fingers and toes.

• TIP •

Doing this will strengthen your entire pose and take unnecessary pressure off joints.



Engage Your Core

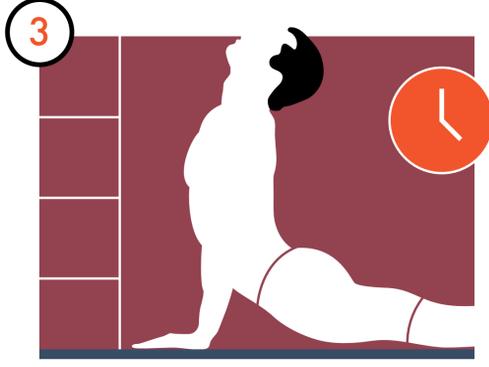
When your core is relaxed, your body compensates by adding pressure in unnecessary places, often causing slippage.

• TIP •

Activate and strengthen core muscles by flexing your lower belly with each breath.

Break In Your Mat

Like most athletic gear, high performance yoga mats can take some time to break in—and during that period, slippage can strike. The best way to speed up the process? Practice more.



Clean The Right Way

Using multipurpose cleaners or body soaps on mats leaves a film that promotes slippage. Keep mats fresh and film-free by using a proper yoga mat cleaner after each practice.

• TIP •

Keep mats away from the washing machine and shower! Do not submerge in water. We repeat: Do *not* submerge.



Skip The Lotions

Certain things you put on your body can affect its chemistry and how much oil and moisture it produces. Avoid using products earlier in the day, which can resurface with sweat and make it more difficult to grip your mat.



Grab A Towel

At some level, everyone benefits from the use of a performance towel to absorb sweat (from both you and your mat) and to help keep your practice in place. A performance yoga towel is your best bet when it comes to calming the sweat storm.

• TIP •

Win-win: A yoga performance towel absorbs sweat so your mat won't. Choose a towel with technology that does the work for you, like silicon nubs or gripping microfibers.

Who doesn't want to slip less and flow more? By investing in the right products and putting these tips into practice, we can all move confidently through any slippery situation.