



CONSCIOUS LIVING ARTS Yoga Studio Eco-Friendly Equipment Price List

Yoga Mats – Now there are five Hugger Mugger mats to choose from!

Non-slip 68" Earth Elements mats are PVC, latex, toxin and rubber-free, biodegradable, recyclable. Urban and Native mats are made from natural and recycled rubber and will biodegrade. Sattva, made of jute, is free of formaldehyde and heavy metals and is recyclable but not biodegradable.

- Earth Elements Eco Mat 3mm, **\$33** (suggested retail \$ 46.95) – grass or earth brown
- Earth Elements Eco Mat 5mm, **\$39** (suggested retail \$ 52.95) – sky or violet
- Earth Elements Eco Mat 10mm, **\$50** (suggested retail \$ 78.54) – midnight
- Urban Mat 4mm, 72" **\$45** (suggested retail \$ 59.96) – granite
- Native Tapas Mat 1/8", 68" **\$ 44** (suggested retail \$ 57.95) – natural beige
- Sattva Jute Mat 1/8", 68" **\$32** (suggested retail 42.95) – natural

Yoga Straps

My re-claimed and re-furbished yoga straps are discarded gi belts (used in martial arts). Some have had D-rings added for cinching, which is required in some restorative yoga. Sizes range from 6' – 12'.

- Re-claimed Strap without ring, **\$ 4**
- Re-furbished Strap with D-ring, **\$ 6** (these retail beginning at \$ 9.95)
- Hemp Strap 8' or 10', **\$10** (available to order through Hugger Mugger)

Blocks

- Cork Block, **\$14** (retail for \$ 17.95)
- 4" Urban Recycled Block, **\$12** (retail for \$ 15.96)

Blankets

A firmer blanket is ideal for for propping and is especially useful for restorative yoga.

- Recycled Fiber Blanket, **\$26** (their suggested retail is \$ 34.95)

Bolsters

Bolsters are ideal for restorative yoga. Only one is required for Supported Bound Angle (and its' many variations), Supported Child, Supported Twists and other Supported Forward Bends. Two bolsters will set you up nicely in Supported Bridge. They don't work as well under the knees because they are asymmetrical, but a rolled blanket will serve that purpose. Homemade bolsters are made from jean legs stuffed with either discarded fabrics or a corn-based renewable eco-fill and can be custom fit.

- Homemade Asymmetrical (fans on one end) Bolster 25 – 27", **\$30** (retail 25" bolsters range from \$53.95 – 84.95 depending upon their thickness)

Eyebags

Also homemade, eye pillows are created from soft re-claimed fabrics, such as flannel. They are filled with flax seed and dried lavender flowers (for relaxation) or plain flax seed for those with sensitivities.

- Eyebag filled with flax seed only, **\$9** (silk eyebags retail for \$15.95)
- Eyebag filled with flax seed and lavender flowers, **\$ 12** (scent can be refreshed with lavender essential oil, but even after six years, the studio eyebags are still fragrant!).

****Note:** Prices for Hugger Mugger items are subject to change if shipping costs are higher than estimated or their prices increase. E-mail consciouslivingarts@hotmail.com or call 715-268-2860.

spreading peace and creating mindfulness toward ourselves and our earth