

How to Choose Your Yoga Mat

A practical, no-fluff guide to picking the right mat for your practice — by thickness, material, use case, and budget — from the team that delivers mats across Rishikesh in 24 hours.

4mm vs 6mm

Grip & material

TTC essentials

Quick checklist

Pick your thickness first

4mm — Practice Mat

Balanced grip and portability.

- Best for daily flow & vinyasa
- Easy to roll and carry
- Good for morning temple-side sessions

6mm — Comfort Mat

Extra cushioning for joints.

- Best for longer holds & restorative
- Kinder on knees during TTC drills
- Slightly heavier to carry daily

What the surface should do for you

Sweat grip

If your palms sweat mid-flow, prioritize a textured, high-grip top layer over a smooth one — slipping mid-pose is the #1 mat complaint.

Alignment lines

Printed guide lines help beginners self-correct posture during daily practice and studio classes without a teacher's constant cueing.

Weight & travel

Retreat-goers and hostel-hoppers should favor lightweight, foldable mats over dense comfort mats.

Which mat fits your week?

Daily studio practice

Alignment Mat (4mm)

Posture guide lines keep form consistent class after class.

Travel / retreats / hostel stays

Printed Yoga Mat

Lightweight, foldable, easy to pack between stops.

Morning flow, general use

4mm Practice Mat

The all-rounder — grip and portability in balance.

Restorative, long holds, sensitive knees

6mm Comfort Mat

Extra cushioning reduces joint strain on longer holds.

Teacher Training Course (TTC)

Yoga Kit for TTC

Mat + blocks + strap + bands in one carry-ready kit.

04 — QUICK CHECKLIST

Before you order, ask yourself:

- How often will I practice this week — daily, or occasional?
- Do I need to carry it far (hostel/ashram to studio) or keep it at one spot?
- Do my knees or wrists need extra cushioning?
- Am I training for TTC and need blocks/straps too?
- Do I want posture guide lines as a beginner?

Still not sure? Message us on WhatsApp.

Tell us your practice style and we'll recommend a mat — delivered within 24 hours anywhere in Rishikesh.