

# Caring for Your BLKMAT

## Before you practice

These guides are general fitness and mindfulness content written by BLKMAT. They are not medical advice, therapy, or treatment, and they are not a substitute for a qualified yoga teacher or health professional.

- Check with a doctor or physical therapist before starting a new exercise routine, especially if you are pregnant, recovering from an injury or surgery, or managing a heart, blood-pressure, joint, or balance condition.
- Move within a comfortable range. Mild stretching sensation is fine; sharp, pinching, or electric pain, numbness, or dizziness means stop.
- If you feel faint, dizzy, short of breath, or unwell at any point, stop and rest. Get medical help if it doesn't pass quickly.
- Breathe through your nose if you can, and never hold your breath to force a pose.
- Use a wall, chair, folded blanket, or pillow for support whenever it helps. Props are not "cheating."
- Practice on a dry mat on a flat, non-slip floor. BLKMAT mats have a natural rubber base, which contains latex.

Zodiac and chakra themes in these guides are cultural and creative frameworks for choosing what to practice and what to pay attention to. They are not scientific or health claims.

*Your mat: microfiber suede top printed edge to edge, natural rubber base, about 24" x 70", 3 mm thick.*

## After practice

- Wipe sweaty areas with a soft cloth dampened with water and a drop of mild soap, then wipe again with plain water.
- Let it air-dry flat or draped, out of direct sunlight, before rolling it up.

## Keep the print vivid

- Store and dry it away from direct sun and heat (a hot car, a radiator, a sunny window). UV light fades printed colors over time.
- Skip harsh cleaners: no bleach, alcohol-heavy sprays, or abrasive scrubbers.
- We don't recommend machine washing or tumble drying.

## Rolling and storing

- Roll it loosely. Many people roll with the printed side facing out so the ends lie flat when unrolled.
- Use the included strap to carry it; avoid folding sharp creases into it.

## Grip

- Some people find a suede top grips better once their hands are slightly warm, or with a light mist of water on the top. Test what works for you on a small area first.

## Safety

- The base is natural rubber, which contains latex. If you have a latex allergy, don't use this mat.

**Something wrong?** If your mat arrived damaged, misprinted, or defective, contact us within 30 days of delivery with your order number and a photo. See our 30-day guarantee on [blkmat.com](https://blkmat.com).