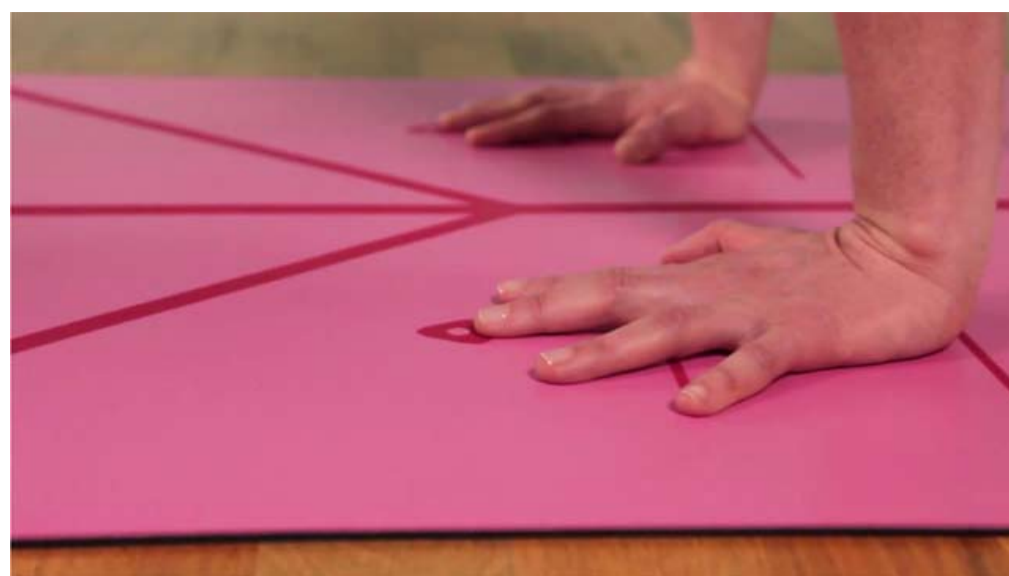


7 REASONS you'll love your "Truly Revolutionary" Liforme yoga mat...

- 1 Made by Yogis, for yogis
- 2 Perfectionist quality
- 3 Unique Alignforme System
- 4 Warrior-like Grip
- 5 EXTRA SUPPORT, STABILITY AND CUSHIONING
- 6 WIDER AND LONGER
- 7 PLANET FRIENDLY, BODY KIND



AlignForMe system

Carefully **DESIGNED FOR ALL**
body shapes and sizes

Stay **CENTRED** throughout your practice,
and keep your body and mind
in **GOOD ALIGNMENT**

For some asanas, the **INTELLIGENT MARKERS**
give you precise alignment; or you can go
with your own flow and use them
as prompt when necessary

How it works...

Reverse Points
help align your
feet and hands
when you're on
your back

Central Line
helps you
find evenness,
width-ways

End to End Lines
keep your hands
and feet evenly
aligned,
length-ways

The Lotus is
the centre of
your mat, and
the root of
your symmetry

45° Lines align
your back heel in
standing postures

...it's not
rocket science
...it's physiology!