



# Yoga Mat and Bag



**RBYS0322**

## **This Kit Includes:**

**Yoga Mat (72" x 24" x 1/4")** - This extra-thick mat provides cushioning and support for your yoga practice. Its non-slip, textured surface helps you hold your poses without sliding. This mat is washable and includes care instructions.

**Mat Bag** - Protect your mat when you're not using it, and make it easy to transport to and from your yoga workouts with this mesh mat bag with drawstring closure.

**Reebok University Guidebook** - This guidebook gives you instruction on additional yoga poses, proper nutrition and other information on the importance of mental and physical conditioning.