

in shape

Your workout guide for body and mind

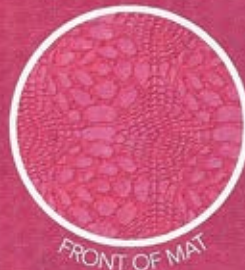
TARA LEE'S BUMP YOGA MAT, £38

Don't be put off by hard floors, says **Natalia Lubomirski**. Find inner calm in comfort with this cushioned yoga mat.

After a long, hard week there aren't many treats more relaxing than my Friday lunchtime yoga class. However, my knees and elbows often feel differently. The thin blue mats on loan do little to make my practise comfortable. And instead of clearing my mind and finding my om, I drift to thinking about how bruised I'll be by the end of the session. But celebrity yoga instructor Tara Lee's new, extra-thick padded mat – over twice the thickness of many standard mats – cushions your Downward Dog and makes even the hardest of studio floors feel squishy. What's more, the double-sided grip – on the bottom to stick the mat to the floor and on top to stick you to the mat – provides the perfect surface for your workout. ♦



BACK OF MAT



FRONT OF MAT

WORDS: NATALIA LUBOMIRSKI PHOTOGRAPHY: MARCO VITTORE

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