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Yoga is the oldest form of exercise, where meditation is used not only to attain spiritual insight and tranquility but also a fit body. Yoga mats are the only accessory you will need other than your determination.

The yoga mats are available in a variety of kinds and are made from different types of materials that vary according to the kind of yoga exercise you are doing. These mats are available from $15 to $125 or even more. However, the sticky mats made of PVC are the most advised ones.

The Yoga sticky mats are made from polyvinyl chloride, or PVC. These mats have a "pebbled" surface and the other side appears to have a sticky surface. You should place the sticky side on the floor so that your mat does not slide while practicing. Now, the question that arises here is which side of the mat should face down.

The new yoga sticky mat contain a chemical "finish" that lets the mat cling to floor. You can make the mat less sticky by washing the mat with apple cider vinegar diluted in warm water, and allow it to air dry.

The mats are available in different materials as well. Some mats have a cotton cloth or a cotton terry that resemble a beach towel. Usually you need to place the well grip side of the mat on the floor, which normally means the sticky side for these mats.

The sticky mats are made from eco-friendly materials including cork, natural rubber, bamboo and other plant-derivatives and vary in the stickiness factor. The all-natural rubber sticky mats are usually the reversible ones.

PVC is said to be a hormone-disruptor and hence yoga sticky mats are also made from polymer environmental resin, or PER for short. The thermoplastic elastomer or TPE sticky mats are also used by people who don't want a PVC mat.

Ancient yoga was originally practiced on the deer skin, luxurious rugs made from tiger skin, or simply on grass or hard earth. However, due to unavailability of these things nowadays, the yoga practitioners started using towels and cotton mats. The sticky mats were developed to prevent the cotton mats from slipping on the floors. Yoga studios today require the sticky mats to reduce the risk of injury.

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