



Clean Consciousness

<http://www.ecofabulous.com/>

Funky yoga. No, I'm not talking about those sessions led by an instructor who moonlights as a dj/bar tender/party promoter and bumps the downtempo during your downward dogs. I'm referring to the state of yoga mats everywhere. They need to be cleaned, people! I know, I know, washing the ol' yoga mat in the tub is kind of a serenity kill, but it must be done occasionally. Remember, cleanings can prolong the life of your mat. A new line of cleaners specifically designed for just this task goes by the name Stirlen Chi. Choose from a bottled mat wash, a pump spray mat cleanser and, the mat refresher. The mat refresher consists of twenty 5" x 8", easy breezy, pre-moistened, citrus-scented wipes that don't leave room for procrastination. Rest assured that each of the cleansers is nontoxic and biodegradable. If you're worried about the scent issue, don't be. Stirlen maintains that the citrus scent won't linger and therefore won't interfere with your practice or your scent-sensitive mat mates. Check it out [here](#).