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(54) **YOGA MAT**

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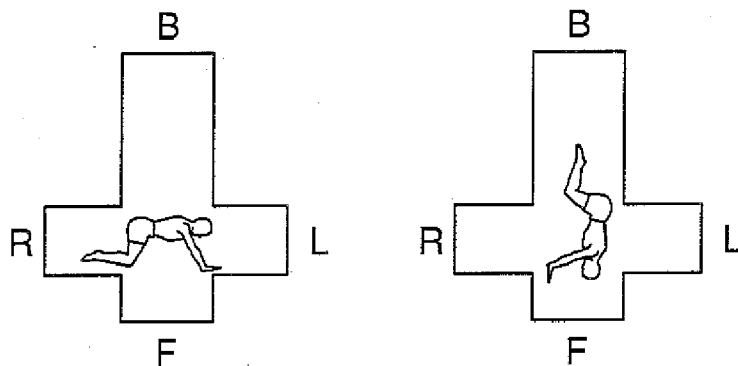
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(57) **ABSTRACT**

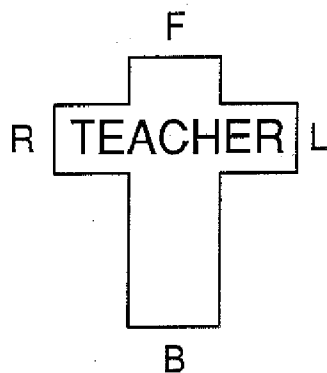
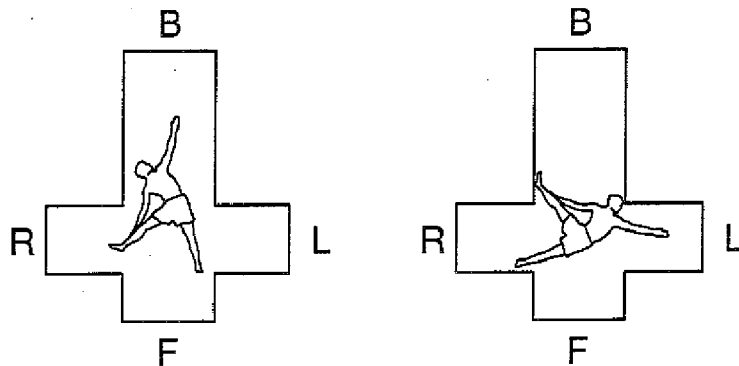
The present invention features a rectangular mat having a first wing and a second wing. With an increased area and unique shape, the present mat can enhance and improve any exercise routine as the mat enables the user to move in a multi-directional capacity, thereby enhancing flow, creativity and decreasing the risk of injury.

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CLASS



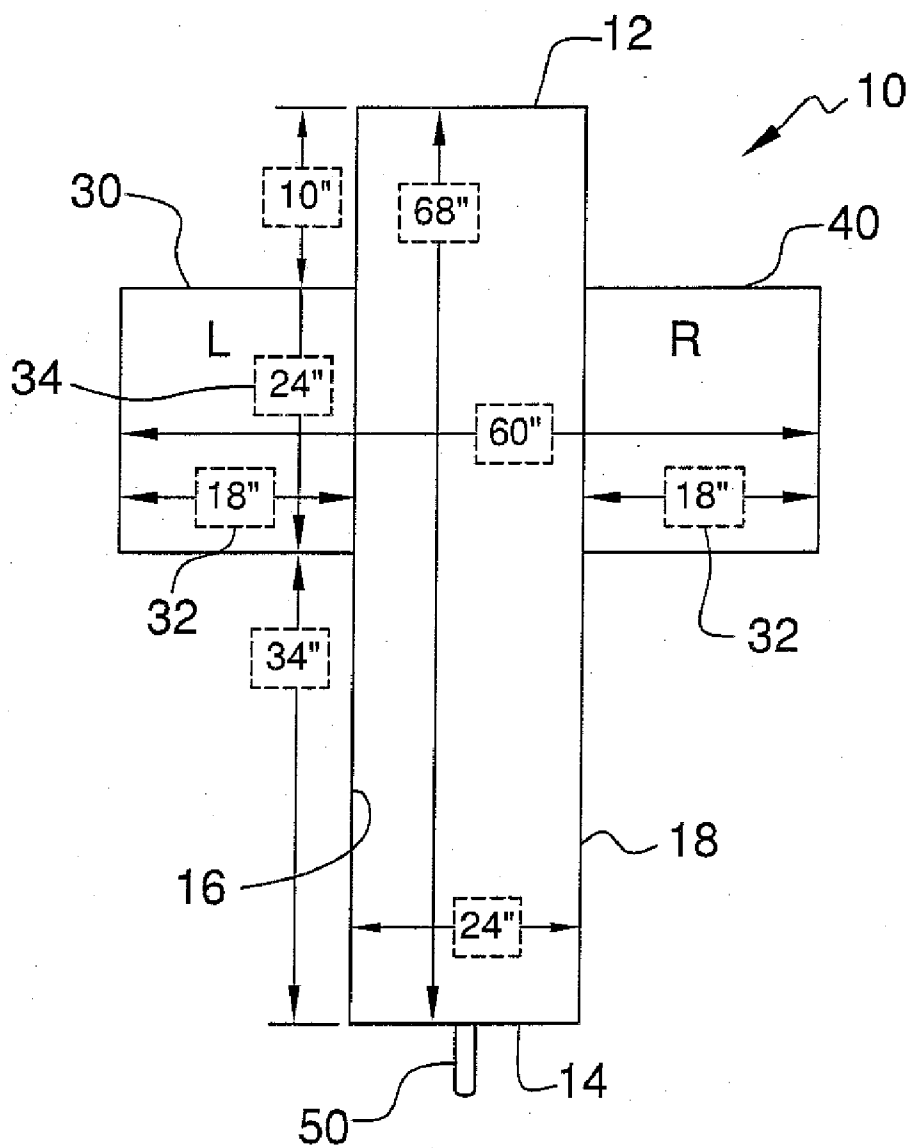


FIG. 1

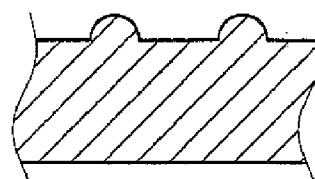


FIG. 2

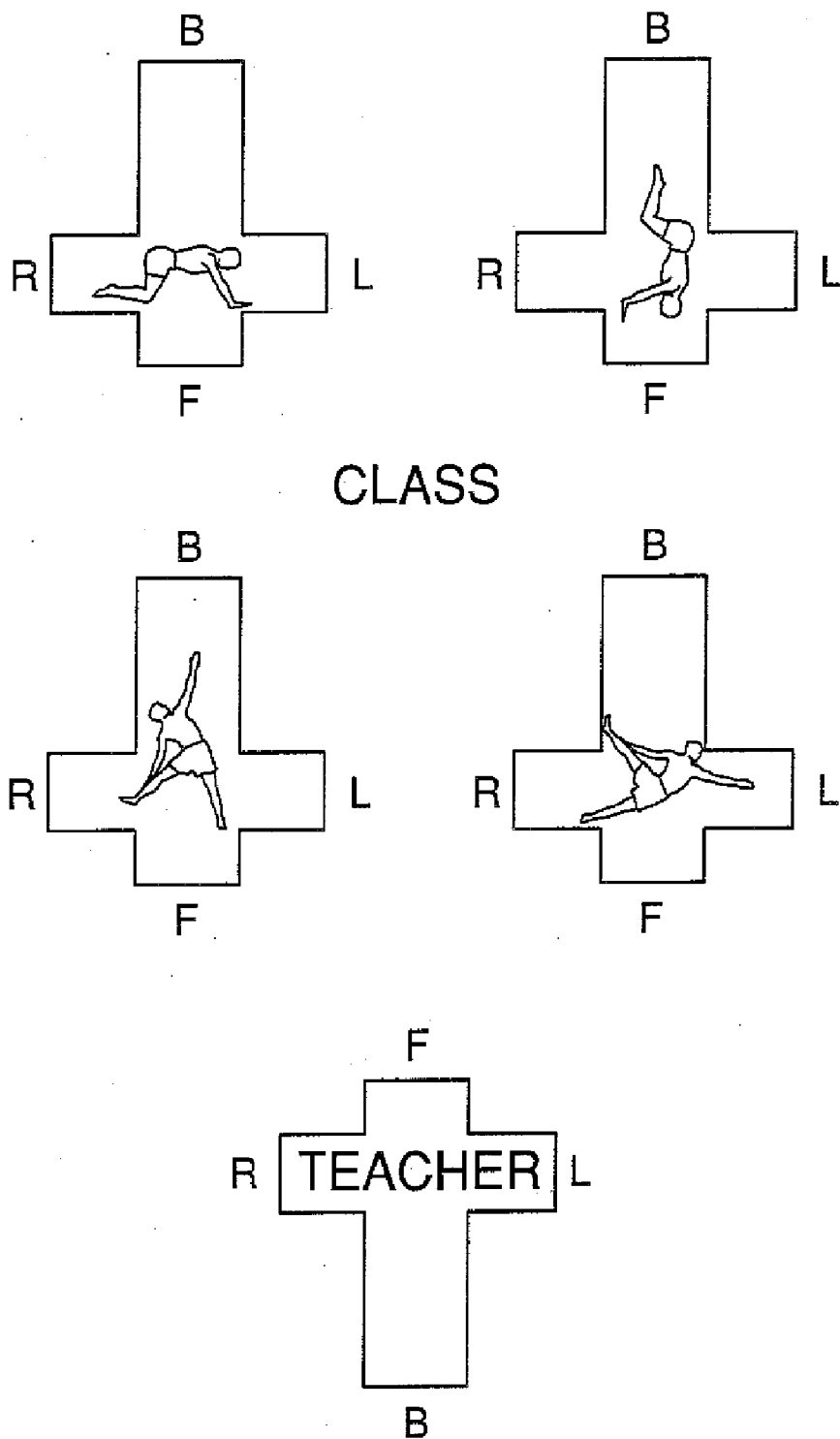


FIG. 3

YOGA MAT

BACKGROUND OF THE INVENTION

[0001] The present inventive yoga mat enhances creativity and improves flow and fluidity movement in any exercise environment. Accordingly, the present inventive mat is an extremely versatile piece of exercise equipment and creates an environment for more versatile execution of exercise.

BRIEF DESCRIPTION OF THE DRAWINGS

[0002] FIG. 1 shows a top view of the present yoga mat.

[0003] FIG. 2 shows a side view of the mat, where the top of the mat comprises small protrusions to provide traction and a massaging effect.

[0004] FIG. 3 shows various the mat in use in a classroom, for the students and instructor.

DESCRIPTION OF PREFERRED EMBODIMENTS

[0005] The present invention features an exercise mat with an increased area and unique shape. The present mat can enhance and improve any exercise routine as the mat enables the user to move in a multi-directional capacity, thereby enhancing flow, creativity and decreasing the risk of injury (less changes of direction and improvement of mat to facilitate support will be necessary, thereby preventing unnecessary injury. For example, one would not need to turn around and pick up mat to change direction when exercise routine dictates it).

[0006] Further, the mat is prescriptive and therapeutic in nature. The material is soft and pliable to offer support ($\frac{1}{8}$ to $\frac{1}{4}$ inch in thickness). The sides may be folded over to create further support and cushioning for problematic areas (e.g., knees, hips, back, etc.). This additional support helps to prevent injuries to such anatomical areas.

[0007] In some embodiments, the yoga mat 10 is rectangular in shape and comprises a header edge 12, a foot edge 14, a left edge 16 and a right edge 18, wherein the distance from the header edge 12 to the foot edge 14 is about 68 inches, and the distance from the left edge 16 to the right edge 18 is about 24 inches. As used herein the term "about" means plus or minus 10% of the referenced number. For example, about 10 inches means 9 inches up to 11 inches.

[0008] In some embodiments, the yoga mat further comprises a first rectangular wing 30 and a second rectangular wing 40, the first rectangular wing 30 attaches to the left edge 16 at about 10 inches below the header edge 12, the second rectangular wing 40 attaches to the right header 18 edge at about 10 inches below the header edge 12, the first and second rectangular wing 30/40 each has a width 32 of about 18 inches and a length 34 of about 24 inches.

[0009] In some embodiments, the first and second rectangular wings 30/40 are attached to the yoga mat by a thin woven material, which allows for the wings 30/40 to be folded on top of the mat 10. In some embodiments, the first and second rectangular wings 30/40 are attached to the yoga mat via a standard hook and loop fastener known to one of ordinary skill in the art.

[0010] In some embodiments, the mat can be rolled up from either the header edge 12 or the foot edge 14. After the mat is rolled up, the rolled up mat may be held in position by a hook and loop tie 50.

[0011] In some embodiments, the mat optionally has raised protrusions (buttons) to increase traction and provide a massaging effect (FIG. 2)

[0012] In some embodiments, mat is constructed from a semi-rigid material selected from the group consisting of plastic, vinyl, or combinations thereof. The mat may be about $\frac{1}{8}$ to about $\frac{1}{4}$ inch thick, preferably constructed from a non-slip material such as rubber.

[0013] In some embodiments, pockets may be added to the mat at back side of mat mid point of section 12, 14, 30 or 40. In some embodiments, trinkets such as om sign; heart, cross, animal, ring, bible (charms as in used on bracelets) may be added to the mat at the sealing ends of the mat (i.e., where the hook and loop tie 50 is).

[0014] In some embodiments, a "L" (left) and a "R" (right) designation is imprinted on to the first 30 and second wing 40 as shown on FIG. 1. Without wishing to limit the invention to any theory or mechanism, it is believed that the designation helps the student to be able to stay focused during a yoga lesson. For example, when the yoga instructor instructs the student with a reference to a left or right, the student can easily glance at the symbol on the mat and smoothly continue with the session.

[0015] The T-shape of the present invention is advantageous in that most of the flow exercises in a yoga class actually start towards the front of the mat—close to, or at the point where the inter-section of the two cross-sections takes place. For instance, one generally would start any asana (pose) from this point, and the movement would flow from here. Right now, with the current mat, it is only possible to move backwards/forwards (frontal/vertical plane) which impedes creativity and limits range of movement. It would be of greater benefit to both mind and body to move along the horizontal plane equally. This enhances balance both literally and figuratively.

[0016] Also, horizontal "wings" could provide for safety. When teaching a flow-type class and then moving on to floor exercises (toning), students tend to be particularly fussy when it comes to leaving the "security" of their mat. As a result, students turn themselves around on their mats so that, while the instructor is teaching on the horizontal plane, students are around and back to the vertical plane, simply because they choose not to leave the mat. This means that the student is turning and straining the neck in order to follow and execute the exercise given. Further, most students are apt to inadvertently forget which "side" was exercised when alternate exercises are given in-between the change to the opposite side (e.g., flow/stretch, etc.). It is a common practice that a student will repeat the same leg exercise sequence, thereby straining the muscles and causing possible injury. With the addition of the two horizontal sides, this would make it almost impossible to do as the student would, at all times, be facing the teacher without having to move the mat in order to still be "on" the mat.

[0017] The mat of the present invention is also beneficial to the yoga instructor. When teaching or taking a yoga/Pilates/toning class, the cross feature would be advantageous in that the flow of the exercise would be enhanced due to the proximity of the second mat section. Instead of constantly working in the frontal plane, it is beneficial to be able to work from side to side (horizontal plane) in order to enhance creativity. It can become monotonous to constantly work in the same direction and therefore, in my opinion and experience, I have

found it to be a huge asset to be able to enhance the quality and integrity of my classes by working in a multi-directional capacity.

[0018] The shape of the mat, as well as the length of the sides, gives the perfect distance between one student in a class situation, to the next. The inventor has discovered that students fill the available space—either taking too much space thereby leaving little room for other class members, or moving too close together thereby leaving themselves and others with too little space and thereby impeding flow of movement and actually increasing the chances of creating a sense of heightened anxiety in some students. The aim of a yoga class is to enhance and foster feeling of flow, openness, peace and harmony, the enhanced mat would encourage the achievement of this objective. Also, a teacher who is prescriptive in teaching, would appreciate that the new horizontal sides could be folded over to provide for enhanced cushioning and support—prevention and treatment of injury.

[0019] Various modifications of the invention, in addition to those described herein, will be apparent to those skilled in the art from the foregoing description. Such modifications are also intended to fall within the scope of the appended claims.

Each reference cited in the present application is incorporated herein by reference in its entirety.

[0020] Although there has been shown and described the preferred embodiment of the present invention, it will be readily apparent to those skilled in the art that modifications may be made thereto which do not exceed the scope of the appended claims. For example, bigger or smaller mat having ratios of the specific dimensions are disclosed herein are considered to be within the scope of the present invention.

What is claimed is:

1. A rectangular yoga mat comprising a header edge, a foot edge, a left edge and a right edge, wherein the distance from the header edge to the foot edge is about 68 inches, and the distance from the left edge to the right edge is about 24 inches, the yoga mat further comprises a first rectangular wing and a second rectangular wing, the first rectangular wing attaches to the left edge at about 10 inches below the header edge, the second rectangular wing attaches to the right header edge at about 10 inches below the header edge, the first and second rectangular wing each has a width of about 18 inches and a length of about 24 inches.

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