ABSTRACT

A dry grip yoga system which includes: a moisture absorbent mat, where said mat includes a top surface and a bottom surface and said bottom surface includes a plurality of gripping nubs; and a socks, where socks include an gripping surface over a sole of each sock. The plurality of gripping nubs on the bottom surface may be arranged in a plurality of rows. In particular embodiment the moisture absorbent mat includes a lip. At least two alternative styles of socks may be used with the present invention. One style of sock may include toe sleeves, where gripping nubs are provide on a bottom surface of each toe sleeve and over a sole of each sock. Alternatively, the socks may exclude toe sleeves and include an opening to expose a user's toes, wherein gripping nubs are provided over a sole of each sock.
SLIP RESISTANT YOGA MAT SYSTEM

BACKGROUND OF THE INVENTION

[0001] 1. Field of Invention

[0002] The present invention is a slip-resistant yoga mat with accompanying socks to reduce slippage while performing yoga.

[0003] 2. Description of Related Art

[0004] Yoga is an ancient practice that involves both meditation, breathing and postures also known as asanas. Yoga is a popular practice in the western culture that has origins in the eastern culture. Most of the popular forms of yoga include movements through a series of postures that is usually performed over a mat. Yoga comes in many forms and one of the more popular forms is hatha yoga or vinyasa yoga, which is performed by numerous individuals. This general yoga form has different applications and typically requires some degree of physical exertion while going through the postures of movement, stretching and breathing. As consequence performance through a series of a typical yoga class or a series of postures requires a certain extent of physical exertion. Some yoga classes are performed in heated rooms to improve flexibility while performing the postures.

[0005] The mat normally used for yoga is a soft rubber style mat that is placed on the floor to help improve the gripping as necessary when performing the yoga postures. Further because of the physical exertion and in some instances the temperatures of the room a significant amount of sweating may occur while performing a yoga practice. As a result the mat may become slippery over time when using the typical yoga mat. Some methods of addressing the slippage are to provide a towel over the yoga mat or certain yoga mats are designed to provide better gripping surfaces for the yoga practitioner. As a result there is always a need for further improved yoga mats and systems to provide the yoga practitioner with suitable grip while performing postures. Without a suitable grip over the mat surface there may be some slippage by the yoga practitioner causing issues with the posture and possible injury of the practitioner.

SUMMARY OF THE INVENTION

[0006] The present invention relates to a dry grip yoga system comprising: a moisture absorbent mat, where said mat includes a top surface and a bottom surface and said bottom surface includes a plurality of gripping nubs; and a socks, where socks include an gripping surface over a sole of each sock. The plurality of gripping nubs on the bottom surface may be arranged in a plurality of rows. In particular embodiment the moisture absorbent mat includes a lip. At least two alternative styles of socks may be used with the present invention. One style of sock includes a toe sleeve, where gripping nubs provide on a bottom surface of each toe sleeve and over a sole of each sock. Alternatively, the socks may exclude toe sleeves and include an opening to expose a user’s toes, wherein gripping nubs are provided over a sole of each sock.

BRIEF DESCRIPTION OF DRAWINGS

[0007] FIG. 1 depicts a top view of a dry grip yoga mat in accordance with the present invention.

[0008] FIG. 2 depicts a bottom view of the dry grip yoga mat in accordance with the present invention.

[0009] FIG. 3 depicts dry grip yoga socks and may be used by user while performing a yoga practice.

DETAILED DESCRIPTION

[0010] The present invention relates to a dry grip yoga mat and accompanying socks that are used by a yoga practitioner. The dry grip mat according to the present invention provides a non-slip moisture absorbent surface with gripping nubs over the bottom surface of the mat to prevent slippage of the mat while performing any yoga practice thereon. The yoga mat according to the present invention may be used in conjunction with socks that provide gripping nubs to provide a strong or non-slip surface for the user’s foot.

[0011] In reference to FIG. 1, a dry grip yoga mat 100 is depicted. The yoga mat 100 includes a top surface 50, where the top surface has a moisture absorbent surface to absorb the moisture that may accumulate on the mat during a yoga practice. A lip 50 is provided at one end of the yoga mat 50. The dry or moisture absorbent surface of the mat 50 helps to diminish the likelihood of slippage while performing a yoga practice on the mat 50. The mat 50 absorbs moisture that may come from the hands, feet and body of the user and may be used in conjunction with socks shown in FIG. 3.

[0012] In reference to FIG. 2, a bottom view of yoga mat 100 is shown. The bottom view shows a bottom surface 52 that includes a series of gripping nubs 54 along the bottom surface 52. The gripping nubs 54 may be arranged in a series of rows and cover the bottom surface 52 of the mat. FIG. 3 depicts a first sock 40 and a second sock 30 that may be worn by the yoga practitioner when using the yoga mat 100. The first sock 40 includes toe sleeves 45. Each toe sleeve 45 has nubs 44 along the bottom surface of the toe sleeve and sole nubs 42 are also placed along the sole of the sock 40. An alternative sock, second sock 30, is also shown in FIG. 3. The second sock 30 has an opening 34 that allows the individual’s toes to extend out of the sock in an exposed manner. However the sole 32 includes a series of nubs that are shown over the entire sole surface of the sock 30.

[0013] The present invention is contemplated for use during a typical hatha style yoga practice. The user would wear either alternative sock on their feet and perform the yoga practice over the mat 100 as shown. The mat itself used in conjunction with the socks helps reduce slippage and provides better gripping power for the yoga practitioner.

What is claimed is:

1. A dry grip yoga system comprising:
   a. a moisture absorbent mat, where said mat includes a top surface and a bottom surface and said bottom surface includes a plurality of gripping nubs; and
   b. a socks, where socks include an gripping surface over a sole of each sock.

2. The dry grip yoga system according to claim 1, where the plurality of gripping nubs are arranged in plurality of rows.

3. The dry grip yoga system according to claim 1, where the moisture absorbent mat includes a lip.

4. The dry grip yoga system according to claim 1, where the socks includes toe sleeves and gripping nubs are provide on a bottom surface of each toe sleeve and over a sole of each sock.

5. The dry grip yoga system according to claim 1, where the socks exclude toe sleeves and include an opening to expose a user’s toes, wherein gripping nubs are provided over a sole of each sock.