

Let them soak
water (boiling
and insert the
ins as you sip!
friends, adding

spoon of mate
several minutes,
er for 3 to 10

ch honey or
fresh-squeezed
“mate latte,”
instead of
redded

als,
H.

yoga **stuff**

personalized Yoga Mat

Bored with your solid-colored yoga mat? You can do your practice on a work of art. **Yogamatic.com** makes eco-friendly mats emblazoned with original graphics and artwork. The new company can also print your favorite photo on a mat or work with you on an exclusive design.

Paris Hilton has a mat that appears bejeweled with pink stones and diamonds. Pooch-lover Jessica Alba practices on the deeply wrinkled face of a pug. “I can’t imagine using a normal mat anymore,” says Californian Sheila Hume, a mother of three whose mat features her 6-year-old son holding a starfish at the beach. “It truly brings a smile to my face when I’m getting a bit tired.”

Most Yogamatic.com mats cost \$85, plus tax and shipping. A portion of profits benefit Global Green, the U.S. affiliate of Green Cross International. +
—A. D.



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