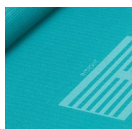
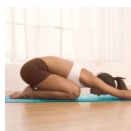


Gaiam New Yoga Beginner's Kit, Teal



New to yoga? No problem. Whether you're seeking a workout that challenges your whole body or increased flexibility, this is a great way to get started. Our alignment yoga mat features guides to correctly position your body while you pose. Modify difficult poses, increase your flexibility, and feel supported with our yoga block. The yoga strap invites you to deepen your stretches and increase your range of motion, and you will also gain access to digital workouts to get you started.

Rating: Not Rated Yet

Price

38,90 €

Discount -9,00 €

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Manufacturer [Gaiam](#)

Description Block modifies difficult poses by offering support and balance Strap increases flexibility and range of motion Digital workouts Alignment yoga mat helps with poses Ultimate starter pack for new yogis Kit includes: mat, strap, block, and access links to digital workout DVD Made of cotton, foam, and vinyl for support and comfort Dimensions: 25.5" L x 9.5" W x 4" H; unrolled 68" L x 24" W.

Reviews

There are yet no reviews for this product.