



# get a grip

## no-slip yoga products

Every yogi, from novice to expert, has experienced the discomfort of watching their hands slowly begin to slip off the edge of their mat. Well, say hello to the end of Sliding Downward Dog. Rather than trying to convince yourself (and your fellow yogis) that you've just developed a creative way to move from Side Angle Pose into full *hanumanasana*, here are some wonderful products to help stabilize your practice.



### Yoga Hand and Foot

**Gloves by Yoga Grip** The “second skin” fit of these gloves provides effective traction and aids circulation during your practice. Not only do they absorb perspiration, but also provide hygienic protection for sensitive skin (\$21.95) - [yogagripgloves.com](http://yogagripgloves.com)