

Fit&Fun FOREVER™

NAMASTE

USER GUIDE



Scan here to access
directions on your phone





OVERVIEW

We truly believe that our newest addition to the Fit and Fun Forever® line, Namaste, offers a wonderful opportunity for individuals to grow, heal, and center themselves.



Yoga is one of the world's oldest forms of exercise, and one of the most authentically inclusive tools that leads to greater connections with oneself and others. Our Namaste Roll-Out Activities® have been thoughtfully designed to engage movers in a visually exciting manner, and equally as important, as a functional tool leading to enhanced health and wellness.

Each of the six portable mats presents multiple traditional Yoga poses placed strategically, as not to take away from the power of the mindful written expression across the length of the mat. In order to fully utilize the Namaste set, the mindful written expression, the Yoga pose, and the energy of the overall colorful design need to be embraced as one experience. Individuals should choose any or all of

the Yoga poses shown, or even select a personal position/movement, combined with deep slow breaths as they attempt each position for several minutes. The key is to create an experience where time and other outward pressures are placed aside, so that an individual can restore what has been taken, or strengthen what already exists within their body.

We recommend that individuals or groups spend four to five minutes on each mat before rotating to the next. In-house or visiting Yoga instructors can use Namaste to lead groups in community settings, or individuals can simply use one or more activities in the privacy of their own personal space.

QUICK START

- 1** After unrolling each mat, perform a quick "walk around" to ensure that each is flat on the floor, and two or three feet apart from each other.
- 2** Determine at which activity you prefer to begin. We recommend if more than one person wants to use a mat that you rotate on and off after each pose.
- 3** If an individual feels more comfortable using a traditional Yoga mat in conjunction with the Namaste mat, then simply place the Namaste in front of the traditional mat as a visual enhancement. Namaste Roll-Out Activities® mats can also be hung from the wall, making them incredibly versatile, inclusive, and modular.

Fit & Fun Forever® offers a free online/phone consultation with the purchase of each set.