

## About Your MatMudra™

Your Customized MatMudra™ Mat ID Nameplate is ready to attach upon the front of your yoga mat. We suggest that you fasten your MatMudra™ in the center of your mat as it is the safest location and the least likely to 'catch'. Your MatMudra™ is happiest when firmly 'hugging your mat'.

The universal sizing of your MatMudra™ is a one size fits all and can accommodate most mat sizes with the included woven fabric spacer. Mat thicknesses differ immensely from 1/16 inch up to 3/4 of an inch. The inside radius is 1/8 inch and the inside spacing is 1/4 inch thick which is the size of the interior as it glides over your mat. You will be able to attach the MatMudra™ on most mats with direct downward force. The cotton woven fabric is included as an optional spacer for a thinner mat.



### Please Note:

The MatMudra™ must be pressed down firmly to promote adequate adherence to your mat. The Stainless Steel is the most rigid metal and may require extra mechanical pressure and the use of the enclosed fabric spacer. The Copper and Brass MatMudra's™ are more pliable and may only need to be manually pressed onto your mat with or without the fabric spacer. Please be sure to safely secure the entire plate on your mat so there is no space or minimal space between the plate and the mat from every angle. The metal ends should not tilt upward.

A piece of webbing has been included with each MatMudra™ to facilitate the different mat depths. As an option, each piece of webbing may be written on with a marker to compose a dedication to the world, your sadhana or your Sva Dharma (Life's Purpose) and placed between the MatMudra™ and the underside of your mat. You will be able to guide your commitment under your MatMudra™ and mat to ensure a proper seal or fit. After the MatMudra™ is secure you may then trim each side of the fabric webbing to seal and conceal your declaration.

## Affirmation, Dedication, Transformation

Now that you have fashioned your mat with your MatMudra™, make your affirmation to promote and flourish your dedication to engage your transformation through your sadhana on multi-levels of awareness.

As you reflect upon your name in devotion to your practice, meditate within the radiant stillness deep within your soul illuminating from the silence of your heart.



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A large graphic of a blue yoga mat. At the top, it says 'Consecrate Your Sacred Space' in a white, cursive font. In the center is a glowing pink and purple lotus flower with the words 'Mat Mudra' written across it in a white, cursive font. Below the lotus, it says 'MatMudra™ Custom ID Nameplate' in a bold, yellow, sans-serif font. Underneath that, it says '©2008 Vyana, Patent Pending' in a smaller, white font. Further down, it says 'A Name Can Convey A Thousand Words...' and 'A Symbol of Grace Your Mat Emblem' in a white, serif font. At the bottom, it says 'Signify Your Yoga Abode' in a white, serif font. Below that, it lists various types of names: 'A Person's name, first name, spiritual name, religious name, forename, given name, surname, family name, middle name, maiden name, pet name, nickname, last name, handle, moniker, title, tag, ID, Brand, VIP, luminary, celebrity, Yogi, Yogini ...'. The mat has several white nameplates attached to it with the names 'MARIA', 'CORAN', 'VYANA', 'SCOTT', 'TRACY', and 'HELENA'. At the bottom center of the mat is a small, glowing purple lotus emblem with a red heart in the center.

# MatMudra™ Instructions

## How to Affix Your MatMudra™

1. Place your MatMudra™ over the front and center part of your yoga mat.



Your name will be facing up and away from you with the MatMudra™ logo facing down.

2. To align the MatMudra™ in the center of your mat measure the midpoint from each side of your mat.



3. Fold the mat over toward you with the backside of the MatMudra™ and the back of the mat facing up.



4. Recheck to make sure the MatMudra™ is even and centered.

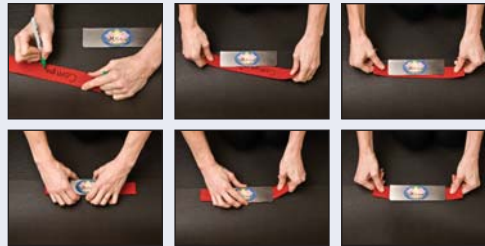
5. With the backside of the MatMudra™ and your mat facing up, press along the fold of the MatMudra™ at the edge of the mat. Exert pressure from the base at the fold and fanning out to the external edges as the MatMudra™ needs to mold in its entirety to the mats surface.



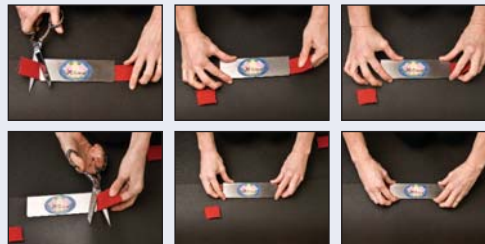
## How to Fasten and Secure Using the Enclosed Webbing

*Optional: Write a dedication (Sankalpa) on the enclosed woven fabric spacer with an indelible marker*

Grasp both ends of the fabric webbing and shimmy or slide between the underside of the MatMudra™ and the backside of your mat. Fasten completely with no fabric extending beyond the center of the MatMudra™.



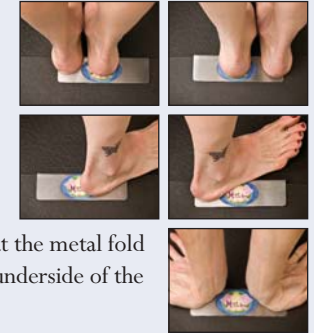
You may then trim any residual fabric from each side to conceal your dedication.



## How To Secure with Your Body Weight

If your mat is 1/8 inch or more you should be able to secure the MatMudra™ without the fabric spacer.

1. Step on the underside edge of the MatMudra™, rooting both heels firmly. This action will promote a custom fit by exerting pressure at the metal fold toward the entire underside of the MatMudra™.



2. You may also use the heel of your hands, like Mayurasana, at the base of the MatMudra™ closest to the metal fold to press firmly down to secure. If your MatMudra™ requires additional pressure, enlist someone to assist with greater gravitational force to encourage the metal to conform to your mat.

## Your MatMudra™ Post Savasana

Post Savasana, you may roll your mat with ease from the front side using the MatMudra™ as a cylinder ~ like guide. This is a simple and effective way to roll up your mat for transportation or storage after your practice.

The MatMudra™ promotes a functional method of maintaining the cylindrical form of your yoga mat during storage. After storage, simply unfurl your mat. Your MatMudra™ will keep the front side grounded so there is minimal upward curl.



## Alchemical Nature of Your MatMudra™

*Pitta ~ Balancing Stainless Steel is the most rigid requiring more effort to secure.*

*Vata ~ Soothing Brass is sturdy yet bendable.*

*Kapha ~ Energizing Copper is the most malleable and subject to change in color over time.*



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*Look Outward and Dream,  
Look Inward and Awaken*