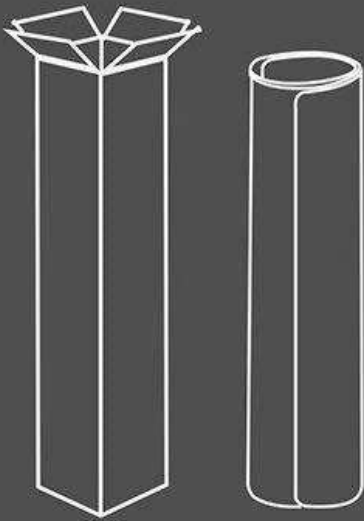


3 Easy Steps to Unroll and Flat

1



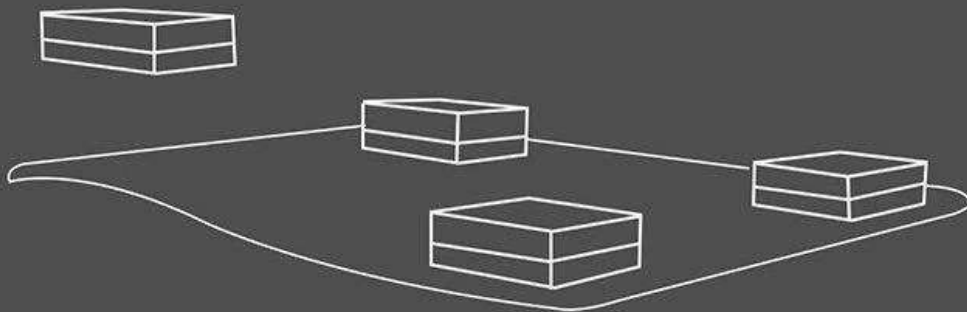
Unpack your mat and allow it to warm up to room temperature for easier unrolling.

2



Carefully unroll the mat and place on a flat surface with the "textured surface" facing upward.

3



Add weights to corners of the mat if necessary (such as a small pile of books).