

Ways to re-use your old yoga mats

The possibilities for recycling your worn out yoga mat are limited only by your imagination – don't throw it away, do something useful with it!

1. Donate to homeless shelters for extra padding to sleep on
2. Donate your old mat to an animal rescue centre such as RSPCA. Most of these places need soft, durable mats, rugs, towels, & blankets to line crates
3. Use it on the beach instead of a towel
4. Draught excluder - plug up draughty windows and doors to save energy and keep warm
5. Door stop – cut bits out and fold over to fit the gap under your door
6. Old mats can be used for pet's beds too – they insulate from a cold hard floor and protect the floor from any straying paws
7. Make waterproof cushions for outdoor events: Easy to store, lightweight, washable, reusable, and comfortable. Cut the mat into equal pieces to make the top and bottom (the size of a newspaper laid flat). Next, punch holes every 2 inches all the way around (both top and bottom). Then, take a couple of newspapers and lay them between the top and bottom. Use string, twine, ribbon, etc. to lace the holes and tie off. To re-stuff, untie and add new newspaper
8. Cut to fit wardrobe floors or place by the front door as a place for muddy shoes
9. Cat scratching post – roll the mat up tightly and fasten with string. You can also use a section as a protective pad for your floor by the cat's litter box

10. Play time – use a sharp knife or scissors to cut out shapes, letters, numbers, etc. Great for children to play and learn with. Cut holes to create masks, hats, costumes and props...the possibilities are endless!
11. If going on a car journey with your dog, roll an old yoga mat out over the back seat. This ensures that your dog is comfy and can practice the original Downward Dog without scratching your seats!
12. Get rid of weeds in your garden without using chemicals. Just place the mat over a section of your garden and the mat combined with the sun's heat will smother weeds and their seeds. When it's time to sow new seeds just remove the mat and move it to another spot in your garden
13. If you are camping in bad weather, you can use the mat as a door mat outside your tent. It's a great way to take your shoes off and kneel down to get into your tent without getting muddy
14. Or Place it under your sleeping bag for extra padding when camping
15. Make garden knee pads – cut the mat into even sections and bind the ends with string or twine
16. When doing DIY, use an old mat to keep materials from sliding on your workbench while using power tools on them
17. Cut it up and decorate as you like to make original eco-friendly mouse pads
18. Cut into strips and use for drainage in flower pots
19. Use it in your car as a sunscreen when it's really hot
20. Keeping an old mat in the car is great for those spur of the moment picnics, keeping groceries from sliding around in the trunk