

THE SHAKTI LEVELS

The image shows three overlapping Shakti mats. The top mat is orange and features the word 'SHAKTI' and an Om symbol. The middle mat is black with a gold Om symbol. The bottom mat is green with a white Om symbol. All mats have a grid of circular spikes.

The Originals

6,000 spikes

The most popular place to start. Suitable for first-timers all the way up to Shakti veterans.

The Light

8,000 spikes

More spikes for more weight distribution. Suitable for those with a low pain tolerance.

The Advanced

4,000 spikes

Recommended for the experienced Shakti-goers or high-level athletes.

