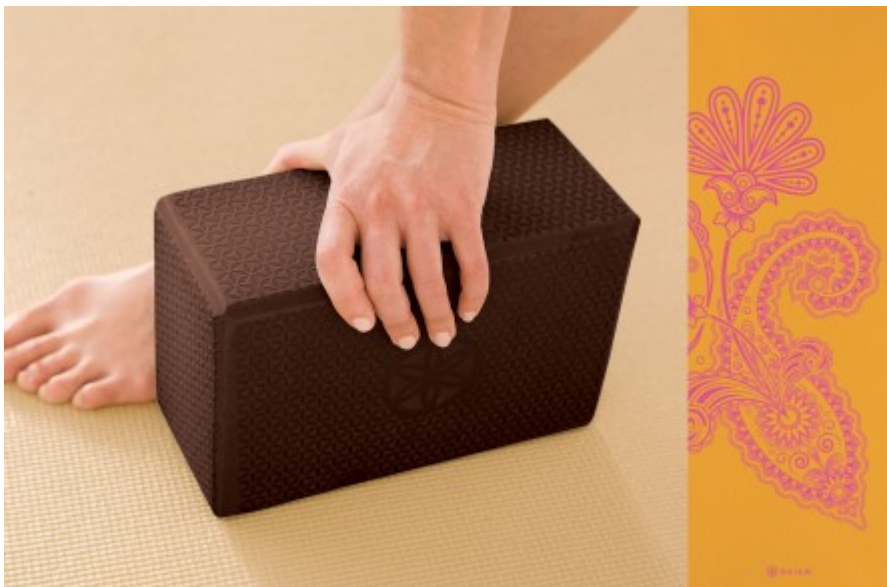


# Thanks to Gaiam, Get You and Your Man Fit this Fall with Yoga!



*This post is*

*sponsored by Gaiam.*

By Kristin Mattern

August has arrived, and with those summer sunsets dwindling and the chill of autumn entering the air, you realize that you and your significant other never got around to achieving that fitness routine you both set out to do at the start of summer. There were too many barbecues, beach days and cocktail-filled evenings out to really get into the groove of a workout regimen. Now that fall is around the corner, this is the perfect time for you and your man to revamp your exercise goals and get into shape with Gaiam yoga products.

Gaiam, pronounced "guy-um," is a company committed to ergonomical and green products that will make you and your

sweetie feel good about getting back into your sexiest shapes. They have a ton of amazing products from all things yoga and workout clothes to home goods and more! Plus, they have products specially made for men, so your honey will have no excuse to say that he won't do yoga because it's too girly.

Grab your guy and ease him into yoga by working out at home with some of the Gaiam DVDs and yoga mats. Once he is comfortable working up a sweat with you at home, progress to classes at your gym or even join a dedicated yoga studio. When the two of you head to class, bring your Gaiam yoga mat and block with you in one of their many classy yoga bags. You and your cutie will bond over the progress each of you make and connect over a new activity you both enjoy.

At CupidsPulse.com, we love all of Gaiam's innovative products, but we currently have an obsession with Gaiam's Paisley Flower Yoga Mat and Flower of Life Yoga Block. The Paisley Flower Yoga Mat has a gorgeous pattern that is reminiscent of natural beauty and recalls the worldly connectivity practicing yoga provides. The bright and lively colors radiate an energetic feeling that makes your workout even more delightful. Additionally, it delivers just the right mixture of padded comfort, grippy surface and lightweight portability – everything you could want in a mat!

You and your man will love the extra challenge the Flower of Life Yoga Block provides for more advanced moves, and you can continue your study by trying more poses than ever before. Both of these items will be on sale this fall on Amazon.com, but right now, CupidsPulse.com is giving ONE lucky reader the chance to win the Gaiam Paisley Flower Yoga Mat and the Flower of Life Yoga Block!

~~**GIVEAWAY ALERT: To enter for a chance to win the Gaiam Paisley Flower Yoga Mat and Flower of Life Yoga Block, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to enter the contest**~~

~~and what your fitness goals are for you and your guy. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, September 2nd. Good luck!~~

**Congratulations to Tracey Morris-Downing!**