



PRODUCT CATALOGUE



TABLE OF CONTENTS

Why Mefree	1
Our Story	2
Props	
• Pinewood Block	3
• Yoga Belt	4
• Yoga Blanket	5
• Yoga Chair	6
• Bolster Cushion	7
• TPE Yoga Mats	8
• Rubber Mats	9
• Cotton Mats.....	10
• Wall Ropes.....	11
• Yoga Hooks For Wall Ropes.....	12
• Yoga Wheel.....	13
• Quarter Round Block	14
• Viparita Dandasana Bench	15
• Setubandha Bench	16
• Curvature Plank	17
• Cork Block	18
• Pranayama Pillow	19
• Viparita Karani Box	20
• Triangular Block (Big).....	21
• Triangular Block (Small).....	22
• Tall Backbender.....	23
• Knee Wedges.....	24
• Halasana Bench.....	25
• Stump Set.....	26
• Infinity Block.....	27
• Yoga Stool.....	28
• Trestle Big.....	29
• Trestle Small.....	30
• Simhasana Box.....	31
• Headstand Bench.....	32
• Slanting Plank	33
• Eye Pillow	34
• T-shirts	35
Sab Ka Mangal Ho	36
Contact Us	37

WHY *Me* FREE



At Mefree, we take pride in ourselves on offering more than just yoga props; we provide an eco-friendly companion to your practice. Our commitment to sustainability is evident in every aspect of our products, from the materials we use to our manufacturing processes. Crafted from premium pinewood, each prop is meticulously designed to offer the utmost quality and durability, ensuring they stand the test of time.

Recommended by Yoga Teachers, who understand the intricacies of practice, our props are trusted to enhance your experience and support your journey. Plus, with free shipping on every order, we make it easier than ever to access the tools you need for a fulfilling practice.

At Mefree, we don't just provide yoga props; we offer a sustainable, high-quality solution endorsed by experts and delivered to your doorstep with care.

WELCOME To Our STORY



Our story is one of passion, dedication, and a commitment to helping yogis and wellness enthusiasts around the world elevate their practice with high-quality yoga props.

Guruji BKS Iyengar, one of the foremost Master of Yoga had a unique style of doing yoga with the help of props for proper alignment, relaxation and healing purposes.

Guruji designed various props to be used and published an illustrated book of props with their specifications and usages. Our journey began in 2017 when our founders had the vision to manufacture quality props for yoga practice as there was a void in this space then.

Pinewood BLOCK

SUPPORTS POSES, MAINTAINS BALANCE AND AIDS ALIGNMENT



BENEFITS:

- Provides Stability
- Supports Poses
- Enhances Alignment
- Firm Grip

Material: Pine Wood

Product Dimensions: 9 inches length
x 5 inches breadth x 3 inches height

Product Weight: 0.9 - 1.1 kgs

Colour: Light Brown



HIGHLY
DURABLE



ECO-
FRIENDLY



WATER &
TERMITE
RESISTANT



Yoga BELT

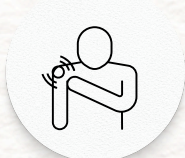
UNMATCHED COMFORT & QUALITY

BENEFITS:

- Assists Asanas
- Multipurpose Prop
- Anti- Rust Buckle
- Progression & Advancement
- More Fluid Stretches



RELAXATION & STRESS RELIEF



FIXES SHOULDER POSTURE



LIMBS EXTENSION



DEEPER PRACTICE



Eco-Friendly



Strong & Secure



Adjustable

Material: 100% Natural Cotton

Dimensions: 3 Ft, 6 Ft, 9 Ft

Product Weight: 0.05 – 0.1 kg

Colour: Beige

Yoga BLANKET

DISCOVER COMFORT AND SERENITY



HANDLOOM
WOVEN



SUPPORTIVE
CUSHIONING



SWEAT
ABSORBENT

Material: 100% Pure Cotton

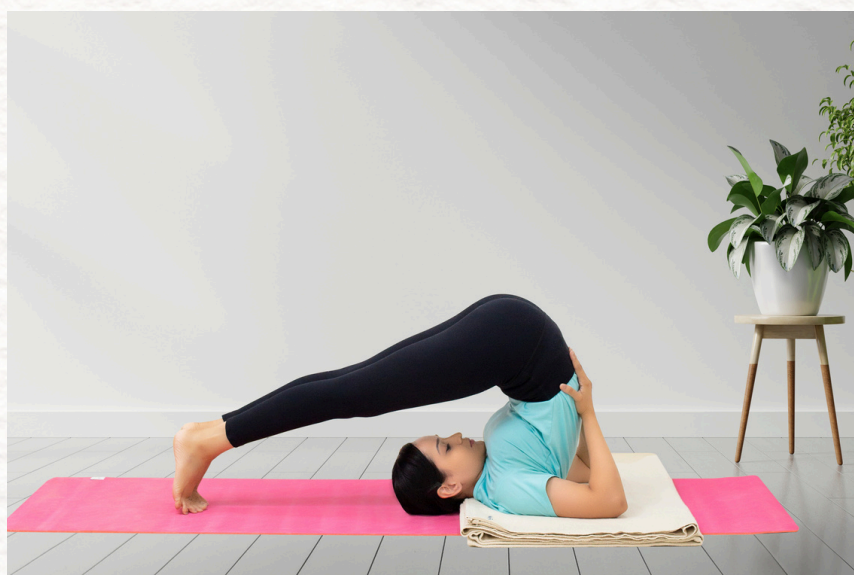
Product Dimensions: 183 cms length
x 213 cms width

Product Weight: 1.3 - 1.6 kgs

Colour: Natural White

BENEFITS:

- Eco- Friendly
- 100% Cotton
- Comfort & Support
- Versatile
- Soft Cushioning
- Machine Washable
- Assistance In Alignment



Yoga CHAIR

UNMATCHED COMFORT & QUALITY



Material: Mild Steel

Dimensions: 42-inches length x 42 inches breadth x 86 inches height

Product Weight: 5.150 kgs

Colours: Blue & Black

Weight Bearing Capacity:

Upto 150 kgs

BENEFITS:

- Effortless Twists & Inversions
- Durable & Sturdy
- Versatile Prop
- Experts Choice



FOLDABLE & EASY TO STORE



VERSATILE FOR MASTERING ASANAS



STABILITY & CONFIDENCE

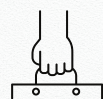


Bolster CUSHION

PERFECT BLEND OF COMFORT & SUPPORT

BENEFITS:

- 100% Cotton
- Better Relaxation
- Zippered Removable Covers
- Versatile In Use
- Supports In Restorative Poses



EASY TO CARRY



SUPPORTIVE CUSHIONING



DURABLE QUALITY



Material: 100% Natural Cotton

Product Dimensions: 59 cms

length x 21.5 cms width

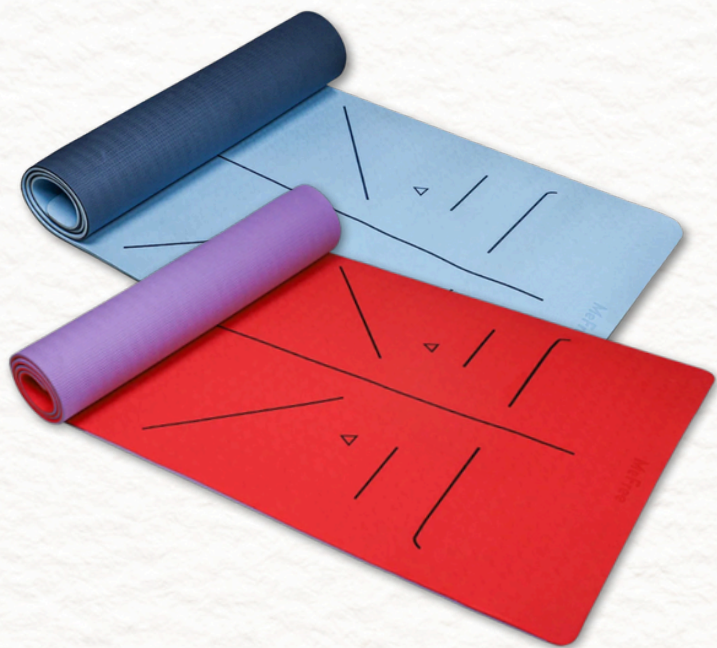
Product Weight: 2.6 - 3 kgs

Colour: Maroon



TPE YOGA MATS

BEGINNER FRIENDLY MAT



Material: TPE

Dimensions: 183 cms length x 61 cms width

Product Weight: 1 kg

Thickness: 8mm

Colours: Purple & Red

BENEFITS:

- Eco- Friendly Material
- Enhanced Comfort & Support
- Non- Slip Surface
- Easy To Clean
- Durable & Long- Lasting
- Light Weight & Portable
- Tear Resistance
- Water Proof



**SUPERIOR
CUSHIONING**



**TOXIN
FREE**



**ODOUR
FREE**



ANTI- SKID

Rubber MATS

PREMIUM QUALITY RUBBER MAT



Material: Natural Rubber

Dimensions: 72 inches length x
24 inches width

Thickness: 2mm

Product Weight: 1.5 kgs

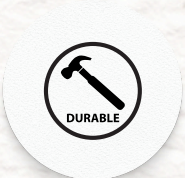
Colour: Blue

BENEFITS:

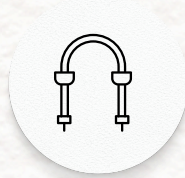
- Thin, Light & Easy To Carry
- Durable, Resistant To Cracking
- Free From Toxic Chemicals
- Excellent Grip



**WATER & SWEAT
RESISTANT**



**EXCELLENT
DURABILITY**



**INCLUDES CARRY
STRAP**

Cotton MATS

UNMATCHED COMFORT & QUALITY



Material: Cotton
Dimensions: 75 inches length x 26.5 inches width
Weight: 1.45 kgs
Thickness: 5mm
Colour: Firozi Blue, Purple

BENEFITS:

- Wider in Width Compared To Standard Mats
- Skin-Friendly & Sweat Absorbent
- Handloom Perfection
- Anti-Slip Rubber Coating
- Sustainable
- Portability & Convenience
- Comfort & Unrestricted Practice



100% COTTON



ANTI- SKID



WASHABLE



FIRM
GRIP

Wall ROPES

PURE COTTON COMFORT FOR ASANAS

BENEFITS:

- Asana Mastery
- Reliable Support
- Durable Performance
- Mindful Design
- Deeper Practice



PERFECT
POSTURE



OPTIMAL
SUPPORT



SAFE PRACTICE



Material: 100% Pure Cotton

Product Dimensions: Size - Length

- 2.8m & 3.2m

Thickness: 12mm

Product Weight: 0.27 - 0.30 kg



Yoga Hooks For WALL ROPES

REACH NEW HEIGHTS & ELEVATE YOUR PRACTICE



Product Dimensions: 13 cms length
x 3 cms width x 6.5 cms height

Product Weight: 864 grams

Colour: Silver

Material: Sturdy Metal

BENEFITS:

- Engineered With Precision
- Deepens Your Stretches
- Versatile Yoga Practice



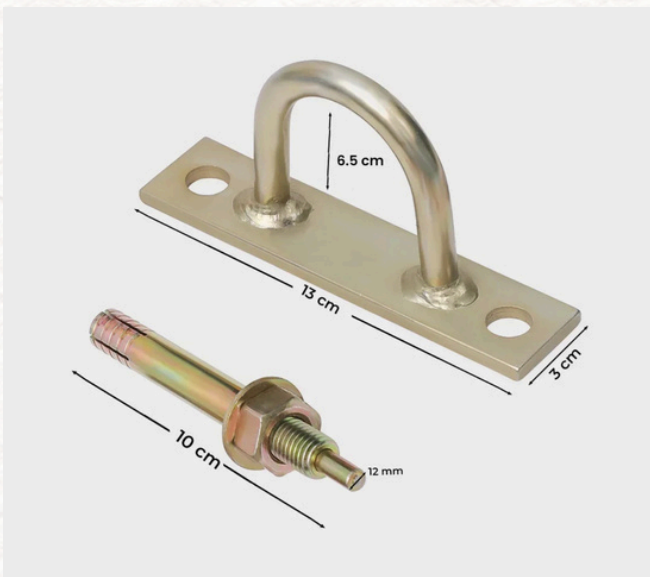
**SECURE ANCHOR
FASTENERS**



**TAILORED FOR YOGA
ROPES**



**DESIGNED FOR
DURABILITY**



Yoga WHEEL

UNMATCHED COMFORT & QUALITY

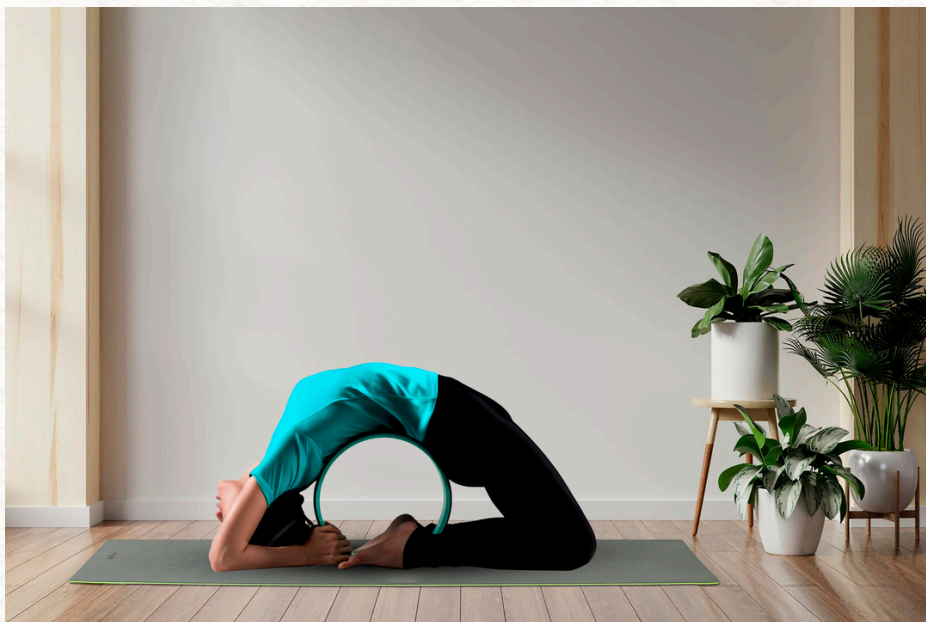
Material: Eva material / PVC

Product Dimensions: 32 cms height x 16 cms width

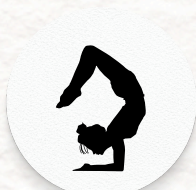


BENEFITS:

- Easy To Carry
- Comfortable & Safe
- Superior Construction
- Portable
- Premium Quality
- Extra Width
- Therapeutic Benefits
- Versatility In Practice



MOISTURE
RESISTANT



THICK
PADDING



DEEPENS
PRACTISE



FIRM
GRIP

Quarter Round BLOCK



UNLEASH YOUR BALANCE, ONE CURVE AT A TIME



Material: Pinewood

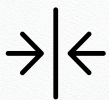
Product Dimensions: 14 inches length x 4 inches width x 4 inches height

Product Weight: 1.4 - 1.6 kgs

Colour: Light Brown

BENEFITS:

- Protects Your Sensitive Tendons
- Prevents Hyper Extension
- Support & Stability
- Assists In Standing Poses



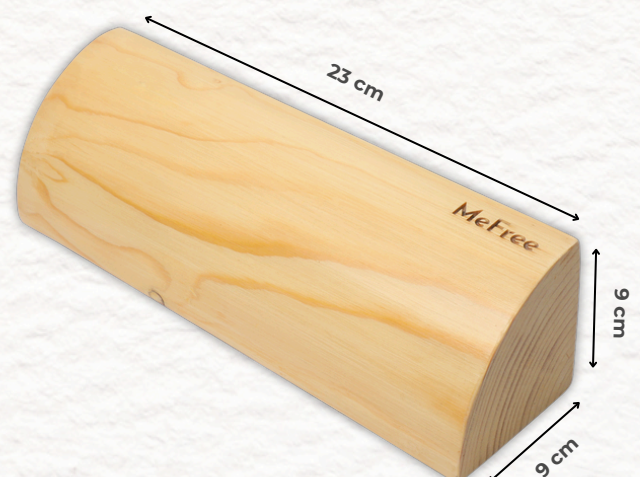
PROPER
ALIGNMENT



MOULDED TO
PRECISION



FIRM GRIP



Viparita Dandasana BENCH (DIY)

ELEVATE YOUR SPINE, ELEVATE YOUR LIFE!



BENEFITS:

- Stability Guaranteed
- Deepens Back Arches
- Superior Quality
- Natural Pinewood

Material: Pinewood

Product Dimensions: 138 cms length
x 42 cms width x 41 cms height

Product Weight: 15 - 17 kgs

Colour: Brown



SPINE EXTENSION



STRENGTHENING
THE BACK MUSCLES



EMBRACE
RELAXATION



Setubandha BENCH

EQUISITE BLEND OF FORM & FUNCTION



Material: Pinewood

Product Dimensions: 138 cms length
x 42 cms width x 41 cms height

Product Weight: 8.5 kgs

Colour: Light Brown

BENEFITS:

- Solid Wood Strength
- Specialized Iyengar Yoga Prop
- Termite & Rot Resistance



PERFECT
ALIGNMENT



OPTIMAL SUPPORT



VERSATILE USAGE



Curvature PLANK

SUPERIOR QUALITY & UNIQUE DESIGN



Material: Pinewood

Product Dimensions: 24 inches length x 3 inches width x 2 inches height

Product Weight: 0.35 - 0.45 kgs

Colour: Light Brown

BENEFITS:

- Superior Quality Pinewood
- Durable & Sturdy
- Assists In Correcting Posture



CORE
ACTIVATION



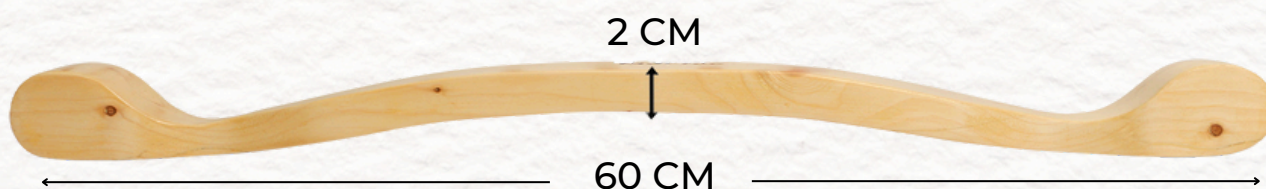
EASY TO
USE



POSTURE
CORRECTION



UNIQUE
DESIGN



Cork BLOCK

DISCOVER THE STABILITY OF CORK BLOCKS



BENEFITS:

- Provides Stability
- Supports Poses
- Enhances Alignment
- Firm Grip

Material: Cork block

Product Dimensions: 9 inches length
x 5 inches breadth x 3 inches height

Product Weight: 0.8 - 1 kg

Colour: Brown



PREMIUM
MATERIAL



PERFECT
DIMENSIONS



ECO-
FRIENDLY



NON-SLIP
SURFACE



Pranayama PILLOW



PURE COTTON COMFORT FOR ASANAS



Material: 100% Pure Cotton

Colour: Maroon

Product Dimensions: 73 cms length
x 25 cms breadth

Weight: 1.8 kgs



SUPPORTIVE
CUSHIONING



PERFECT
POSTURE



OPTIMAL
SUPPORT

BENEFITS:

- Durable Quality
- Removable & Washable Cover
- Organic Cotton Filling
- Natural Dyes
- Easy To Carry
- Eco- Friendly



Viparita Karani BOX

RELAX, REALIGN, RENEW!



EXCEPTIONAL
WEIGHT ENDURANCE



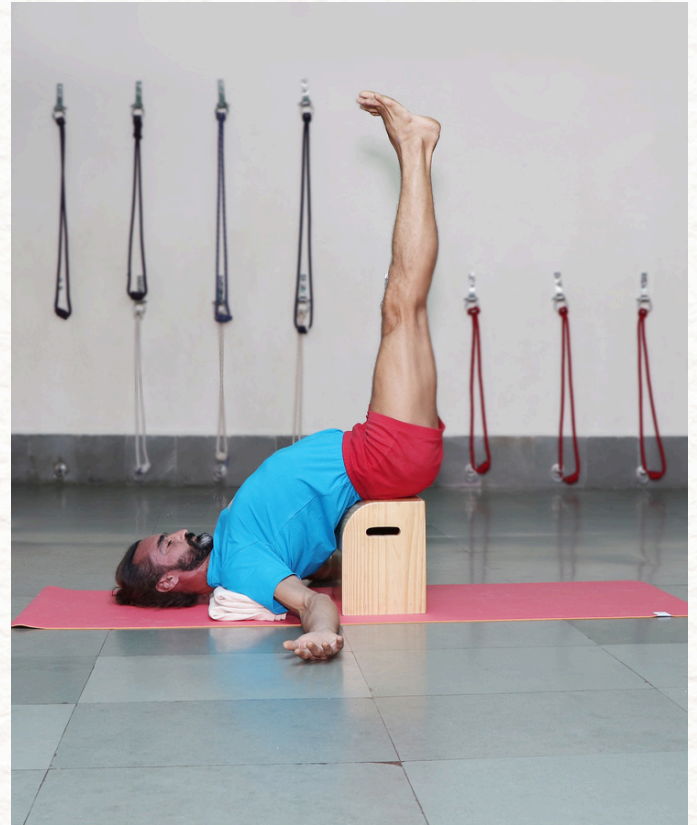
WATER BASED PU
FINISHING



ERGONOMIC SHAPE



ENHANCES REST



BENEFITS:

- Versatile Utility
- Comfortable & Safe Design
- Smooth & Round Edges
- Non-Slip Surface
- Firmness
- Sturdy Construction

Material: Pinewood

Product Dimensions: 38 cms length
x 23 cms width x 31 cms height

Product Weight: 6.5 kgs

Colour: Light Brown



Triangular BLOCK (BIG)

DEEPENS STANDING POSES



DURABLE



STURDY BUILT



BALANCE



SLIP- RESISTANT



BENEFITS:

- Superior Pinewood Craftsmanship
- Compact & Easy To Use
- Multi - Functional Design
- Deeper Stretch

Material: Pinewood

Product Dimensions: 38.1 cms length x 33.02 cms breadth x 21.59 cms height

Product Weight: 2.9 kgs

Colour: Light Brown

Triangular BLOCK (SMALL)

DEEPENS STANDING POSES



Material: Pinewood

Product Dimensions: 13.5 cms length x 11 cms width x 15 cms height

Product Weight: 0.25 – 0.3 kg

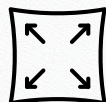
Colour: Light Brown

BENEFITS:

- Quality Craftsmanship
- Versatile Yoga Practice
- Holistic Yoga Experience



ANTI-SLIP
PROPERTIES



DEEPEN YOUR
STRETCHES



SKILLED
CRAFTSMANSHIP

Tall BACKBENDER

UNIQUE DESIGN FOR UNIQUE PRACTICES



BENEFITS:

- Premium Pinewood
- Gentle Support
- Handcrafted To Perfection
- Iyengar Yoga Perfection
- Injury Prevention
- Flexibility Enhancement

Material: Pinewood

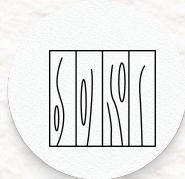
Product Dimensions: 50.8 cms length x 34.29 cms width x 57.15 cms height

Product Weight: 6 - 7 kgs

Colour: Light Brown



ALIGNMENT
ASSISTANCE



SOLID PINEWOOD
DURABILITY



BACKBEND
SUPPORT

Knee WEDGES

SCULPTING COMFORT FOR UNPARALLELED SUPPORT



BENEFITS:

- Premium Quality Pinewood
- Facilitates Deeper Flexion
- Handcrafted To Perfection
- Iyengar Yoga Perfection
- Prevents Knee Injury
- Versatile In Nature

Material: Pinewood

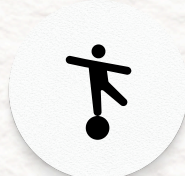
Product Dimensions: 20 cms length x 11 cm width x 26 cms height

Weight: 0.35 kg

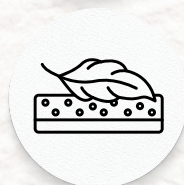
Colour: Light Brown



THERAPEUTIC
POSES



BOOSTS STABILITY



ENHANCED
COMFORT

Halasana BENCH

REACH NEW DEPTHS WITH EASE



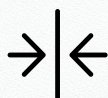
EXCEPTIONAL
SUPPORT



STABILITY



IMPROVED
FLEXIBILITY



ALIGNMENT
ASSISTANCE



BENEFITS:

- Versatile Utility
- Sturdy Build Quality
- Multi - Functional Design
- Deeper Stretch
- Handcrafted To Perfection

Material: Pinewood

Product Dimensions: 41 cms length
x 30 cms width x 56 cms height

Product Weight: 7.1 kgs

Colour: Light Brown

Stump SET

ROOTED IN CRAFTSMANSHIP, BRANCHING INTO ADVENTURE



Material: Pinewood

Product Dimensions: 42 cms length x 138 cms width x 41 cms height

Product Weight: 7.8 kgs

Colour: Light Brown



PERFECT POSTURE



OPTIMAL SUPPORT



3 INTERCHANEABLE TOPS

BENEFITS:

- Premium Craftsmanship
- Three Interchangeable Tops
- Versatile Height Adjustments
- Durable Performance
- Enhanced Backbend
- Seamless Intergration



Infinity BLOCKS

DISCOVER THE STABILITY OF CORK BLOCKS



VERSATILE



HAND
CRAFTED



PREMIUM
QUALITY

Material: Pine Wood

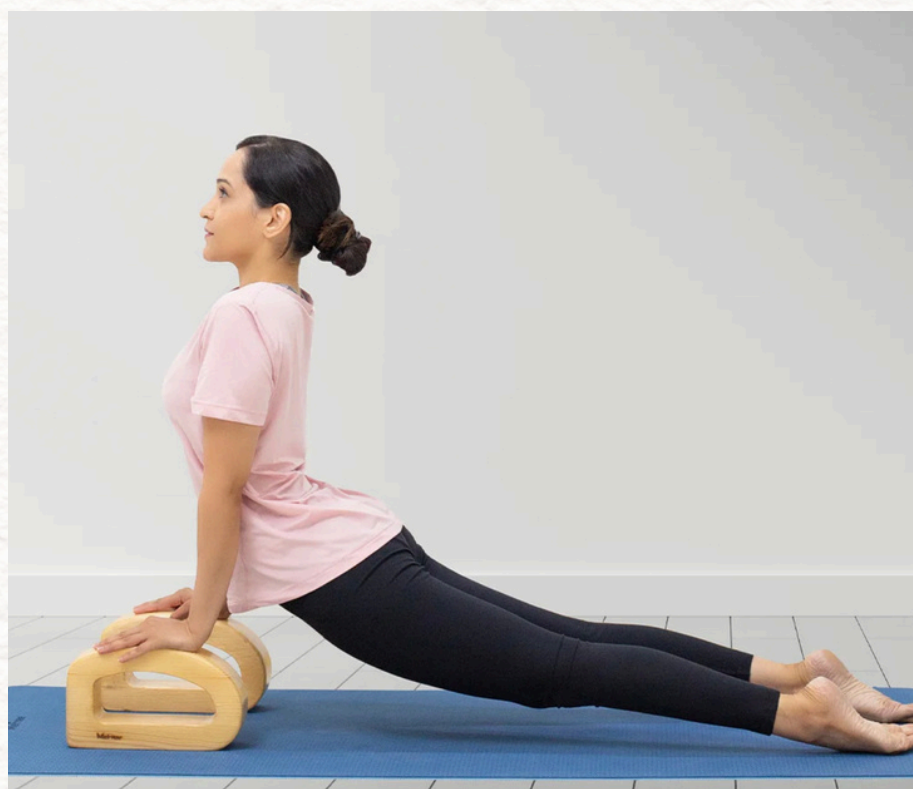
Product Dimensions: 27 inches x 9 inches
x 14.6 inches

Product Weight: 1.5 kgs

Colour: Light Brown

BENEFITS:

- Neck & Shoulder Support
- Reliable For Reclining Poses
- Firm Grip
- Perfect Blend Of Support & Relaxation
- Available In Pair
- Exclusively Designed By Mefree



Yoga STOOL

A BALANCED SEAT FOR FLEXIBILITY



FREE YOUR SPINE



TWIST WITH EASE



STEP UP WITH YOUR PRACTICE



PERFECT BALANCE



BENEFITS:

- 100% Termite & Rot-Resistant
- Versatile Use
- Non-Slip Feet
- Premium Pinewood
- Handcrafted To Perfection
- Built To Last
- Carry On-The-Go

Material: 100% Pinewood

Product Dimensions: 44 cms length
× 44 cms width × 79 cms height

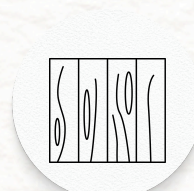
Weight: 7.5 - 8.5kgs

Trestle BIG

FIND BALANCE, EXPLORE DEPTH



ALIGNMENT
SUPPORT



100%
PINEWOOD



INJURY
REHABILITATION



Material: Pinewood

Product Dimensions: 75 inches length x 32.5 inches width x 39 inches height

Product Weight: 38 - 40 kgs

Colour: Light Brown

BENEFITS:

- Unmatched Stability
- Water Based Finish
- Comfort & Support
- Perfect For Alignment
- Versatile Usage
- Flexibility & Mindfulness



Trestle SMALL

A BALANCED SEAT FOR FLEXIBILITY



FREE YOUR SPINE



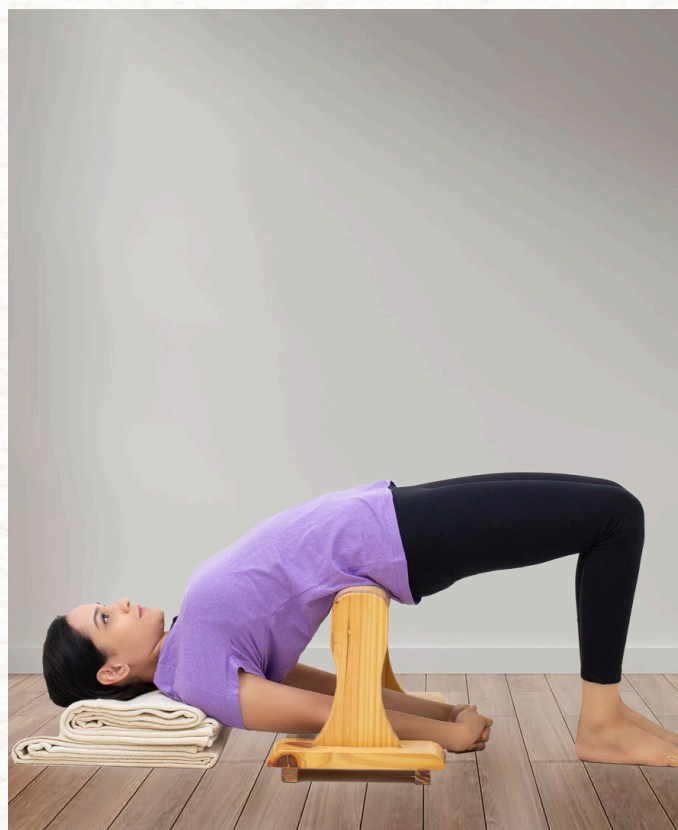
TWIST WITH EASE



STEP UP WITH YOUR PRACTICE



EXCEPTIONAL QUALITY



BENEFITS:

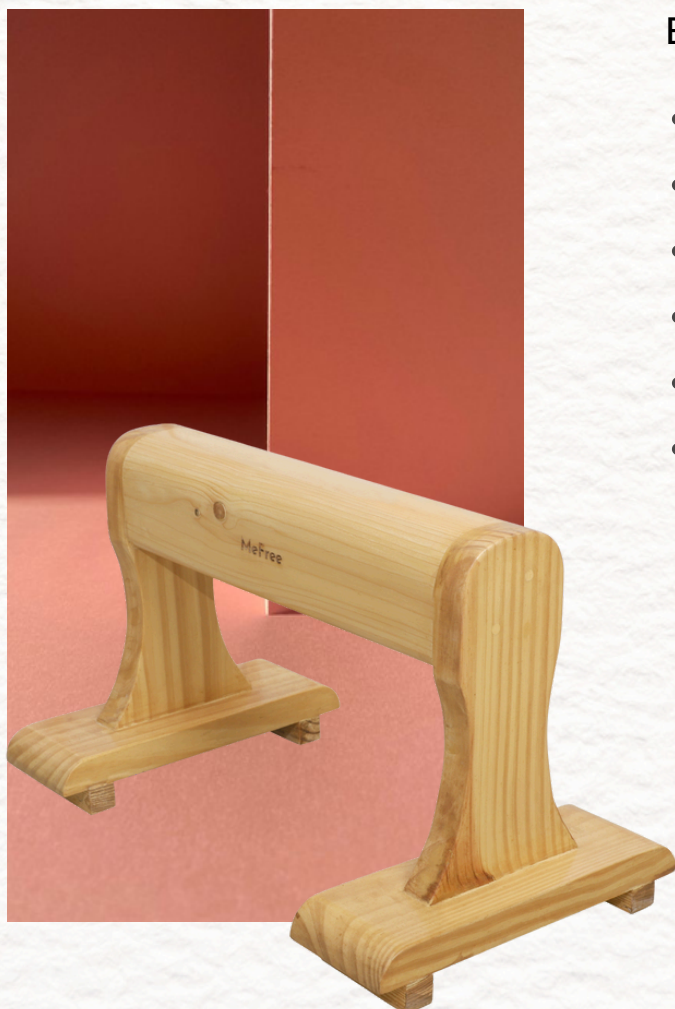
- Compact & Space Saving
- Non-Slip Feet
- Premium Pinewood
- Handcrafted To Perfection
- Built To Last
- Eco-Friendly Materials

Material: Pinewood

Product Dimensions: 54.61 cms length x 34 cms width x 35.56 cms height

Product Weight: 4.5 - 6 kgs

Colour: Light Brown



Simhasana BOX

GREAT FOR CHEST OPENING YOGA POSES



Material: Pinewood

Product Dimensions: 72 cms length x 34.29 cms width x 34.29 cms height

Product Weight: 7.5 - 9 kgs

Colour: Light Brown

BENEFITS:

- Durable, Resistant To Cracking
- Free From Toxic Chemicals
- Excellent Grip
- Promotes Relaxing Sleep



**WATER & SWEAT
RESISTANT**



**EXCELLENT
DURABILITY**



**EXTENDS CHEST
EXPANSION**

Headstand BENCH

GREAT SUPPORT FOR HEAD STAND AND SHOULDER STAND



BENEFITS:

- Asana Mastery
- Reliable Support
- Durable Performance
- Mindful Design
- Deeper Practice



PERFECT
POSTURE



OPTIMAL
SUPPORT



ENHANCED
STABILITY

Material: Pinewood

Product Dimensions: 70 cms length
x 42 cms width x 34.28 cms height

Product Weight: 7.5 - 9 kgs

Colour: Brown



Slanting PLANK

FOR ACHIEVING CORRECT POSTURE



ANKLE & WRIST
SUPPORT



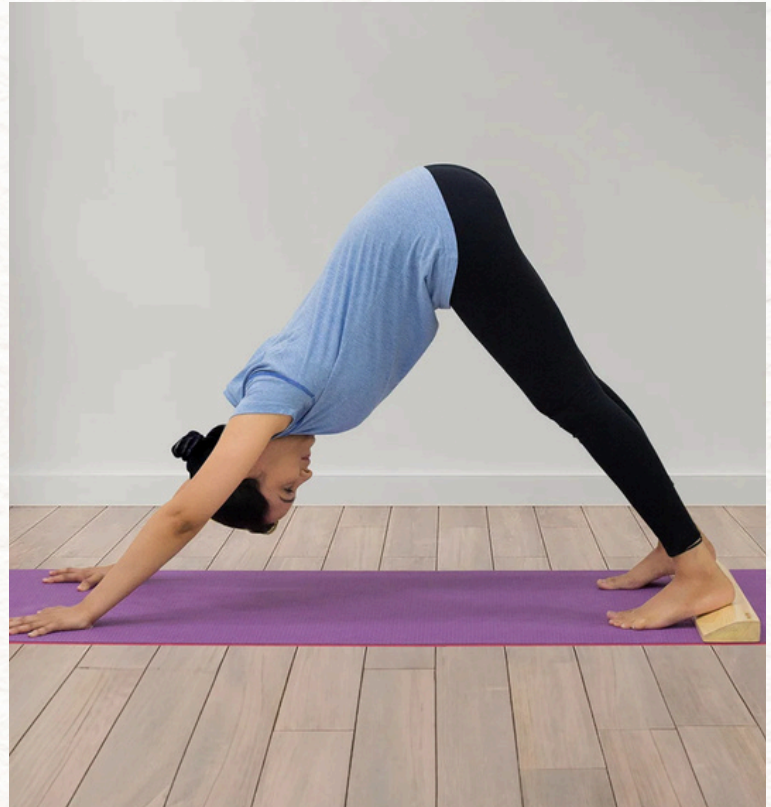
POSTURE PERFECT



ERGONOMIC SHAPE



ENHANCES STABILITY



BENEFITS:

- Versatile Utility
- Comfortable & Safe Design
- Smooth & Round Edges
- Non-Slip Surface
- Handcrafted Pinewood

Material: Pinewood

Product Dimensions: 61 cms length
x 9.4 cms width x 3 cms height

Product Weight: 0.5 - 0.65 kg

Colour: Light Brown

Eye PILLOW

NATURALLY COMFORTABLE: EMBRACE EASE WITH MEFREE EYE PILLOW



Material: Silk

Product Dimensions: 10 cms length x 21.5 cms width

Product Weight: 0.35 - 0.45 kgs

Colour: Navy Blue

BENEFITS:

- Superior Quality Silk
- Versatile Use - Yoga, Meditation & Sleep
- Reusable & Long Lasting
- Relaxes Tired Eyes
- Long Term Solution For Eyecare
- Enhanced Meditation & Mindfulness



FLAXSEED



ZIPPERED
INNER COTTON
POUCH



SETTLES
COMFORTABLY ON
EYE



BLOCKS OUT
LIGHT



21.5 CM

10 CM

Cotton TSHIRT

NATURALLY COMFORTABLE: EMBRACE EASE WITH MEFREE COTTON



Material: Cotton

Product Dimensions: S, M, L, XL

Colour: Different Colour Options

BENEFITS:

- Superior Quality Cotton
- Unisex Regular Fit
- Aesthetic design to pair up with any colour
- Customized Branding*



BREATHABLE FABRIC



MAINTAINS ITS SHAPE



EARTH FRIENDLY



HIGH QUALITY PRINTS

*only for bulk orders

SUPPORT THE SPIRIT OF WELFARE FOR ALL



SAB KA MANGAL HO

We bring yoga education to orphanages across India. Proceeds from the sale of Mefree yoga mats and accessories go to the Sab Ka Mangal Ho Foundation, which utilizes 100% of the net proceeds for yoga education at orphanages throughout India. When you shop Mefree, you make a difference.

Please share a photo or short video clip of yourself with any of our products, or just a photo of the product, using the hashtags #mefree and #sabkamangalho. You can also tag @mefreeyoga and @sabkamangalho for us to repost your photo or video.

To follow our journey and contribute, please visit www.sabkamangalho.org.

CONTACT US

ADDRESS:

OFFICE:

KAMALA MILLS COMPOUND,
WELSPUN HOUSE, SENAPATI
BAPAT MARG, LOWER PAREL,
MUMBAI: 400013.

STORE:

MEFREE, 1032, SHATDEEP
SOCIETY DEEP BANGLA
CHOWK , MODEL COLONY,
SHIVAJINAGAR, PUNE: 411016.

STUDIO:

HOMEVILLA YOGA STUDIO,
1ST FLOOR, TEJPAL
MEMORIAL HALL, MUMBAI:
400007.

GET CONNECTED WITH US HERE:



INFO@MEFREE.COM



WWW.MEFREE.COM



[+91 8291596668](tel:+918291596668)

FOLLOW US ON INSTAGRAM



*Me
Free*®