

YOGA FASHION

FROM THE STUDIO TO THE STREET

ATHLEISURE IS COMFORTABLE, CASUAL CLOTHING DESIGNED FOR WORKOUTS AND EVERYDAY WEAR.

ATHLEISURE WEAR IS HERE TO STAY!

Since 2014, leggings and yoga pants outsell jeans.

In 2015, sports bra sales increased by 96%.

HERE'S HOW TO TRANSLATE YOUR ACTIVEWEAR INTO EVERYDAY LOOKS!

FROM THE STUDIO TO THE OFFICE

STUDIO LOOK

OFFICE LOOK

A sports bra with good support. Cheap yoga wear won't last, especially if you work out often!

Your yoga outfit should have absorbent material hugging you. No cotton!

High quality fitted crops or full length leggings. You don't want anything less than full coverage!

A tunic top is a great way to transition Your work outfit should use layering to modestly disguise your yoga gear.

A stylish blazer is a great way to transition a casual look into a professional setting.

Avoid loud legging prints. Black leggings are the best leggings to look professional.

Ballet flats.

FROM THE STUDIO TO SUNDAY BRUNCH

SPRING

STUDIO LOOK

BRUNCH LOOK

Crop top.

Printed leggings.

PRO-TIP:
If you love the environment, look for floral yoga pants that are eco-friendly!

Crop top.

Maxi skirt in bright colors or prints.

Strappy sandals.

PRO-TIP:
Be bold with the skirt! The more volume the better.

FALL

STUDIO LOOK

BRUNCH LOOK

Long, neutral tank or tunic.

Dark cropped leggings.

PRO-TIP:
This is a great look for running errands after yoga class.

Slouchy sweater.

Long tank top.

Black leggings.

Boots.

PRO-TIP:
Add-on a scarf for extra-chilly days.

FROM THE STUDIO TO A NIGHT OUT

STUDIO LOOK

BRUNCH LOOK

IN THE STUDIO YOU NEED TO BE FITTED.

OUT ON THE TOWN YOU NEED SCULPTED.

A top that won't fall over your head.

Leggings you feel beautiful in every day.

Leather jacket.

Tank top.

Fitted, neutral leggings.

Heels.

PRO-TIP:
Style is just as much about your attitude as it is about the clothes. If you feel beautiful and confident, make sure it shows!

SOURCES:

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YOGA CLUB