

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

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!



FICE LOOK

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



BRUNCH LOOK

Crop top.

Printed leggings.

PRO-TIP

environment, look for floral yoga pants that are eco-friendly!

If you love the



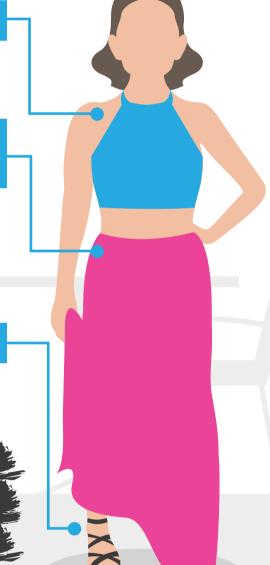
Crop top.

colors or prints.

Maxi skirt in bright



Be bold with the skirt! The more volume the better.



STUDIO LOOK BRUNCH LOOK

Dark cropped

leggings.

Long, neutral

tank or tunic.

PRO-TIP

This is a great look

for running errands

after yoga class.

Long tank top.

Slouchy sweater.

Black leggings.

Boots.

PRO-TIP

Add on a searf for

extra-chilly days.

FROM THE STUDIO TO A NIGHT OUT STUDIO LOOK BRUNCH LOOK

IN THE STUDIO YOU NEED TO BE FITTED.

fall over your head.

Leggings you feel beautiful in every day.

A top that won't

OUT ON THE TOWN YOU NEED SCULPTED.

Tank top.

Fitted, neutral leggings.

Leather

jacket.

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

SOURCES: https://www.popsugar.com/fitness/What-Wear-Yoga-Class-19433301

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YOGACLUB