

GUIDE

How to choose a yoga studio

What to check before you book a first class at a yoga studio or with an independent teacher.

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Choosing a yoga studio is mostly about fit. The room, the teacher and the schedule matter more than the brand. This guide gives you a short checklist. Every claim links to a source we fetched on 2026-11-13.

Start with the level, not the style

MedlinePlus, the US National Library of Medicine patient site (reviewed 2026-07-22), advises new students to start with a beginner class and to tell the instructor about injuries or health conditions before class. Yoga Journal's beginner guide (updated 2026-11-12) adds that classes described as foundational, gentle or beginner are good first options, and that restorative or yin classes are gentler still. If you are unsure, call or email the studio and ask which class suits a beginner.

Ask what the teacher trained in

There is no government licence for yoga teachers. MedlinePlus states that most instructors have had some formal training but that "there is no objective yoga certification body." Yoga Alliance credentials are voluntary. A Registered Yoga Teacher (RYT) 200 has completed a 200-hour training registered with Yoga Alliance, and an RYS is a school registered to offer that training (Yoga Alliance, fetched 2026-11-13). Ask the studio or teacher what credential they hold and when they trained. See our guide on RYT and RYS for the details.

Check the practical details

Before you book, confirm:

- The class level and length. MedlinePlus says most classes run 45 to 90 minutes.
- The style. Vinyasa flows move with the breath; yin and restorative classes hold supported poses for minutes. Yoga Journal describes each style.
- The price. See our guide on what yoga classes cost for dated price ranges.
- The room. If you need step-free access, props or a quiet space, ask. Many studios list accessibility on their website or answer by email.
- Whether you can try before you buy. Junocal's 2026 pricing index (reviewed 2026-09-12) notes that intro offers and single drop-ins are the cheapest way to test a studio.

Book your first class

Most studios let you reserve online. Arrive a few minutes early, tell the teacher you are new, and stay near the back if you want to watch first. You can decline hands-on adjustments at any time. Wear clothes you can move in and bring water, especially for heated classes.

Use this directory

Yogis lists studios, teachers and trainings with their public contact details and sources. Answer a few questions on the request page to be matched with practices near you, or browse by city and style. Confirm schedules and prices on each practice's own website before you book.

Frequently asked questions

Do I need to be flexible to start yoga?

No. Yoga builds flexibility over time. MedlinePlus notes that beginners should start with a beginner class and tell the instructor about injuries or health conditions.

Is a registered yoga teacher the same as a licensed one?

No. Yoga Alliance registration is a voluntary credential, not a government licence. Ask what training a teacher completed and how long they have taught.

Sources

medlineplus.gov — https://medlineplus.gov/ency/patientinstructions/000876.htm
yogajournal.com — https://www.yogajournal.com/practice/beginners/yoga-for-beginners
yogaalliance.org — https://yogaalliance.org/explore-training-options/