STUDIOFINDER — GUIDE

How to Choose a Yoga Studio

Pick a yoga studio by style, class level, class size, teacher training and trial price, then take a trial class or two before you commit to a pack or membership.

Updated October 27, 2026

Choose a yoga studio by five things: the style of class, the level, the class size, the teachers, and the price of a trial. Take a trial class before you buy a pack or a membership. Two classes with two different teachers show you more.

Start with the style

Yoga is not one thing. Studios use different names for similar classes, so read the class description, not only the title.

- **Hatha or gentle:** slow pace. Poses are held. Good for a first class.
- **Vinyasa or flow:** poses link together with the breath. The pace is faster.
- **Yin and restorative:** poses are held for a long time, often on the floor with props. The effort is low. The focus is on rest.
- **Hot yoga:** the room is heated. Read our guide on hot yoga safety first.
- **Prenatal:** made for pregnancy. Ask your doctor or midwife before you start.

Browse the categories on this site to find studios by style in your city.

Check the level

Look for a class marked "beginner", "level 1" or "all levels". An all-levels class can work for a new student. The teacher must give simple options. If the schedule shows only advanced classes, the studio may not be right for you yet. Some studios also offer a short series for new students that teaches the basic poses in order.

Ask about class size

A small class gives the teacher time to see you. A large class gives you more energy in the room. Neither is better. Choose what suits you. If you are new, a smaller class means more feedback on your alignment. Many listings on this site show the typical class size.

Look at the teachers

Check the teacher biographies on the studio website. Look for training, years of teaching and style. In the United States and many other countries, Yoga Alliance keeps a voluntary registry. "RYT 200" means a teacher reports 200 hours of training with a registered school. Read our guide on how to tell a good instructor for more detail. Training is a start. The best test is the class itself.

Check the room and the extras

- Does the studio rent or lend mats and props?
- Are there changing rooms, lockers or showers?
- Is the studio accessible if you use a wheelchair? Look for the accessibility flag on the listing, then call to confirm.
- Is the room clean, and is it a good temperature?

Check the price and the terms

Compare four prices: the drop-in class, the intro offer, the class pack and the membership. Our guide on intro offers explains each one. Before you pay, ask three questions. When does the pack expire? Can I freeze a membership? How do I cancel?

Take a trial class

Arrive 10 to 15 minutes early. Tell the teacher you are new. Tell the teacher about any injury. After class, ask yourself:

1. Did I understand the instructions?
2. Did the teacher offer options?
3. Did I feel safe?
4. Do I want to come back?

If you answer yes to all four, the studio is a good candidate. If not, try another. Use the compare tool on this site to line up two or three studios side by side.

Frequently asked questions

How many trial classes should I take before I join a yoga studio?

Take at least two classes with two different teachers. One class shows you the room. Two classes show you how much the teaching changes from teacher to teacher.

Do I need to be flexible to start yoga?

No. Flexibility grows with practice. A good beginner class gives you options, such as blocks and bent knees, so you can work at your own range.

Is a Yoga Alliance registration a licence?

No. Yoga Alliance is a private non-profit registry. Registration is voluntary. It tells you what training a teacher or school reports. It is not a government licence.

Sources

Yoga Alliance: the registry for yoga teachers and schools — https://www.yogaalliance.org/