

## Step-by-Step Approach

# How to Choose A Yoga Studio

## Google "yoga" + the city you want to practice in

- Example: Yoga Los Angeles
- Make a note of the top 5 studios

## Go to Yelp and select the same city and yoga.

- Focus on studios with 4+ stars (and see if the same 5 from the first step above show up)
- Read the reviews and focus on keywords that come up like: Energy, Skill, Laughter, Accessible, Supportive, Philosophy, Safe, Clean
- Take reviews with a grain of salt. Each person has their own idea of what they like.
- Narrow the Google/Yelp list to no more than 5

## Visit the websites of all 5 yoga studios

- Read how the studio describes itself.
- What does the website feel like?
- What are they keywords the studio uses? Are those things you are looking for?
- Read the teacher bios. How long have they been teaching? What is their focus?
- Do they seem like people you can connect with?
- Can you relate to the photos? Do they show smiling faces and seem personal or is the focus more on upside down, pretzel shaped postures. Choose what you connect with.

## Finally, visit 2 or 3 studios

- Visiting is important and allows you to "try on" the studio to see if it's a fit for you.
- Trust your intuition
- Is the studio welcoming or cliquish?
- Do the people checking you in take care of you?
- Are the people you meet kind?
- How do the other students interact? Is there a sense of community?
- Does the teacher introduce him or herself to you?
- Plan to visit each studio 2-3 times. You are looking for consistency between each experience. Visiting once doesn't give you the best read of what's going on.