

Find your right size

It's good to know what size you are, so you can buy the right size. Not only will this make sure you won't have to return your clothes (which is better for the environment), you'll also be able to enjoy your new yoga outfit right away! Read here how to measure your body.

Tips before measuring

It is best to wear only undergarments and a well-fitting yoga bra when measuring. Make sure you stand up straight in a natural position. The measuring tape should be pulled smoothly over the body, but not so tightly that it pinches.

Measuring your chest size

It is best to measure your breast size over the fullest part of your chest. Place one end of the tape measure on the fullest part of your breasts, wrap it around (under your armpits, around your shoulder blades and back to the front) to get the measurement.

Measuring your waist size

Make sure you stand in a natural position, so do not hold your stomach in. Measure with the tape from the back, around the waist and pull it forward around the body.

Measuring your waist size

Make sure you stand in a natural position, so do not hold your stomach in. Measure with the tape from the back, around the waist and pull it forward around the body.

Measuring inside leg length

There are two different ways to measure this. Either way, it is important to measure from the top of your leg (inner thigh) to below your ankle. You can either measure your inseam from a pair of trousers/leggings that you have at home and which fit you perfectly, or have someone else measure you.



