

LIVING

# The smartest yoga studios in London

*Just in time for National Yoga Day. Ommmm...*

by FRANCESCA WHITE

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## Triyoga

*Camden*



KAREN YEOMANS

The original and the best, Triyoga's flagship is a former piano factory, boasting numerous studios, treatment rooms, a space for meditation and a deliciously healthy café.

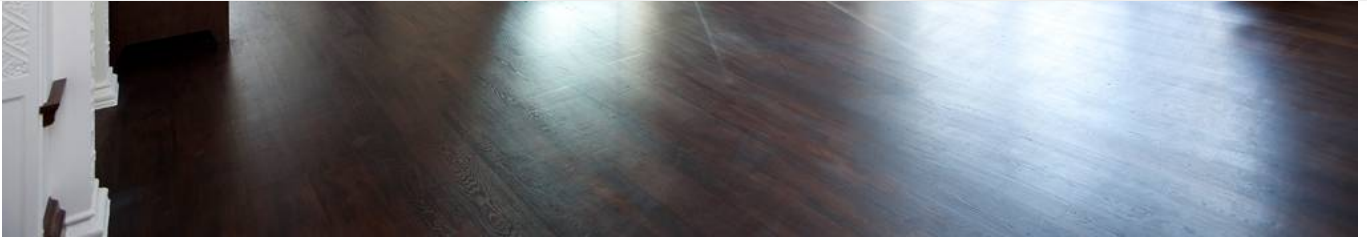


Do you like your yoga studio to be modern and minimal? Then look no further than Another\_Space, which boasts a zen space with electric blinds to block out the spinning session next door, as well as classes led by some of London's coolest instructors.

## Ushvani

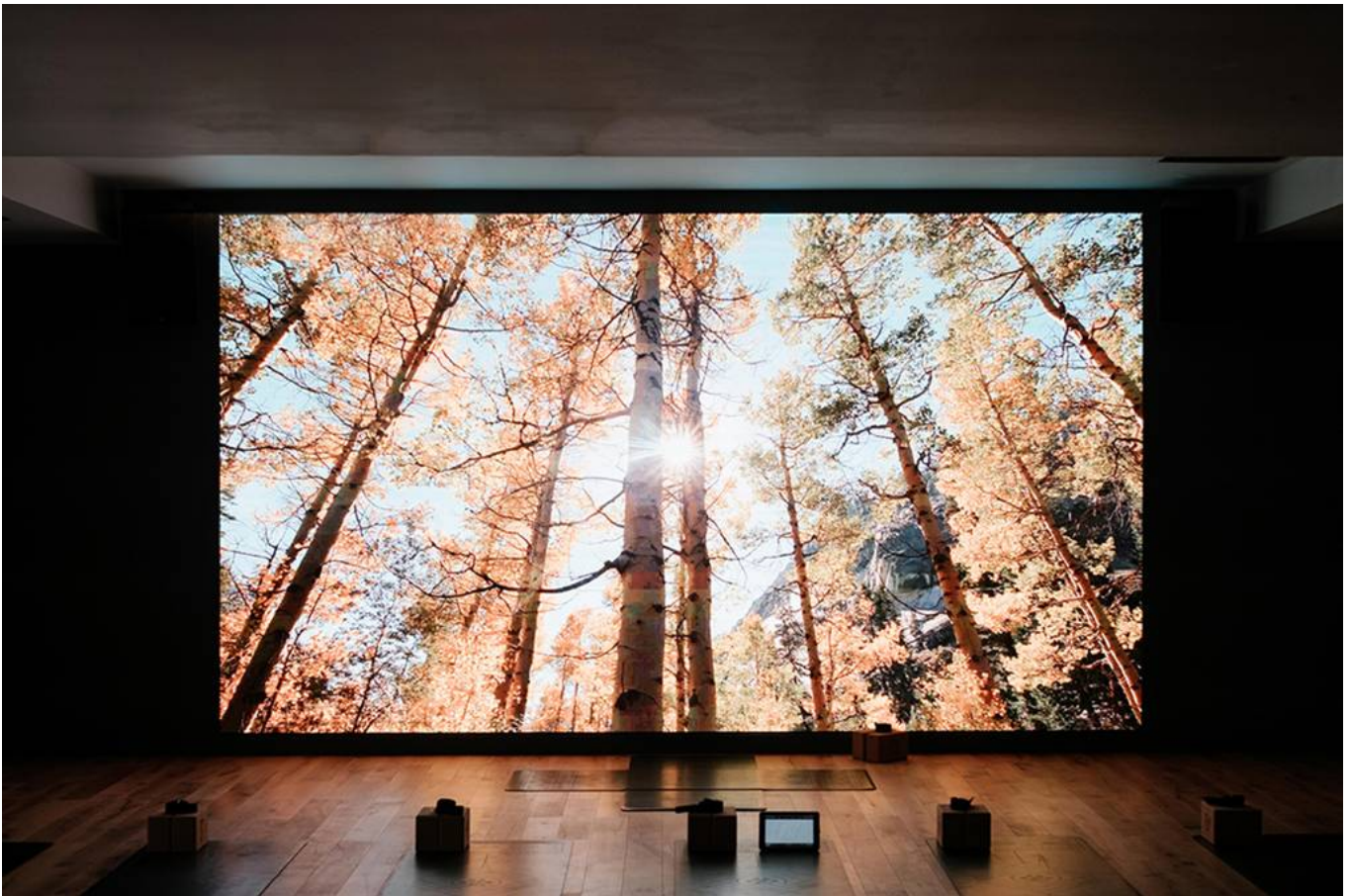
*Sloane Square*





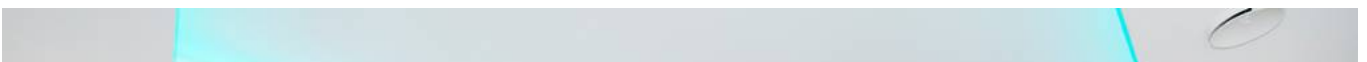
Chelsea's best-kept secret. Classes at Ushvani are small but focused, plus there's the gorgeous spa downstairs offering muscle-loosening massages.

Fly LDN  
*City*



Fly LDN hosts yoga classes against a backdrop of mountains, lakes and forests, thanks to a high-definition imaging system that beams pictures on the studio wall. A transporting experience.

Total Chi Yoga  
*Baker Street*





With its pale grey wood and clean-eating café, Total Chi is a zen-like experience. Book a class in the garden studio, where you can downward dog to the sound of a trickling waterfall.

## South Kensington Club

*Kensington*





Because nothing is more calming than gazing at a ceiling papered in a gold-leaf sunbeam. Classes, on the other hand, are energising and popular with men and women alike.

## Mortimer House

*Fitzrovia*





*Photo by Sarah Malcolm*

This swanky members' club not only boasts a conservatory-style restaurant and sunlit terraces - there's a perfectly formed studio downstairs for tiny (but intense) sessions of yoga.

## KXU

*Pavilion Road*



JAMES CANNON

KXU is home to some of London's finest yogis. Such as Kathryn Fielding, whose hot yoga is an invigorating, muscle-quivering hour. Or Saskia Philips, who leads 75 minutes of powerful Ashtanga in the large, infra red-warmed studio.



STEPHANIE SIAN SMITH

This one-of-a-kind yoga studio combines kaleidoscopic lights, sound frequencies and aromatherapy to create an immersive practice that engages all your senses.

## Method Movement





INSTAGRAM/ METHODMOVEMENT FOLLOW

There's all sorts of yoga on offer here, from slow and restorative to heart-quickenning Vinyasa. But the real draw is the heated, fairy-light-strewn terrace which makes even the most gruelling practice a joy.

## Xtend Barre



RORY GARDINER

There's Aesop in the changing rooms, flowers on every surface and the most stylish edit of activewear in the boutique. Plus candlelit yoga on a Sunday night – possibly the chicest way to stretch out.

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