

# yoga IN THE world

RESEARCH STUDY



## Research Objectives

The “Yoga in the World” study is the first of an on-going series of research efforts by Yoga Alliance to benchmark and track not only yoga trends around the globe, but public perception and barriers that prevent individuals from practicing yoga.

COVID changed where people practiced (61%) with more practitioners switching to online instruction (56%).

### TOP FACTORS WHEN CHOOSING WHERE TO PRACTICE YOGA:

- QUALITY OF INSTRUCTION
- CONVENIENT LOCATION
- CLEANLINESS OF THE SPACE
- PRIVACY

## 55% of practitioners

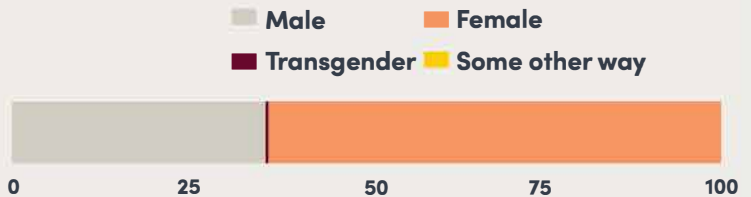
say they started yoga to relieve stress.

No time = top barrier to practicing yoga

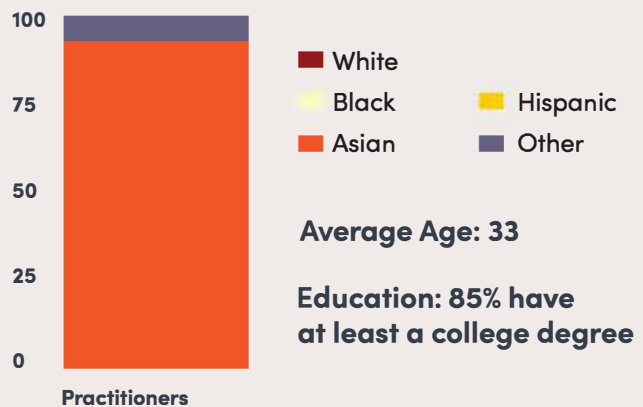
A friend is one of the most common encouragements to start yoga

## Demographics

### Gender



### Race



Social media is one of the most common encouragements to start yoga

## 79% of practitioners

have had yoga recommended by a medical doctor or health professional, and 57% of the general population.

For more information on the 2022 Yoga in the World survey, please visit: [yogaalliance.org/Yoga\\_in\\_the\\_World](https://yogaalliance.org/Yoga_in_the_World)  
 For additional information or questions, email [feedback@yogaalliance.org](mailto:feedback@yogaalliance.org)  
 For media and press inquiries contact: Toni Carey, Head of Strategic Communications, [media@yogaalliance.org](mailto:media@yogaalliance.org)

The 2022 Yoga in the World survey was fielded by Sensis through an online panel survey in October 2022. Data was collected from 11,020 total respondents in 10 countries, including yoga practitioners, teachers, studio owners, and general population. Eleven focus groups were also conducted in the United States fielded by partner organization Ebony Marketing Systems, to understand yoga participation among Asian, Black, and Hispanic communities.