



15. Yoga Room

Definition	Indoor room for yoga and meditation.
Size	Approximately 21 square feet per yoga practitioner.
Possible Activities	Yoga classes; meditation sessions.
Location	Integrated to residential development.
Design Criteria	<p>Situated to eliminate external distractions and/or interruptions. Irregular room shapes should be avoided.</p> <p>Quality flooring must be provided, preferably natural wood. Resilient flooring is acceptable.</p> <p>Natural lighting is preferred. Ambient lighting is preferred.</p> <p>Provide a room height of at least 10 feet.</p>
Components	Yoga mats, changing room, water station.

Supply Values

	Tots	Children	Teens	Young Adults	Adults	Seniors
Yoga Room	0	2	4	9	9	9



*Blue Forest Yoga Studio,
Cobham, United Kingdom.*