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**
Situated to eliminate external distractions and/or interruptions. Irregular room shapes should be avoided.

Quality flooring must be provided, preferably natural wood. Resilient flooring is acceptable.

Natural lighting is preferred. Ambient lighting is preferred.

Provide a room height of at least 10 feet.

**Components**
Yoga mats, changing room, water station.

### Supply Values

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<th>Yoga Room</th>
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<th>Young Adults</th>
<th>Adults</th>
<th>Seniors</th>
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*Blue Forest Yoga Studio, Cobham, United Kingdom.*