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## Best Yoga Pants of 2024

By **Maureen Farrar, 500-hour Registered Yoga Teacher (RYT-500)**

☒ Reviewed by **Marlo Jappen Porto**

Updated: April 5, 2024



Every yoga practice demands comfortable and supportive yoga pants, whether it be for the calming stretches of Hatha or dynamic sequences of Vinyasa. You don't want to be interrupted by ill-fitting pants that throw off your flow. Instead, a good pair allows for unrestricted movement and comfort through a variety of [yoga](#) poses.

This guide will help you navigate the different styles, materials, and fit options so you can find the yoga pants for your needs and budget. After all, the best yoga pants are the ones you don't notice you're wearing.

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## Best Overall

**Lululemon Align High-Rise Pant »**

**PROS:**

- ✓ Wide range of sizes
- ✓ Waistband stays in place
- ✓ Lightweight

**CONS:**

- ✗ Expensive
- ✗ Fabric may be too sheer for some

[Buy From Lululemon](#)

Beloved by yoga teachers and seasoned yogis alike, the Lululemon Align High-Rise is a top pick for comfort and performance. Lululemon's signature soft Nulu fabric wicks away sweat, keeping your skin comfortable and dry. The super-stretchy material feels like a second skin, but Lycra adds a measure of compression and holds its shape as you bend and stretch. The high-rise waistband keeps you covered during forward folds and downward dogs, but the soft, wide band won't dig in or roll over.

The Aligns are available in sizes 0 to 20 in various colors and you can purchase them in 21-, 25-, 28- and 31-inch lengths or with a low waistband. They're also available in short, crop, flare, and mini-flare styles. While spending almost \$100 on a pair of leggings might seem extravagant,

Lululemon has a quality promise that guarantees they'll take the product back if it doesn't perform.

Specs

List Price:	\$98
Material:	81% nylon, 19% Lycra elastane
Sizes:	0-20

[Buy From Lululemon »](#)

Best Budget

HeyNuts Essential High-Waisted Yoga Capris L...



PROS:

- ✓ Comparable to high-end brands without the high price

CONS:

- ✗ Some say waistband rolls down

✓ Good compression

✗ Limited sizes

[Buy From Amazon](#)

✓ Wide range of styles and colors

The HeyNuts Essential leggings are made from a smooth blend of nylon and Spandex that’s designed to withstand everything from a sweaty yoga session to a gentle Pilates class. The buttery-soft material is stretchy but squat-proof with enough compression to hold you in without making you feel restricted. The high-waist design prevents the seamless waistband from digging in, but some shoppers have mentioned that it tends to roll down. On the plus side, its hidden inner pocket keeps small items like lip balm or money safe.

Many shoppers compare these to their expensive brand-name counterparts, but they’re slightly thicker than the Lululemon Aligns and feel more compressive than them as well. These leggings are available in numerous colors and range in size from XXS to XX-Large.

### Specs

**List Price:** \$23.99

**Material:** 70% nylon, 30% Spandex

**Sizes:** XXS, XS, S, M, L, XL, to XX-L

[Buy From Amazon »](#)

### Best Plus Size

## Beyond Yoga Spacedye Caught in the Midi Hig...

**PROS:**

- ✓ Inclusive sizing
- ✓ Medium amount of compression
- ✓ Soft, stretchy fabric

**CONS:**

- ✗ Fabric may pill after regular use
- ✗ Runs small; size up

[Buy From Beyond Yoga](#)

The Beyond Yoga Spacedye Caught in the Midi High-Waisted Legging is made with a stretchy, light-compression fabric that's known for being buttery soft. The leggings are designed without outside seams and the clean lines flatter all body types. There's just enough compression, but they offer plenty of stretch so these leggings move with you. The high waist gives the right amount of support without feeling tight, allowing you to breathe easily. Beyond Yoga's signature "Spacedye" fabric is breathable, soft, and wicks moisture away from skin.

These leggings come in a wide variety of colors (some are seasonal hues that can vary) and include sizes up to 4XL, but only a Midi length. Although we like the seamless feel, these do show every curve and may highlight bumps and panty lines, especially in lighter colors. Beyond Yoga

recommends “easy care wash and dry,” and we found that these do pill after multiple wash cycles. Some reviewers say these pants run small, so you may want to size up for a more comfortable fit.

Specs

List Price:	\$97
Material:	87% polyester, 13% elastane
Sizes:	XXS to 4X

[Buy From Beyond Yoga »](#)

Best for Hot Yoga

Colorfulkoala Buttery Soft High-Waisted Leggi...



PROS:

✓ Breathable, moisture-

CONS:

✗ Too thin for cooler

wicking fabric

- ✓ Luxuriously soft material
- ✓ Flattering design

weather

- ✗ Some reviewers say waistband rolls

Buy From Amazon

These ColorfulKoala high-waisted leggings deliver when it comes to fit, performance, and mobility for less than half the price of higher-end pants. Luxuriously soft, the fabric features an 80% nylon and 25% Spandex blend. This material wicks away moisture and keeps heat away from your body, making these a great choice for [hot yoga](#) classes when sweat is constant.

If you’re looking for yoga pants with light compression that doesn’t restrict your movement, these will become your go-to leggings. The wide waistband gives support without feeling tight, although some shoppers mentioned that the waistband rolls.

These are designed with flatlock seams (a stitching method that sews fabric together side by side without overlapping) for a smooth, chafe-free experience. The unique V-shaped seam on the back hips leaves you with a flattering silhouette. Offered in a range of sizes from extra-small to extra-large and with your choice of a 25- or 28-inch inseam.

Specs

List Price:	\$23
Material:	80% nylon, 20% Spandex
Sizes:	XS to XL

[Buy From Amazon »](#)

Best With Pockets



## Athleta Salutation Stash Tight »



### PROS:

- ✓ Large thigh pockets
- ✓ Full-coverage fit
- ✓ Medium compression

### CONS:

- ✗ One of the more expensive pairs on our list
- ✗ The waist is tighter than other brands

[Buy From Athleta](#)

The Athleta Salutation Stash Tight is a favorite of our writer, Maureen Farrar, a 500-hour registered yoga teacher who wears these when she practices yoga. These tights are supportive, flexible, breathable, and super-soft with full coverage and a flattering fit. Crafted from a nylon and Lycra blend, these leggings offer a second-skin feel but have enough compression for a secure and flattering fit.

Farrar is impressed by the wide, high-rise waistband that stays put, no matter how vigorous the power vinyasa flow gets. The waist has a tighter fit than

other styles and brands, which may be a pro or a con depending on your preferences, but Farrar likes that it doesn't roll over during movement. Whether you're transitioning through downward dog or holding a warrior pose, these tights move and support you with every breath.

The Stash leggings are designed to be flattering on all body types, and the seams are comfortable. The thigh pocket is large enough to hold a phone but it looks discrete when not in use. Costing more than \$100, these might be out of reach for some. However, for others, the quality may be worth the splurge.

Specs

List Price:	\$109
Material:	75% nylon, 25% Lycra (for solid colors)
Sizes:	XXS-3x

[Buy From Athleta »](#)

Best Bootcut

Alo Yoga Airbrush High-Waist Bootcut Legging...

**PROS:**

- ✓ Flattering bootcut design
- ✓ Excellent fit
- ✓ Moves easily

**CONS:**

- ✗ Inseam is long for petite yogis
- ✗ Slightly rough fabric

[Buy From Alo](#)

The Alo Yoga High-Waist Airbrush leggings provide exceptional stretch and unrestricted movement, making them a smart choice no matter the type of yoga you practice. The high waistband stays in place without requiring mid-workout adjustments and offers support without feeling tight.

These yoga pants have flatlock seams that create a smooth silhouette. The Airbrush fabric doesn't feel as buttery as other options but it's still soft and comfortable. Additionally, it's moisture-wicking and resistant to odors, which is important if you're working up a sweat.

These bootcut leggings are flattering for most body types, and they're a nice change from fitted leggings. At 32 inches, the inseam on the Airbrush is a little long for more petite yogis, and Alo recommends trying the [Airbrush ¾](#)

[Bootcut Legging](#), so you don't have to worry about dragging hems – or stepping on your pants while practicing.

Specs

List Price: \$108

Material: 87% nylon, 13% elastane

Sizes: XXS (00-0), XS (2-4), S (4-6), M (8-10), L (12-14), XL (16-18)

[Buy From Alo »](#)

Best Maternity

Blanqi Maternity Belly Support Leggings + Poc...



PROS:

✔ Provides belly and back support

CONS:

✘ Limited color options

✔ Medium compression

✗ Limited size range

[Buy From Blanqi](#)

✔ Expandable belly panel

Stay comfortable throughout your [pregnancy workout](#) with Blanqi's maternity leggings. The over-the-bump design won't slide down with movement, and the built-in belly support band gently lifts the belly to help reduce back pressure. The X-shaped back support eases lower-back pressure and encourages better posture to keep you energized. Seamlessly connected to the belly support band these features work together to deliver support where you need it most.

Strategically placed panels provide medium compression, which gives you some support without making you feel confined. An expandable belly panel ensures a comfortable fit throughout all three trimesters.

The breathable fabric keeps you comfortable and wicks away any moisture from your body. Two large side pockets keep your phone, keys, or other small items handy.

### Specs

**List Price:** \$84

**Material:** 95% Nylon, 5% spandex

**Sizes:** Small, Medium, Large, Extra-large

[Buy From Blanqi »](#)

### Best Cropped

**CRZ Yoga Butterlux Crop »**

**PROS:**

- ✓ Multiple crop lengths
- ✓ Butterlux fabric keeps you dry
- ✓ Inexpensive compared with other brands

**CONS:**

- ✗ Waistband may roll down during workouts
- ✗ Pockets don't fit a large phone

[Buy From Crz Yoga](#)

The CRZ Butterlux crop leggings are made with a silky, stretchy blend of Lycra and polyamide that contours to the shape of your body, allowing you to move freely and comfortably through your yoga sessions. They're squat-proof and slip-proof, and the seamless high-waist design offers enough compression to keep you supported. Farrar, who is on the shorter side, likes these because they come in five crop lengths: 14 inches, 17 inches, 19 inches, 21 inches, and 23 inches.

The moisture-wicking Butterlux fabric keeps you dry and comfortable during high-intensity workouts and hot yoga sessions. These feel like luxury yoga pants, but don't have the same high price tag, so shoppers like to pick up multiple pairs in different colors. One version comes with two side

pockets large enough to hold a phone or keys, or you can opt for them without pockets if that’s not a must-have for you. Some shoppers report that the waist has a tendency to roll down when working out, but that wasn’t something Farrar encountered during her yoga practice.

Specs

List Price:	\$28
Material:	81% polyamide, 19% Lycra
Sizes:	XXS, XS, S, M, L, XL

[Buy From Crz Yoga »](#)

Most Stylish

Sweaty Betty Power Workout Leggings »



PROS:

CONS:

- ✓ Comes in 30 prints and colors

✓ Compressive moisture-wicking fabric

✓ Flattering fit
- ✗ Not the most budget-friendly

✗ Runs small in sizing

Buy From Amazon

Sweaty Betty's Power Workout Leggings are crafted from their famous Power fabric, a long-standing favorite among its customers. Known for eye-catching prints and impressive durability, these multi-sport leggings are stylish with a soft, sleek design. Lightweight and supportive, they're functional, too. The fabric strikes the perfect balance between stretch and compression, translating into a superior fit that retains its shape over time.

Subtle seams wrap around your glutes and thighs for a flattering, elongated silhouette. The Power fabric itself offers plenty of support. Designed to stay put, the double-lined, mid-rise waistband features an inner drawstring for a secure, comfortable fit. During a high-intensity yoga session with high humidity, the fabric keeps you cool and dry. There's also a generous pocket on the left hip and a back zipper pocket, which is ideal for storing essentials like a phone, keys, and cards.

The Power Workout Leggings come in Sweaty Betty's widest selection of prints and solids, catering to both bold and subtle preferences. New styles are constantly added with the season's hottest hues, so if you see a print you love, buy it while you can. They're available in a full- or 7/8- length.

Specs

List Price:	\$101.03
Material:	62% polyamide, 38% elastane
Sizes:	XXS, XS, S, M, L, XL, XXL

Buy From Amazon »



## The Bottom Line

Whether you practice yoga daily or are looking for a pair of yoga pants to take you from the studio to coffee with friends, the Lululemon Align Rise is our top pick. The fabric is stretchy and soft, and keeps you comfortable and dry, even after a hot yoga class. It's also comfortable enough to wear out and about. If you're looking for something more affordable, the HeyNuts Essential leggings are comparable to the Lululemons but at about a third of the price.

## Things To Consider When Buying Yoga Pants

**Size and Fit:** Finding the perfect pair of yoga pants hinges on a good fit. We evaluated a range of options, from those with a more structured feel to others that relied heavily on stretch. Flattering details like well-placed seams can make a big difference. We considered whether the waistband stayed in place instead of rolling down during movement. Sizing is also important – you'll want to consider whether your yoga pants are true-to-size or whether they run big or small. Most importantly, will they stay put and deliver support through all your workout moves?

"It's important that yoga pants have a snug enough fit that they aren't falling or moving while you practice," says yoga teacher and International Association of Yoga Therapists-certified yoga therapist, Anna Passalacqua. "At the same time, you never want yoga pants so tight that you have trouble moving or it affects breathing," she adds.

**Material:** Most leggings are crafted from performance fabrics that combine synthetic fibers like nylon and polyester. These materials are lightweight, durable, and excellent at wicking away sweat to keep you cool and dry during exercise. However, polyester can trap odors, so it's recommended that you wash them after each wear for optimal freshness.

Another key fabric is Spandex (also known as Lycra or elastane), which provides a comfortable, stretchy fit that moves with you. Los Angeles-based private yoga teacher Melissa Mooney, 500-hour Experienced Registered Yoga Teacher (E-RYT 500), says “Nylon or polyester/Spandex blends are great for sweaty flows. They also allow for a wide range of motion and will retain their shape.”

For sweaty workouts, it's best to avoid cotton leggings. That material is more appropriate for classes like restorative yoga, says certified yoga teacher Bridget Aileen Sicsko. While comfortable, cotton absorbs sweat and dries slowly, leaving you damp and potentially chafed.

**Durability:** If you practice regularly or only own a few pairs of yoga pants, durability is important. Yoga involves a lot of stretching, bending, and twisting, which can put stress on the fabric of your pants. Durable materials like nylon and polyester are generally stronger and more resistant to wear and tear. Well-constructed seams can withstand movements without ripping, pilling, or losing their shape.

**Comfort:** Comfort is key no matter what type of yoga you practice. Yoga poses involve stretching, bending, lunging, and twisting, so your pants shouldn't restrict your movement in any way. Choose a waistband that offers support but won't dig in or roll down. Flatlock seams lay flat against your skin, minimizing chafing, especially in areas like the inner thighs. Opt for soft, breathable fabrics that feel gentle against your skin and allow for airflow. For hot yoga, prioritize lightweight and moisture-wicking fabrics. For more gentle practices, you might prefer a slightly thicker and more opaque material.

**Style and Design:** Yoga pants come in a wide variety of styles and designs to suit different tastes. From bold patterns and vibrant colors, choose what makes you feel good. “As a primarily online yoga teacher, I love stripes or a pattern on the outer edge of my leggings to give my students some visual support in addition to verbal cues,” says Mooney. Look for cuts that flatter your body type, like styles that elongate legs or accentuate your curves in a way that flatters your body type. High-waisted styles can create a slimming effect, while flared legs can balance wider hips.

**Care:** Yoga pants are expensive, but with proper care, you can extend the life of your favorite yoga pants and keep them looking and performing their best for a long time. It might seem obvious, but follow the care instructions on the label. Turning them

inside out when washing helps protect the outer surface of the fabric, and air-dry them whenever possible to preserve the elasticity of the fabric.

## How We Chose the Best Yoga Pants

To compile our list of the best yoga pants, we consulted three experts, including [Melissa Mooney](#), E-RYT 500, a corporate and private yoga teacher in Los Angeles, CA; [Bridget Aileen Sicsko](#), certified yoga teacher, and holistic health coach; and [Anna Passalacqua](#), a certified yoga therapist, yoga teacher, and founder of Breathing Deeply Yoga Therapy. These experts offered insights into what materials they look for, fit, and style when buying yoga pants. We also did a thorough analysis of some of the most popular and well-reviewed yoga pants available.

### WHY SHOULD YOU TRUST US?

The author of this piece, [Maureen Farrar](#), is a commerce writer and product reviewer specializing in fitness, health, and lifestyle. Aside from contributing to U.S. News & World Report's 360 Reviews (including the [best foam rollers](#) and the [best yoga mats](#)), her work has appeared in The Spruce, Yoga Journal, and Outside, among others. Additionally, she's a 500-hour registered yoga teacher and owns a few of the yoga pants mentioned in this article.

## FAQ

**What's the difference between yoga pants and leggings?**

+

**How do yoga pants help with movement?**

+

**Are yoga pants machine-washable?**

+

## About Our Team



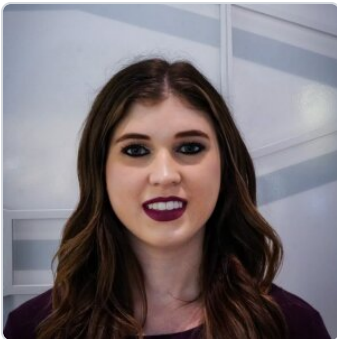
## Maureen Farrar, 500-hour Registered Yoga Teacher (RYT-500)

Contributor



Based in the Pacific Northwest, Maureen Farrar is a seasoned writer and editor who is passionate about crafting content that empowers readers to live their healthiest lives. Her expertise spans fitness, nutrition, and home. A regular contributor to publications such as Outside, Wide Open Spaces, and Yoga Journal, Farrar is also a certified 500-hour yoga instructor.

[Read more](#)



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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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