

## STYLE COUNCIL

# Style in yoga pants

With athleisure slowly taking over pretty much the whole world, yoga pants have not lagged behind. They've paved their way from the confined gym-rooms to the streets of high-fashion. One of the biggest trends of 2020 — yoga pants — is the perfect blend of fashion and comfort that we've been out on. Let's not delay any further and get on-board with the comfiest trend possible!

Casual wear is achieving a new dimension, with its frequent debuts on the runways as well as social platforms. With that being said, the whole Kim-K minimalistic shape-wear aesthetic is a growing trend of the past decade. Needless to say, yoga pants fall perfectly into this category. The once big fashion no-no, 'leggings as pants,' has been nullified in the recent times with celebrities and high-fashion labels making it the 'it' thing. And with leggings being in vogue, yoga pants have managed to make a bigger mark due to their ability to flatter the body shape even more, while looking super casual, fun and sporty. Whether or not you're about to hit the gym, or going about your day, athleisure, and yoga pants are just what you might love!

Now that we know how yoga pants have managed to get to the top of the trend-game, let's understand the nitty-gritties. Just like every other piece, the types, as well as material, all vary. Some pants are high-waisted and accentuate an hour-glass figure, some are low and ensure more ease; some pants are form-fitted to the point you look like you do really work-out, while others are a bit more on the flowy-breezy side. Stretchy spandex, nylon and polyester typically comprise the fabric. Of course, the colours, length, patterns all depend on your choice. A three-quartered length goes best for casual errands, whereas a full length may be more



appropriate for dressing-up. Minimalism is the requisite of this mode; you don't want to look like a hippie yoga-instructor, rather a 'street style guru' if one may say. Therefore, crazy patterns and colours might not be the way to go. Muted tones are where it's at; black is a statement. Solid neons can look cool. Side-way stripes seem to be on trend as well. Keep in mind that out-of-the-box isn't a crime, as long as the styling is done right!

To look like you own this trend, be sure of where you're headed to. Athleisure for formal wear is often criticised, so sticking to informal casual-wear is the best way to pull it off. The easiest way to look effortlessly stylish is to pair yoga pants with a casual tee and sneakers. Of course, accessorise (as Paris Hilton would say "...or else you'll look like you're actually going to the gym, not cute.") Layering is key to pulling off athleisure, specifically yoga pants; pair it with jackets/bombers, scarves, knit-wears, shrugs and what not! It's so simple that you can't layer enough. But, there's no denying that even a crop top looks cute with yoga pants; all you have to do is put a little effort into styling. For a more chic-look, you can pair it with a fancier top (but nothing too fancy) along with some smart kitten-heels and



accessories to look more put-together. Add a dainty bag for a classy finish; look sportier with a cap — it's all in the styling and the look you want to go for!

Now that you are up to speed on yoga pants fashion, invest on some good quality ones, take style-inspirations from Pinterest and you're all set to slay this trend!

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**Photo: LS Archive/ Sazzad Ibne Sayed**