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Men Yoga Clothes - Choosing the Right Yoga Clothes for Men by [Joky Fan](#)

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Yoga is not only for women, as many men also practice yoga and also need the appropriate gear. When choosing men yoga clothes, the fit and materials are important for movement and skin breathability during a workout. Men need clothes that provide comfort and style without limiting movement as he is practicing poses. Unlike women, men need a looser fitting yoga shirt and pant. Style should take a back seat to comfort and the ability to facilitate body movements. There are a few things for you to keep in mind when choosing the right yoga clothes.

The idea behind men yoga clothes is to wear shirts and pants that allow a free flow of movement. It must be comfortable without restricting movement and must not bring any harm to you when worn. Men can choose from long pants or short pants, so choose what you feel most comfortable wearing. The length of pants generally will not have any effect on your ability to move. Like women's clothes, you want to choose clothes tight enough to not ride up, but still loose enough to allow movement and the skin to breathe as you sweat. When choosing men yoga clothes, you may opt for sweatpants instead of the tighter fitting pants similar to what women wear because they offer more room for ease of movement. Men can go without wearing a top, so this is really freeing, but not ideal if he will be doing poses or exercises that require laying the floor. If this is the case, you should wear a loose shirt that protects your upper body from the surface it will rub against. It is ultimately your choice to wear a shirt or go topless, but you must also think about the comfort level of others in your class when it comes to showing flesh. Men seem to be less concerned about the style of clothing and find it easier to choose men yoga clothes. Comfort is most important as is wearing unrestrictive clothing. If you have those bases covered, then the style, color and length are all up to your personal choice and comfort level. Yoga can be a tough exercise, so choosing cotton over other types of materials will help with absorbency as you perspire. There is a variety of men's styles in yoga clothes, so you have a broad choice. Choose what works best for you in both comfort and style.

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