

# Yoga Practice



**TOLUNA ASKS PANELISTS AROUND THE WORLD  
ABOUT THEIR YOGA PRACTICE**

## UK

- 🕒 Less than once (6%)
- 📍 At home (10%)  
Private class at studio (5%)

## ITALY

- 🕒 Twice (8%)
- 📍 At home (11%)  
Private class at studio (7%)

## SPAIN

- 🕒 Twice (8%)
- 📍 At home (12%)  
Private class at studio (8%)

## AUSTRALIA

- 🕒 Less than once (10%)
- 📍 At home (25%)  
Public class at studio (7%)

## SINGAPORE

- 🕒 Once (16%)
- 📍 At home (30%)  
Public class at studio (16%)

## HONG KONG

- 🕒 Less than once (24%)
- 📍 At home (29%)  
Public class at studio (18%)

- 🕒 Times per week to practice yoga
- 📍 Location to practice yoga