

**Going Beyond The Clothing – Tips with Jody Miller**  
Visual Merchandiser / Retail Clothing Buyer - Raw Plum Design

***What is Athleisure?***

Most of us have busy lives that find us on-the-go and pressed for time. We seek a more active lifestyle that will enhance our quality of life. How can we seamlessly squeeze in our yoga class during our lunch break without having to take the extra time to pack clothing and change (twice)?

**With athleisure.** This is the fashion trend that is the “new casual” that can be stylish in a variety of environments. Merriam-Webster defines athleisure as “casual clothing designed to be worn both for exercising and for general use.” Athleisure fuses athletic with dressy. The key is to choose items that will allow you to go from gym to lunch to office all the while making you appear put together, like you never broke a sweat.

How can you integrate super comfy yoga pants as a staple for your everyday wardrobe?

**1. Be aware of what is trending.**

Each season, variations of pattern, colour and mesh embellishments are prevalent with athleisure brands such as Lolë, Tonic and prAna. By adding as little as one new item a season, you can always look on-trend.

**2. Accessorize.**

Your classic leather jacket along with a great pair of sunglasses marry well with athleisure. The right accessories will add a polished look to your outfit. The secret is to choose carefully as you don’t want to take away from the effortless feel of athleisure. Finish the look with strappy sandals in spring/summer or chunky boots in fall/winter.

**3. Add volume and length to your tops.**

Tunics, long button shirts, cardigans and flowy peasant tops pair fabulously with yoga pants. They help to create modesty and balance by offsetting the sleekness of yoga pants.

**4. Stick to neutrals if this is new to you.**

Investing in a pair of good quality, well-fitting and comfortable black yoga pants allows you the flexibility of working with items that you already have in your wardrobe. Once you get a feel for how these items work for you, invest in whichever vibrant patterned pants bring you joy!

Finally, you don’t have to travel far to find good quality, stylish athleisure wear. Beyond’s retail area has a great variety of yoga pants that are on-trend as well as many coordinating pieces that will complete your outfit.

