



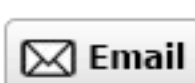
## LONDON'S POPULATION IS 8.4M AND RISING FASTER THAN ANY OTHER PART OF UK

## Get high: London's best rooftop yoga classes

If you want to make your handstand gravity-defying, head to London's rooftops for a stretch and stick your asana in the air, says Emily Jupp



Height of fashion: there are rooftop yoga classes all over London



EMILY JUPP

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It has taken months of sweating in a studio and still you haven't mastered your flying pigeon pose. Every time you try to take off you end up coming right back down to earth with a bang. Now London has a solution that will let you catch some big air and make your asanas take flight for real.

The Shard has announced yoga classes 1,016 feet above ground level and, once studios the city over caught wind of it, everybody wants in on the action.

Yoga is going up in the world with rooftops from Hoxton to Peckham hosting opportunities for you to stick your ass-tanga in the air. Here's where to get high.

**The Shard**

If you're prepared to pay the £40 fee, you'll get unrivalled views over London stretching as far as Windsor Castle and the Thames Estuary. While you contemplate the view, top instructors from Yogasphere, a company specialising in yoga at beautiful venues, are on hand to help you gain a metaphorically new perspective on city life.

£40, Saturdays, St Thomas Street, SE1, [yogasphere.eu](http://yogasphere.eu)

**Queen of Hoxton Rooftop**

Fat Buddha Yoga runs classes here offering a funky, modern take on the traditional practice. The company slogan is "Peace. Love. Look good naked". Needless to say it doesn't take itself too seriously. Ideal for those who want a non-competitive class.

£10, fortnightly on Saturdays during the summer, 1-5 Curtain Road, EC2, [queenofhoxton.com/rooftop](http://queenofhoxton.com/rooftop)

**Dalston Roof Park**

Fat Buddha also holds classes here along with Yoga on the Lane, a Dalston-based studio specialising in the vinyasa style. The Roof Park is a small space, ensuring classes stay intimate and hands-on.

£10, Tuesdays and Saturdays until Oct 18, Ashwin Street, E8, [bootstrapcompany.co.uk](http://bootstrapcompany.co.uk)

**Bold Tendencies**

Head to the top of Peckham's multi-storey car park (where Frank's Campari bar appears every summer) for friendly yoga classes comprising graceful Dru Yoga, strengthening Vinyasa Flow and dynamic Rocket Yoga, courtesy of small group Lucyoga. Suitable for beginners as well as more advanced yogis.

£10, Saturday, Sunday and Monday, until Oct 26, Peckham Multi-Storey Car Park, 95a Rye Lane, SE15, [rooftopyogapeckham.co.uk](http://rooftopyogapeckham.co.uk)

**Coq d'Argent**

Get a post-workout breakfast thrown in at this rooftop yoga session held by Serene Social. The view is superb: St Paul's Cathedral, the Gherkin and the Cheesegrater.

£25 for non-members, £15 for Serene members, Thursdays, No 1 Poultry, EC2, [serenesocial.com](http://serenesocial.com)

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