

YouGov Survey Results

Sample Size: 1834 GB Adults
Fieldwork: 13th - 14th January 2015

	Westminster VI				2010 Vote			Gender		Age				Social Grade		Region						
	Total	Con	Lab	Lib Dem	UKIP	Con	Lab	Lib Dem	Male	Female	18-24	25-39	40-59	60+	ABC1	C2DE	London	Rest of South	Midlands/Wales	North	Scotland	
Weighted Sample	1834	X	X	X	X	521	455	398	889	945	218	464	627	525	1045	789	235	596	392	451	160	
Unweighted Sample	1834	438	481	95	243	497	436	426	922	912	210	316	711	597	1253	581	192	573	408	470	191	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Have you ever taken a yoga class?

Yes, I have	17	19	16	15	15	20	14	20	6	29	15	18	16	19	20	14	28	18	17	12	15
No, I have not	83	81	84	85	85	80	86	80	94	71	85	82	84	81	80	86	72	82	83	88	85

Would you like to go to a yoga class in the future?

Yes, I would	28	28	32	21	19	28	29	26	16	39	33	36	28	19	32	23	34	27	28	26	28
No, I would not	56	58	53	59	67	57	57	58	69	43	46	51	55	64	55	57	49	58	53	58	58
Don't know	16	14	15	20	14	16	14	16	15	18	21	13	17	17	14	20	17	16	19	16	14

Why not? Are any of the following reasons why you don't want to do yoga? Please tick all that apply.

[This question was only shown to respondents who would not like to go to a yoga class in the future; n=1021]

I'm not flexible enough	36	36	40	37	28	35	44	32	34	41	35	35	39	36	34	39	41	31	38	40	39
It's boring	23	24	20	22	22	20	19	24	25	21	38	30	23	15	26	20	28	25	23	18	28
I'm too old	23	25	22	20	28	29	28	20	22	24	0	2	16	51	19	28	17	24	21	26	19
It's pointless	15	13	16	16	17	15	13	13	21	7	22	18	14	13	17	14	14	17	12	16	18
I'd find it embarrassing	12	11	13	23	7	11	11	13	12	13	23	19	10	7	14	10	17	11	16	10	9
It seems unmanly	8	10	7	3	10	6	6	8	13	1	20	13	6	3	9	7	9	8	8	8	9
It's for hippies	4	6	3	3	3	4	4	3	6	1	16	6	2	1	5	4	6	4	2	6	3
I sweat too much	2	2	2	2	0	0	2	2	3	2	4	3	2	2	2	3	6	1	3	2	4
None of these	24	24	24	28	22	23	19	33	21	28	19	22	29	22	24	23	23	26	24	22	21
Don't know	5	4	6	5	4	5	7	2	7	3	7	6	7	3	5	6	6	4	4	8	7

Do you think the benefits of yoga are overrated or underrated?

Overrated	18	23	16	17	22	20	16	16	23	13	22	17	16	19	18	18	15	21	15	17	20
Underrated	18	18	21	16	13	15	20	19	14	22	18	19	20	15	20	15	16	17	19	19	17
Neither	33	31	32	41	33	34	31	38	28	38	35	34	32	35	33	34	42	33	32	31	30
Don't know	31	28	30	26	33	31	32	27	35	27	25	30	33	31	28	33	27	29	33	32	33

Do you think that yoga can or cannot reduce stress?

Can	61	62	64	65	51	59	61	66	50	71	64	61	63	56	64	56	70	59	63	57	61
Cannot	6	6	6	4	8	6	7	4	7	5	7	7	4	6	6	5	3	6	5	7	5
Don't know	34	32	30	30	41	36	32	30	43	24	29	32	33	38	30	39	27	35	33	36	34

Do you think a person can get a good workout from a yoga class?

Yes, they can	49	47	55	49	41	46	51	53	40	58	48	57	52	39	51	46	63	44	52	45	51
No, they cannot	15	15	15	16	20	15	15	16	17	14	16	17	14	16	16	14	12	19	14	14	13
Don't know	36	38	30	35	39	38	34	31	43	28	36	27	34	45	32	40	26	37	34	40	35