The 6×8 Yoga Corner Guide

Map out your safe movement zone, install a barre, and arrange props.

Create a beautiful, functional sanctuary in any spare room. Use these clear-zone dimensions to guarantee an unobstructed flow through every complex sequence.



Clear-Zone Dimensions

6×8 ft
Ideal floor footprint for standard mat

2 ft
Minimum buffer on all mat sides

12 in
Minimum buffer below ceiling fixtures

5×2 ft
Minimum side-wall mirror size

1.5 in
Untreated oak closet rod barre diameter

2700K
Warm amber floor lamp bulb

Washi-Tape Your Maximum Reach

Mark a generous hand's width beyond your outstretched fingertips on the floor and baseboards. This visual perimeter creates a psychological safety net for sweeping arms without hesitation.

The Restorative Wall Zone

Find your row: **Planned Pose**

Planned Pose	Your pick	Why
Legs-Up	24 in wide	Clear baseboard, smooth drywall
Wall Dog	30 in wide	Clear to waist, durable paint
Wide-Angle	36 in wide	Clear baseboard, smooth drywall
Inversions	48 in wide	Clear to ceiling, reinforced studs

Pre-Installation Checks

- ○ Measure floor to prominent hip bone for custom barre height.
- ○ Locate two adjacent wooden wall studs for maximum bracket security.
- ○ Keep mats safely away from active baseboard heating elements.
- ○ Test barre with a spirit level before tightening brackets.

Prop & Decor Placement

- ☐ Anchor leaning side-wall mirror with heavy-duty anti-tip straps.
- ☐ Place a paper floor lamp in corner beside your mat.
- ☐ Set woven prop basket six inches outside taped reach zone.
- ☐ Layer dense cork blocks at bottom, cotton straps over rim.
- ☐ Install sheer linen curtains to filter intense morning sunlight.

Space Notes

Enjoy building a calming, distraction-free environment for your daily practice.