

The BLKMAT Yoga Starter Guide: Free and Low-Cost Ways to Try Classes

Before you practice

These guides are general fitness and mindfulness content written by BLKMAT. They are not medical advice, therapy, or treatment, and they are not a substitute for a qualified yoga teacher or health professional.

- Check with a doctor or physical therapist before starting a new exercise routine, especially if you are pregnant, recovering from an injury or surgery, or managing a heart, blood-pressure, joint, or balance condition.
- Move within a comfortable range. Mild stretching sensation is fine; sharp, pinching, or electric pain, numbness, or dizziness means stop.
- If you feel faint, dizzy, short of breath, or unwell at any point, stop and rest. Get medical help if it doesn't pass quickly.
- Breathe through your nose if you can, and never hold your breath to force a pose.
- Use a wall, chair, folded blanket, or pillow for support whenever it helps. Props are not "cheating."
- Practice on a dry mat on a flat, non-slip floor. BLKMAT mats have a natural rubber base, which contains latex.

Zodiac and chakra themes in these guides are cultural and creative frameworks for choosing what to practice and what to pay attention to. They are not scientific or health claims.

Checked by BLKMAT on October 9, 2026. Offers are set by each business, not by us, and they change often. Always confirm the current terms on the provider's own page before you sign up.

Please read: BLKMAT is not affiliated with, sponsored by, or endorsed by any business listed here, and we earn nothing from these links. No logos are used, and naming a business here doesn't mean it has reviewed or approved this guide. Most offers are for first-time customers only, one per person. Free trials that ask for a card usually renew into a paid plan automatically, so set a reminder a day before the trial ends.

Santa Barbara, Goleta, Montecito and Carpinteria, California

Studio	Offer (as of Oct 9, 2026)	Link
CorePower Yoga: State Street (1129 State St, downtown SB), La Cumbre (3889 La Cumbre Plaza Ln, SB), Goleta (6992 Market Place Dr)	7 days of unlimited in-studio classes at no cost for new students. The 7 days start with your first class, and you can use any CorePower studio during the week. Not for current or past members, class-pack buyers, or anyone who has used this offer before. Mat and towel rental not included.	www.corepoweryoga.com/yoga-studio/all-locations/santa-barbara · rules: www.corepoweryoga.com/content/rules
Santa Barbara Yoga Collective, Mesa area (1905 Cliff Dr)	New Student Intro: 2 weeks of unlimited classes for \$50. Your very first class includes a free mat rental.	www.santabarbarayogacollective.com/content

Studio	Offer (as of Oct 9, 2026)	Link
Power of Your Om, downtown SB (1221 State St #201)	2 weeks of unlimited studio classes for \$49 for locals who live permanently in Santa Barbara County. Visiting? A Visitor Week costs \$99 and includes mats and towels.	www.powerofyourom.com/buy-local-pricing
Santa Barbara Yoga Center, downtown SB (32 E. Micheltorena St)	Locals-only New Student Special: 2 weeks of unlimited classes for \$60, in person or livestream. Can be bought only once.	www.sbyc.com/pricing
Sol Seek Yoga, Santa Barbara	Intro Offer: 14 days of unlimited in-studio, livestream and on-demand classes for \$69. A limited-time Santa Barbara page currently lists it at \$59 (normally \$69).	www.solseekyoga.com/new · www.solseekyoga.com/intro-offer-discount-sb
Yoga Soup, downtown SB (28 Parker Way)	New Student Special: 1 month of unlimited studio, park and online classes for \$69, one-time charge. For people new to Yoga Soup who are local to Santa Barbara.	www.yogasoup.com/class-rates/
Olada, Carpinteria (Linden Square, 5010 7th St)	1 month of unlimited yoga for \$75, new clients only, used within 1 month. Separate offer: 2 reformer Pilates classes for \$65.	www.oladalife.com/pricing
Flow Yoga & Wellness, Santa Barbara (4441 Hollister Ave)	No intro special listed. Drop-in is \$25 per class, or \$220 for 10 classes.	sbflowyoga.com/classes-1
Breathe and Bloom Yoga SB, upper State St area (18 W. Calle Laureles)	No intro special listed. Drop-in is \$29 per class. Sunday sound baths are part of its monthly membership.	breatheandbloomyogasb.squarespace.com/class-packs-and-memberships

Montecito: we couldn't confirm a Montecito studio with a published new-student offer as of Oct 9, 2026. The downtown Santa Barbara studios above are a short drive away.

Irvine and Orange County, California (our home base)

Studio	Offer (as of Oct 9, 2026)	Link
CorePower Yoga: Irvine (Woodbridge), Tustin, Costa Mesa, Mission Viejo	The 7-day new-student offer described below.	www.corepoweryoga.com/yoga-studios/ca/orange-county/woodbridge

Studio	Offer (as of Oct 9, 2026)	Link
The Roosevelt Collective, Irvine	2 weeks unlimited classes for \$29, new students only (hot Bikram-style yoga, plus strength classes).	www.therooseveltcollective.com/first-time
Be The Change Yoga, Irvine	\$39 for 2 weeks unlimited yoga (in-studio and livestream), one trial per student.	bethechangeyoga.com/faqs/
YogaSix Irvine	Contact the studio for its current intro offer.	www.yogasix.com/location/irvine

Free or nearly free apps (anywhere in the US)

App	What's offered (as of Oct 9, 2026)	Link
ALO Wellness Club (formerly Alo Moves)	Free; requires a free ALO Access account. iPhone/iPad app (reviewers note no Android app).	wellnessclub.aloyoga.com
Peloton App	30-day free trial of App One or App+ for new members; payment method required; bills monthly after the trial unless cancelled.	www.onepeloton.com/membership
Yogaworks (online)	14-day free trial; then \$29.99/month or \$199/year unless cancelled before day 14.	yogaworks.com
Down Dog	A short free trial with full access (length not stated in their FAQ); a friend's referral link adds extra free days.	www.downdogapp.com/faq
Glo	Lets you try some classes free on the site; check the current trial length when you sign up.	www.glo.com

Studio chains and class apps with new-student offers (nationwide)

Studio	Offer (as of Oct 9, 2026)	Link
CorePower Yoga	7 days of in-studio classes at no cost for new students. The 7 days start when you take your first class. Not for anyone who has been a member, bought a class pack, or used this offer before. Mat and towel rental not included.	www.corepoweryoga.com/content/new-student-offers · rules: www.corepoweryoga.com/content/rules
ClassPass	Trial for new users in select areas; depending on the trial, a free first visit per studio, a set number of trial credits, or a set number of classes. Converts to a paid monthly plan unless cancelled by 11:59 pm on the last trial day.	help.classpass.com/hc/en-us/articles/205434205-Is-there-a-trial-available
YogaSix	At participating studios: 3 classes for \$36, for first-time local residents with ID, used within 7 days at the studio of purchase. Some studios run their own first-class-free offers; ask your local studio.	blog.yogasix.com/how-membership-works

Studio	Offer (as of Oct 9, 2026)	Link
Y7 Studio	New students have been offered 3 classes for \$59 including mat and towel rental (seen on Y7 listings; confirm with your studio).	www.y7-studio.com

Finding offers near you (any city)

1. Search "**[your city] yoga new student special**" or "**intro offer**." Many independent studios run 1-2 weeks of unlimited classes for a low price.
2. Look at the studio's own website first; booking apps sometimes show different prices.
3. Ask the front desk whether there's a free community class or a first-class-free day.
4. Bring your own mat. Many studios charge to rent one.
5. Some intro offers are for locals only (several Santa Barbara studios ask for a local address). If you're visiting, look for a visitor pass or a drop-in rate.

Know a great new-student offer we missed? Tell us and we'll check it for the next update.