

NINGHOW YOGA

Custom Yoga & Activewear Catalog

Product Development · Private Label · OEM ·
ODM · Manufacturing



Built for product decisions.

Custom yoga apparel development, sampling and bulk-production support - organized around the choices a buyer must make.

01

COMPARE

Review product families and multiple style directions within each core category.

02

SPECIFY

Define silhouette, material, fit, construction, branding, labels and packaging.

03

DEVELOP

Move from available references to sample review, production preparation and quality coordination.

For yoga, Pilates, activewear and private-label buyers building commercially coherent collections.

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How to use this catalog

Product visuals are customizable style directions, not stocked SKUs. Commercial terms, materials and timing are confirmed against the actual product brief.

A specialist yoga apparel division.

Ninghow Yoga is the specialized yoga apparel division of Ninghow Apparel, focused on custom yoga, Pilates and adjacent activewear projects for international B2B buyers.

Support can cover product direction, fabric and trim sourcing, pattern and sample development, fit and size communication, branding, labels, packaging, bulk-production coordination, inspection and international-order support.

FOCUS

Yoga · Pilates ·
Activewear

MODEL

OEM · ODM ·
Private Label

STAGE

Development to bulk
supply

MANUFACTURING SYSTEM

Ninghow Yoga

Specialist product and sourcing interface for yoga and activewear.

SUPPORTED BY NINGHOW APPAREL

Apparel development, production, quality and international-supply operations.

01

DEFINE THE PRODUCT

Category, silhouette, material, fit, construction and brand direction.

02

APPROVE THE STANDARD

Review sample, measurements, workmanship, colour and branding.

03

COORDINATE SUPPLY

Prepare production, quality, packaging and shipment requirements.

REVIEW MANUFACTURING CAPABILITIES

Manufacturing support around the product.

The right route depends on how complete the design information is and how much development work is needed before production.

OEM ROUTE

Build from defined specifications.

Typical start: tech pack, size chart, artwork, reference design or established product requirement.

Review: construction, sourcing, pattern, sample, branding and production readiness.

ODM ROUTE

Develop from a concept or brief.

Typical start: product concept, inspiration, category plan or collection direction.

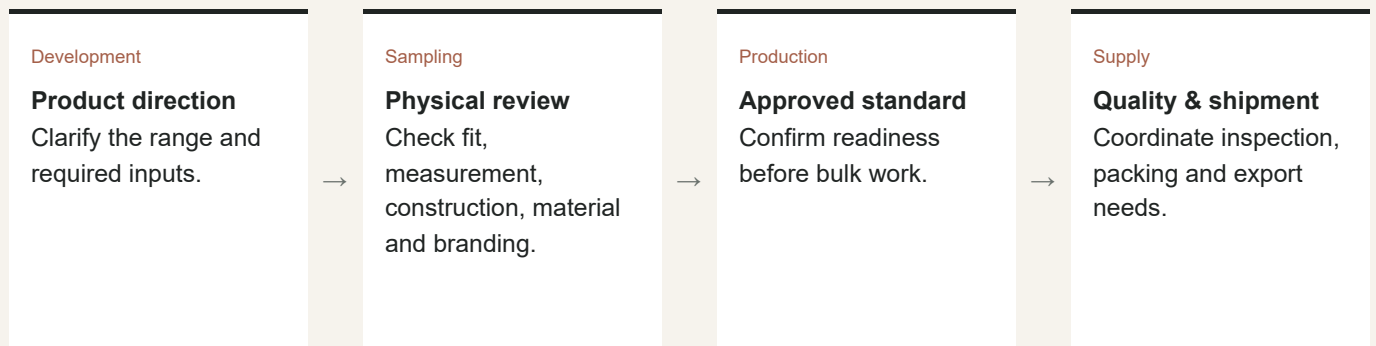
Review: silhouette, fabric, trim, fit, sample and decoration choices.

PRIVATE LABEL

Coordinate a brand-ready range.

Typical start: product selection plus a defined brand and sales context.

Review: colours, logo, labels, hangtags, packaging and consistency.



MOQ, sample timing and bulk timing are reviewed against product, material, colour, quantity and customization. No single term applies to every project.

COMPARE MANUFACTURING SERVICES

Who we work with.

Different buyers use the same development system in different ways.

YOGA BRANDS

Build focused bottoms, bras, tops, sets and layers around a defined collection identity.

PILATES BRANDS

Coordinate studio-led silhouettes, coverage, fit and colour across product families.

FITNESS BRANDS

Define movement, material and construction directions for adjacent performance styles.

STUDIOS

Plan branded apparel for staff, members, retail or events.

PRIVATE-LABEL BUSINESSES

Connect product development with labels, hangtags and packaging.

E-COMMERCE BRANDS

Build visually coordinated products and a consistent unboxing system.

RETAILERS & DISTRIBUTORS

Compare product breadth, sizing, branding and packaging requirements for resale.

IMPORTERS & SOURCING TEAMS

Structure specifications, inspection needs, trade terms and shipment information.

One garment or a coordinated range

A project may begin with a single priority style or a broader collection. Shared colours, labels and packaging can be coordinated while each garment keeps its own construction and material logic.

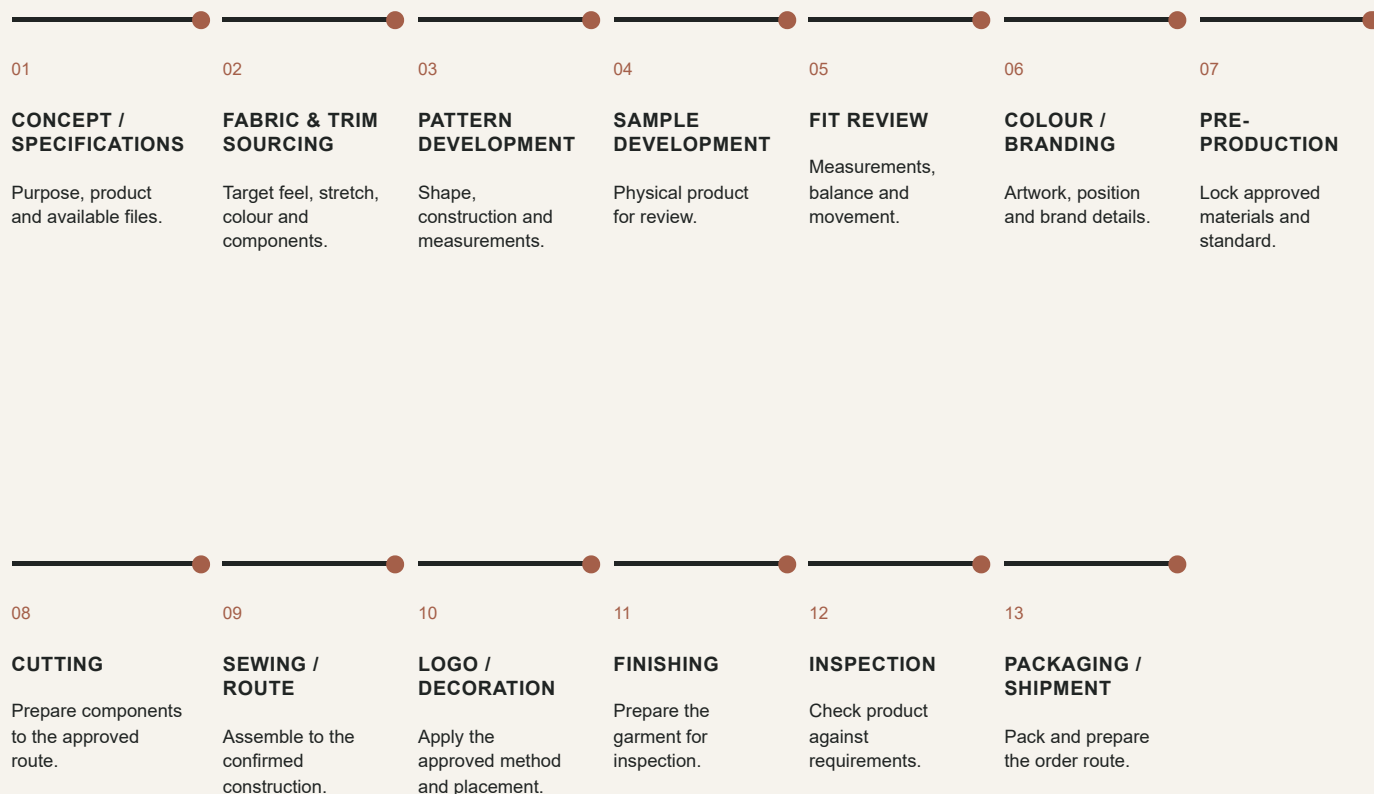
B2B by design

This catalog is built for commercial apparel development, not individual consumer purchasing.

EXPLORE BUYER APPLICATIONS

From brief to production.

Each stage reduces a different type of sourcing uncertainty.



The applicable sequence and production route depend on the product. The diagram is a project framework, not a promise that every order uses identical steps.

Production line, seen from the buyer side.



Visual note: this is a manufacturing-process visualization, not a photograph presented as a Ninghow facility.

STAGE	BUYER VALUE	TYPICAL CONFIRMATION
Brief & sourcing	Turns an idea into reviewable inputs.	Product, fabric, trim, colour, quantity.
Pattern & sample	Creates a physical standard for decisions.	Fit, measurement, construction, branding.
Pre-production	Aligns approved details before bulk work.	Materials, colour, labels, packaging.
Production	Applies the confirmed route.	Updates, inspection plan, change control.
Finishing & shipment	Connects finished goods to delivery needs.	Final inspection, pack, destination, terms.

UPLOAD SPECIFICATIONS

Start with the information you have.

A complete tech pack is useful, but the first review can begin from different levels of product information.

01

TECHNICAL PACK

Construction, measurements, materials, artwork and details.

02

REFERENCE SAMPLE

A physical product with notes on what to retain or change.

03

SKETCH OR REFERENCE

Visual direction supported by clear category and fit requirements.

04

COLLECTION BRIEF

Product mix, customer, intended use, palette and brand context.

Add the information that changes the development route.

PRODUCT

Category · silhouette · length · fit
· size range · quantity

MATERIAL

Fabric reference · hand feel · stretch · colour · trim direction

BRAND

Logo artwork · dimensions · placement · labels · hangtags · packaging

Reference images help explain intent, but production feasibility, construction and material suitability still require review.

DISCUSS A DEVELOPMENT ROUTE

Collection architecture.

Start with product families, then define style directions and customization within each family.

CORE BOTTOMS

Leggings & Pants

High waist, flare, straight, pocket, seam and knit directions.

CORE BOTTOMS

Yoga Shorts

Length, waist, pocket and coverage decisions.

CORE RANGE

Matching Sets

Coordinated products with a common brand system.

BRAS

Sports & Yoga Bras

Coverage, straps, back, band, lining and fit.

TOPS

Yoga Tops

Tank, crop, tee, long sleeve and performance directions.

LAYERS

Jackets & Layering

Zip, pullover and warm-up options for active collections.

SPECIALIZED

Seamless Yoga Wear

Knit structure, rib maps, fit and coordination.

SPECIALIZED

Performance Activewear

Yoga, Pilates, studio, training and fitness-adjacent apparel.

MATERIAL-LED

Preferred Materials

Recycled, organic or project-specified material directions.

[EXPLORE THE PRODUCT HUB](#)

Define the bottom before selecting fabric.

Small changes in waist, leg line and seam map can shift the fit, use case and place of a style within the collection.

01

WAIST & RISE

Classic, cross-front, depth, shape and intended hold direction.

02

LEG SHAPE

Close fit, straight, flare or other defined silhouette.

03

LENGTH

Short, ankle, full length or project-specific inseam.

04

FUNCTION

Pocket, panel, seam and collection role.

FABRIC HAND FEEL

Soft · smooth · brushed · structured

STRETCH DIRECTION

Specify movement and recovery needs

COVERAGE

Review colour, weight and intended use

Buyer brief

☐ Intended activity and target customer

☐ Leg shape and inseam

☐ Seam placement and colour blocking

☐ Rise and waistband construction

☐ Pocket and panel requirements

☐ Target hand feel, stretch and coverage

The following pages present customizable development directions, not stocked SKUs.

Core legging directions.



STYLE DIRECTION

Classic High-Waist

FOCUS Broad waist · clean seams · full length

FABRIC DIRECTION Smooth opaque stretch knit

CUSTOMIZE Rise · length · seam · colour · logo

BUYER NOTE A versatile anchor for coordinated collections.



STYLE DIRECTION

Cross-Waist

FOCUS V-front overlap · high rise

FABRIC DIRECTION Smooth stretch knit

CUSTOMIZE Waist depth · overlap · inseam · branding

BUYER NOTE Review overlap stability during sample fitting.



STYLE DIRECTION

Pocket Legging

FOCUS Side-panel phone pockets

FABRIC DIRECTION Structured stretch knit

CUSTOMIZE Pocket · panel · rise · colour

BUYER NOTE Specify device size and pocket opening.



STYLE DIRECTION

Flare Yoga Pant

FOCUS Fitted thigh · controlled flare

FABRIC DIRECTION Medium-weight stretch knit

CUSTOMIZE Flare · inseam · rise · seam

BUYER NOTE Match inseam and flare to the target customer.

Extended pant & performance directions.



STYLE DIRECTION

Straight-Leg Pant

FOCUS Fitted hip · straight relaxed leg

CUSTOMIZE Leg width · inseam · pocket · trim

BUYER NOTE Define studio, travel or retail role.



DEVELOPMENT DIRECTION

Compression Direction

FOCUS Structured fit · purposeful panels

CUSTOMIZE Panel map · seam · length · branding

BUYER NOTE Treat compression as a target direction until tested.



STYLE DIRECTION

Seam-Detail Legging

FOCUS Back yoke · lower-leg seams

CUSTOMIZE Yoke · seam map · colour blocking

BUYER NOTE Check seam placement against stretch areas.



DEVELOPMENT DIRECTION

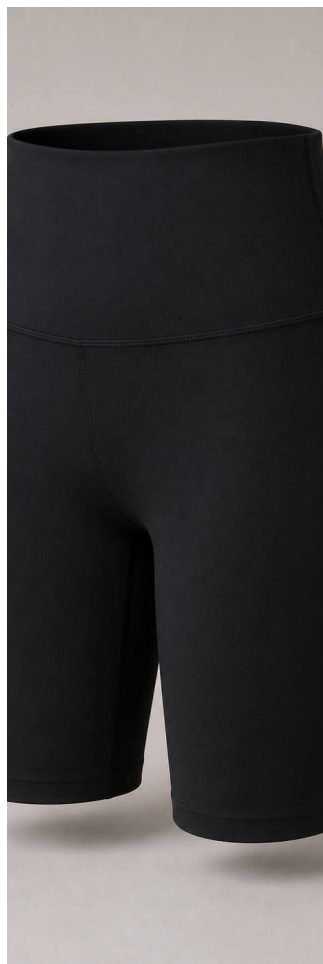
Ribbed Seamless

FOCUS Rib waist · engineered knit zones

CUSTOMIZE Rib map · colour · fit · logo route

BUYER NOTE Coordinate knit structure with branding.

Four commercial length & waist directions.



STYLE DIRECTION

Biker Short

Broad waist · mid-thigh coverage · clean hem

CUSTOMIZE Inseam · rise · seam · logo

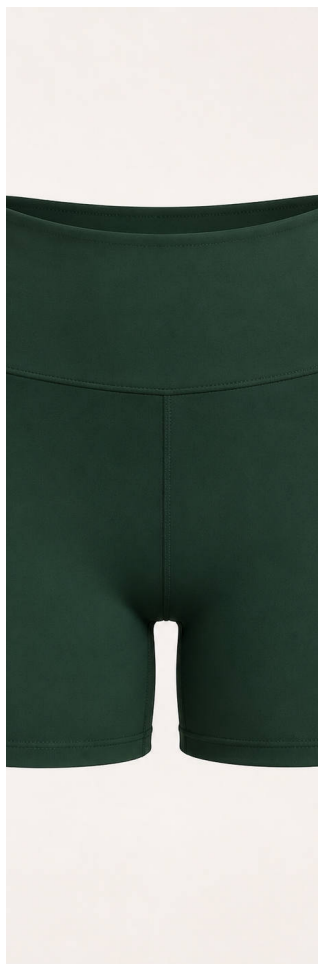


STYLE DIRECTION

Mid-Length

Balanced coverage between biker and short formats

CUSTOMIZE Length · waist · fabric · colour



STYLE DIRECTION

Short-Length

Controlled short inseam with secure coverage direction

CUSTOMIZE Coverage · hem · rise · lining review



STYLE DIRECTION

Cross-Waist

V-front waist with a fitted mid-thigh silhouette

CUSTOMIZE Overlap · inseam · colour · branding

Pockets, panels and the buyer brief.



STYLE DIRECTION

Pocket Short

Functional pocket development affects panel shape, seam placement, fabric choice and sample review.

SPECIFY BEFORE SAMPLING

- ☐ Required inseam and target coverage
- ☐ Phone or item size the pocket must hold
- ☐ Pocket opening position and access
- ☐ Main fabric and pocket-bag direction
- ☐ Logo placement relative to panels

Buyer note: "Performance short" is not a complete specification. Define movement, coverage, storage, fit and fabric targets.

Coverage, straps and body length.



DEVELOPMENT DIRECTION

Light-Support

FOCUS Scoop neck · slim straps · clean band

CUSTOMIZE Coverage · strap · lining · padding direction

BUYER NOTE Confirm use, fit and size range before describing support.



STYLE DIRECTION

Strappy Back

FOCUS Multi-strap back · visual detail

CUSTOMIZE Strap map · neckline · band · colour

BUYER NOTE Strap anchors and bar tacks require sample review.



STYLE DIRECTION

Longline Bra

FOCUS Square neck · wide straps · extended body

CUSTOMIZE Body length · neckline · lining · logo

BUYER NOTE Useful as a bra-top crossover within sets.

Back, neckline & knit structure.



DEVELOPMENT DIRECTION

Cross-Back

FOCUS Wide crossed straps · firm band direction

CUSTOMIZE Strap width · back opening · band · cup direction



STYLE DIRECTION

High-Neck

FOCUS Higher coverage · racerback

CUSTOMIZE Neck height · armhole · back · underband



DEVELOPMENT DIRECTION

Seamless Bra

FOCUS Rib band · engineered knit texture

CUSTOMIZE Knit map · colour · fit · brand method

Core top formats.



STYLE DIRECTION

Fitted Tank

FOCUS Scoop neck · racerback · high-hip length

CUSTOMIZE Length · neck · back · binding · logo



STYLE DIRECTION

Crop Top

FOCUS Square neck · wide straps · cropped body

CUSTOMIZE Length · neckline · lining · colour



STYLE DIRECTION

Fitted Active Tee

FOCUS Crew neck · short sleeve · hip length

CUSTOMIZE Sleeve · length · neck · hem · branding

Sleeve & performance directions.



Long-Sleeve Yoga Top

Review body length, sleeve fit, cuff or thumbhole construction, neckline and seam direction.



Performance Top

Define fit, ventilation-detail target, coverage, fabric direction and intended activity. Treat performance as a brief, not a default claim.

LENGTH

Crop · waist · high hip · hip

SLEEVES

Sleeveless · short · long · layer

BACK & NECK

Scoop · square · crew · racerback

BRANDING

Position · scale · compatible method

DISCUSS FABRIC OPTIONS

Coordinated collections, not fixed packages.



COLLECTION DIRECTION

Bra + Legging

Build a core set around shared colour, fabric family and logo logic while reviewing bra and legging construction separately.



COLLECTION DIRECTION

Bra + Shorts

Coordinate strap, waist and colour direction without assuming one material or fit specification works across both garments.

Build one identity across pieces.



Top + Legging

A coverage-led set can share tone, seam language and label system while using product-appropriate fabrics.



Bra + Short + Layer

A three-piece range adds styling and retail flexibility. Align colour, trims, branding and pack presentation.

COLOUR

One palette across the range

FABRIC

Related feel, product-specific performance

BRAND

Consistent scale and placement logic

PRESENTATION

Labels, hangtags and packaging

Collection examples are planning references and can be adapted to project requirements.

Layers within the yoga & activewear system.



Lightweight Zip Layer

Review fit, collar, zipper, cuff, pocket and fabric weight direction for pre/post studio wear.

KEEP IT CONNECTED

Coordinate colour, trim and logo with bras, tops and bottoms.



Warm-Up Pullover

Review body ease, neck opening, quarter-zip construction, hem and compatibility with the collection beneath.

KEEP IT SPECIFIC

Define studio, warm-up, travel or retail use.

Knit structure becomes part of the design.



Seamless development connects silhouette, rib structure, engineered texture, fit, colour and branding compatibility.

PATTERN / TEXTURE DIRECTION

Map ribs and engineered zones to the intended product and visual effect.

FIT & RECOVERY DIRECTION

Review body measurements, stretch and sample fit together.

BRANDING COMPATIBILITY

Confirm whether logo scale, placement and method suit the knit surface.

Descriptions such as “compression zone” remain development directions unless confirmed by project-specific testing.

10 / SEAMLESS YOGA WEAR

Coordinate the knit map across a set.

Bra · Legging · Short · Top · Matching set

Define together

Colour · rib direction · texture scale · fit
intent · logo compatibility

Confirm separately

Measurements · coverage · construction
details · sample comments

Adjacent movement categories, clearly bounded.



Performance language describes intended development direction. Final properties depend on the selected material, construction and applicable testing.

Ninghow Yoga can review performance-led apparel for yoga, Pilates, studio, training and fitness applications within its verified activewear product scope.

BRIEF THE NEED

- ☐ Activity and movement pattern
- ☐ Fit and coverage priorities
- ☐ Stretch, recovery and hand-feel direction
- ☐ Moisture-management target, if relevant
- ☐ Product mix and collection role

Material-led development, with evidence kept specific.



01

RECYCLED MATERIAL DIRECTION

Review availability, suitability, colour, construction and documentation for the actual project.

02

ORGANIC MATERIAL DIRECTION

Review fibre direction, stretch needs, trims, sample requirements and supporting evidence.

03

BUYER-SPECIFIED OPTIONS

Assess the supplied material brief against product use, decoration and production feasibility.

No blanket claim. A material preference does not by itself confirm certification, content percentage or environmental outcome.

Fabric families, selected around the product.



Material families

POLYESTER BLEND DIRECTIONS

NYLON BLEND DIRECTIONS

SPANDEX BLEND DIRECTIONS

RIB STRUCTURES

BRUSHED HAND FEEL

PREFERRED MATERIAL OPTIONS

Performance directions

STRETCH

RECOVERY

SOFT HAND

BREATHABILITY TARGET

MOISTURE MANAGEMENT TARGET

LIGHTWEIGHT

STRUCTURED

Composition percentages, GSM and test results belong to the confirmed project specification - not to a generic catalog image.

How to select fabric.

Translate the market and product need into a sourcing brief.

DECISION	BUYER QUESTION	WHY IT MATTERS
Product type	Legging, bra, top, short, set or layer?	Changes construction, coverage and material route.
Activity	Yoga, Pilates, studio, training or general activewear?	Guides movement and use priorities.
Fit	Close, structured, relaxed or layered?	Connects stretch and pattern decisions.
Coverage	What opacity and body coverage are expected?	Must be reviewed with colour, weight and fit.
Stretch & recovery	What movement and shape retention are targeted?	Influences sourcing and sample review.
Hand feel	Smooth, soft, brushed, ribbed or structured?	Shapes the customer and collection experience.
Target market	What climate, use and price architecture?	Frames material and product choices.
Decoration	Which logo method, placement and scale?	Must be compatible with the selected surface.
Budget direction	What commercial range should sourcing support?	Helps compare feasible options before sampling.

Request swatches or submit a reference fabric when tactile similarity is important. Final material approval should be connected to the sample.

DISCUSS FABRIC AND TRIM SOURCING

Build the product around your brand.

PRODUCT

Shape & construction

Silhouette · length · fit · waist · strap · neckline · sleeve · pocket · panel · seam placement

MATERIALS

Fabric & components

Main fabric · lining · elastic · zipper · trim · project-specified materials

COLOUR

Collection palette

Main colour · contrast colour · coordinated range · trim and label colour

BRANDING

Identity system

Logo position · scale · main label · size label · care label · hangtag

DECORATION

Application route

Embroidery · screen printing · sublimation · heat transfer, where suitable

PRESENTATION

Packaging

Folding · polybag · sticker direction · carton preparation · private-label presentation

Customization is a system: changing one element can affect material suitability, pattern, sampling, cost and production route.

DEFINE YOUR CUSTOMIZATION SCOPE

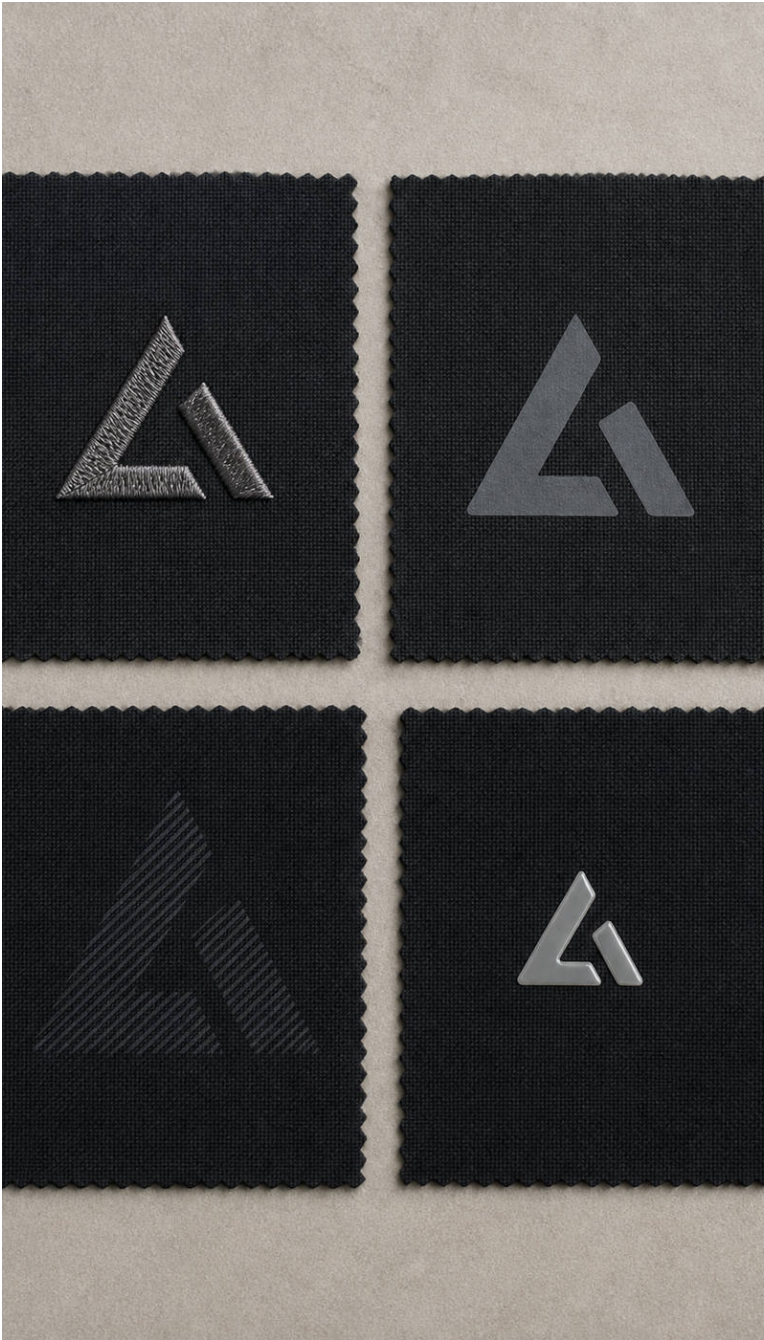
Customization anatomy.

Use these eight discussion points to turn a reference style into a project brief.



Diagram is a development guide, not a technical pattern.

Choose the method around the product.



No single application method suits every fabric, artwork or high-stretch area.

METHOD	REVIEW
Embroidery	Fabric stability, density, scale, backing and placement.
Screen printing	Ink effect, colour count, surface and stretch area.
Sublimation	Fabric route, artwork coverage and colour result.
Heat transfer	Film effect, edge, scale, placement and stretch compatibility.

Buyer should provide

- ☐ Vector artwork when available
- ☐ Required logo dimensions
- ☐ Placement reference
- ☐ Colour requirements
- ☐ Reference effect

Carry the brand through the product and pack.



Product identity

MAIN LABEL

SIZE LABEL

CARE LABEL

PRINTED-LABEL DIRECTION

HANGTAG

Pack & shipment

FOLDING

POLYBAG

STICKER DIRECTION

CARTON PREPARATION

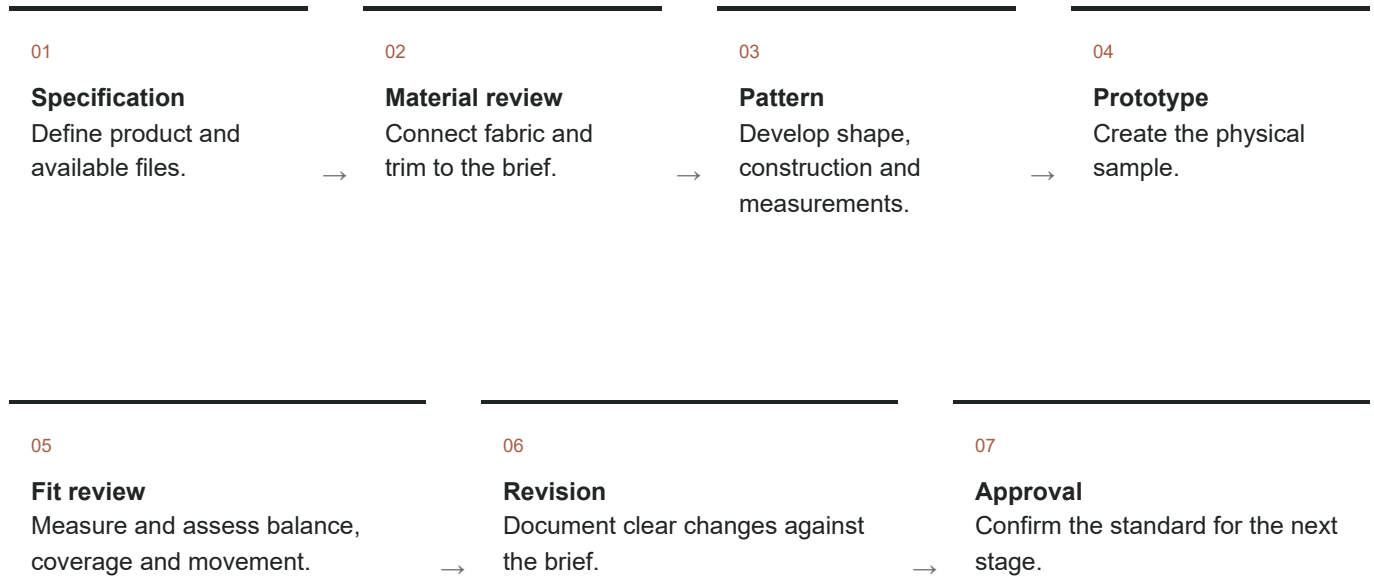
COLLECTION PRESENTATION

Specific materials, sizes, printing, barcode needs and pack formats are available subject to project review.

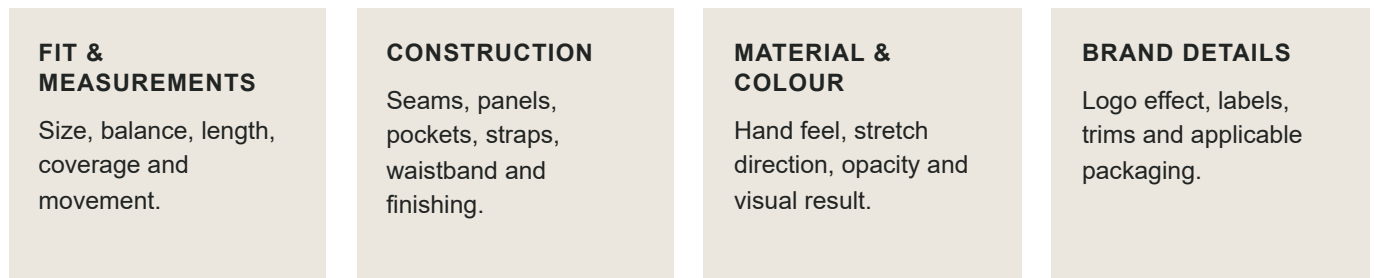
CONFIRM EARLY

Label content · language · placement · pack size · folding · quantity by SKU/size · carton and destination requirements

From specification to approved sample.



A sample confirms more than appearance.



REQUEST SAMPLE DEVELOPMENT

Quality control through the order.



Visual note: quality-control visualization, not a photograph presented as a Ninghow laboratory or facility.

- ☐ **Material review**
Fabric and colour against confirmed requirements.
- ☐ **Pre-production confirmation**
Approved product standard before bulk work.
- ☐ **In-process inspection**
Measurement, sewing and process quality.
- ☐ **Final inspection**
Finished product, workmanship and specification checks.
- ☐ **Packaging review**
Labels, pack and carton requirements.

AQL, customer-appointed or third-party inspection can be supported when required. Criteria, responsibilities and providers are confirmed for the project.

How to build your collection.

Use these examples as planning references, then adapt the mix to your customer, channel and price architecture.

STARTER	STUDIO	ACTIVEWEAR	PRIVATE LABEL
Core Collection	Studio Collection	Expanded Range	Coordinated System
- Core legging - Yoga bra - Fitted top A focused entry range with clear fit and colour logic.	- Legging - Short - Top - Layer Adds coverage and warm-up options for studio use.	- Legging - Short - Bra - Top - Layer Builds choice across use, season and styling.	- Bra - Top - Legging - Short - Layer Connects product mix with labels, hangtags and packaging.

Collection examples are planning references and can be adapted to project requirements.

What to prepare before requesting a quote.

The more clearly the project is framed, the more useful the initial review can be.

☐ **Product category**

Legging, short, bra, top, set, layer or collection.

☐ **Estimated quantity**

By style, colour and size where available.

☐ **Colour requirements**

Palette, standards or references.

☐ **Logo**

Artwork, dimensions, colour and placement.

☐ **Packaging requirements**

Folding, polybag, sticker and carton needs.

☐ **Target timing**

Required launch or delivery context.

☐ **Reference sample / tech pack**

Upload the available technical material.

☐ **Reference style**

Tech pack, sketch, sample or inspiration.

☐ **Size range**

Measurements or grading reference if available.

☐ **Fabric preference**

Reference, hand feel, stretch and use target.

☐ **Branding requirements**

Labels, hangtags and brand components.

☐ **Target market**

Customer, use case and sales channel.

☐ **Destination**

Country and known shipment requirements.

☐ **Artwork**

Vector files when available.

PREPARE YOUR RFQ

Choose the route that matches your project stage.

EXPLORING PRODUCTS Shortlist categories. Review product families and select the style directions closest to your range.	COMPARING MATERIALS Discuss fabric. Share product use, hand feel, stretch, colour and preferred-material direction.	DEVELOPING A STYLE Start a sample. Send references, product direction, fit needs, material and brand details.	SPECIFICATIONS READY Submit files. Upload the tech pack, measurement file, artwork and supporting references.	PREPARING BULK ORDER Request a quote. Provide product, material, quantity, branding, pack and destination information.
REQUEST CATALOG SUPPORT	MANUFACTURING CONSULTATION	REQUEST SAMPLES	UPLOAD SPECIFICATIONS	REQUEST A QUOTE

Contact Ninghow Yoga.

Use the verified website route that best matches your next decision.

01 WEBSITE

ninghowyoga.com

02 REQUEST A QUOTE

ninghowyoga.com/contact/request-a-quote/

03 REQUEST SAMPLES

ninghowyoga.com/contact/request-samples/

04 UPLOAD SPECIFICATIONS

ninghowyoga.com/contact/upload-specifications/

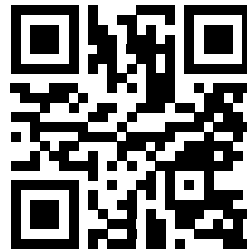
05 MANUFACTURING CONSULTATION

ninghowyoga.com/contact/consultation/

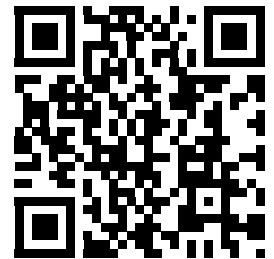
06 GENERAL CONTACT

ninghowyoga.com/contact/

Direct email, telephone and WhatsApp are omitted because the current Ninghow Yoga contact page does not expose a verified direct link.



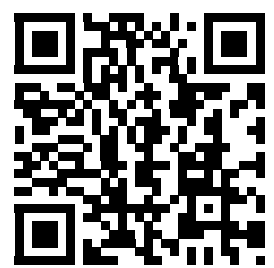
WEBSITE



REQUEST QUOTE



UPLOAD SPECS



REQUEST SAMPLES

NINGHOW YOGA

Develop your next yoga & activewear collection.

Custom Development · Sampling · Private Label ·
Bulk Manufacturing

