This is the manufacturers sizing information for your convenience.

Girls Yoga Pants

	S	M	L
Age	6/8	10/12	14/16
Waist	21	22	23
Inseam	25.5	26	26.5

Girls T-shirts

These are youth sizes - shirts will be a bit more fitted.

	S	M	L
Age	6/8	10/12	14/16
Chest	27	29	31
Waist	25.5	26.5	27.5

Boys Shorts

	S	M	L
Waist	22-24	24-26	26-28

Boys T-shirts

	S	M	L
Age	6/8	10/12	14/16
Chest	24-26	28-30	32-34

Youth sweatshirt zip hoodie

Generous fit

	S	M	L
Age	8-10	10-12	14-16

Adult sweatshirt zip hoodie

This jacket has a generous fit

Womens V-neck T-shirt

	S	M	L	XL	XXL	3XL
Body Length	23.5	24.5	25.5	26.5	27.5	29
Body Width	18.5	19.5	21.5	23.5	25.5	27.5

Womens Yoga pants

	S	M	L	XL	XXL
Waist	26	28	30	32	34
Inseam	31	31.5	32	32.5	33

Womens fitted zip up jacket

	S	M	L	XL	XXL	3XL
Bust	35.5	37.5	40	43	46	49.5
Waist	27.5	29.5	32	35	38	41.5