

	Experience Level			Activity Level			Type of Music			Physical Recommendations		
	Beginner Friendly	Previous Experience Recommended	Previous Experience Required	Active	Moderate Activity	Slow Paced	Background Music	Upbeat Music	No Music	Hands-On Assistance Offered	Weight Bearing on Wrists	Weight Bearing on Knees
Beginner Flow	●				●			●		●	●	●
Flow		●		●				●		●	●	●
Flow - Level 2			●	●				●		●	●	●
Gentle	●					●	●			●		
Introduction to Yoga	●				●					●	●	●
Meditation & Reiki	●					●	●			●		
Meditation & Yoga		●				●			●	●	●	●
MindBody Yoga		●			●				●	●	●	●
Mindful Yoga	●				●		●			●	●	●
Mindful Yoga with Tune-Up Therapy Balls	●					●	●			●	●	●
Restorative	●					●			●	●		
Resorative Yin	●					●	●			●		