



Finding the Right Class for You

The key to finding the right type of yoga for you is to match the class to your personality and physical needs. There are many different styles of yoga, each of which will give you a different way to connect with your body, mind and breath.

Take the quiz and keep track of your answers to find out which style of yoga is the best fit for you.

1. What is your intention for starting yoga?

- a. I want to find peace and relaxation.
- b. I want to find a deeper connection to who I am.
- c. I want to find more awareness of my body and mind.
- d. I want to be physically and mentally challenged.

2. What is your level of experience with yoga?

- a. I've never been to a class.
- b. I've been to a few basic classes and feel familiar with some pose names.
- c. I've tried several classes and enjoy the workout aspect of yoga.
- d. I've tried several classes and enjoy the meditative side of yoga.

3. What is your level of fitness?

- a. I don't like to sweat; I have some past or current injuries that keep me from moving comfortably.
- b. I don't have any injuries; I would like to gain strength and become more flexible.
- c. I am in good health and decent shape; I like to move.
- d. I workout frequently; I enjoy moving quickly and exploring my physical limits.

4. Do you want to incorporate the contemplative aspects of yoga into your practice?

- a. I would like to start slowly. I am unsure about this.
- b. I have a regular contemplative practice, and I'm interested in going deeper.
- c. I'm pretty open-minded.
- d. I'm more interested in the physical benefits of yoga.

5. Do you want to hold poses or would you rather go with the flow?

- a. Slow pace please, I want to hold the poses longer.
- b. Some flow, some holding, I like a good mix.
- c. I like both styles, depending on my mood and energy level
- d. I don't want to hold poses; I like to keep it moving.

6. Do you want to be more adventurous with your yoga practice?

- a. No, I have enough adventure in my life already; I just want to find some peace.
- b. I like some variety in my practice both physically and mentally.
- c. I'm up for trying something new and challenging.
- d. As long as I'm getting my heart rate up and getting a good sweat, count me in.

7. What is your favorite yoga pose?

- a. Corpse Pose
- b. Tree Pose
- c. Warrior Pose
- d. Plank Pose

8. How do you want to feel when you leave yoga class?

- a. I want to feel peaceful.
- b. I want to feel balanced mentally and physically.
- c. I want to feel energized in that I did something that I didn't know that I could do.
- d. I want to be sweaty and feel like I am challenged.

9. What do you most hope to gain from your yoga practice?

- a. Stress-reduction
- b. Mind-body balance
- c. Strength and flexibility
- d. A strong body, a little adventure and a practice I enjoy

10. What does yoga mean to you?

- a. Breathing and stretching; a way for me to relax
- b. A spiritual and physical practice for integrating body, mind and spirit
- c. Balance, strength, and flexibility
- d. A challenging physical practice linking body and breath

Mostly A's:

Gentle or Restorative

Gentle and restorative classes help you slow down and reap the rewards of a gentle approach to yoga. This class moves at a slower pace to allow for an increased emphasis on breathing and quieting of body and mind.

Mostly B's:

Meditation or MindBody Yoga

Meditation and MindBody Yoga classes offer opportunities to move through breath-centric movements and stretches that emphasize strength and flexibility. Focus is placed on feeling and sensing the body, moving in a way that is respectful of your experience and cultivating an inner friendliness.

Mostly C's:

Mindful Yoga

Mindful Yoga classes focus on moving through a variety of poses using props – such as straps, blankets, and blocks – to achieve optimal alignment. These classes bring balance, strength and calmness to mind and body.

Mostly D's:

Flow

Flow classes sequence postures linked by breath that stretch and strengthen the body. Explore sun salutation variations, more vigorous backbends, twists, balance poses, introductory inversions and arm balances.



Beverly Yoga Center

Nurturing the mind, body and heart through yoga and meditation.

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