

Yoga class level descriptions

All classes are on the mat.

Easy - Suitable for anyone.

Moderate - Must be able to get up and down off the floor easily. Some balancing may be included. Most suitable for those who are comfortable with movement.

Advanced - Some yoga experience and/or good strength and mobility are advised. Will include balancing, standing poses, and inversions.

All levels - Easily adaptable poses for a variety of difficulty levels.