







Whether you are a beginner or have been practicing for years, it's important to take a minute to assess your level. In the same way you should know your level on a ski slope, its important to pick the right yoga class for your body and preference. All studios are different, so we've designed a little key to help you decide what level of challenge you would like. Take our quiz, check out ALL our class descriptions & drop in to our studio anytime!

New
to Sol
Yoga?

What
Level
Are
You?

Take our quiz

- Choose an Activity Level that best describes you
ACTIVE 
(you participate in other activities, sports or regularly work out)
MIDLY ACTIVE / INACTIVE 
(no serious limitations, healthy, but not active)
SPECIAL NEEDS 
(injured, limited mobility, chronic illness, etc)
- Choose your appropriate experience with yoga
A Raw Beginner
B Tried it Before (1-5 times)
C Some Experience (1-3 years)
D More Experience (3+ years)
- Combine your color & letter and find your class options to the right. Ex. If you are a  **B**, then you should try our Extra Gentle Class.

Tips: try all levels and then return to that one the is just a teeny bit outside of your comfort zone (if you are healthy.) Are you are a real go-getter? Always pushing yourself to the extreme? Try EXTRA GENTLE or GENTLE for a little balance in your life.

Extra Gentle

ABCD



Take it easy in this slow paced class for anyone. Experience the many benefits of yoga as postures are introduced slowly and carefully. No experience or flexibility required. Excellent for raw beginners with minimal activity levels, those working with special needs or if you prefer a more restorative style of yoga.

Gentle Flow

ABCD



A relaxing, smooth flow for all bodies and all levels that will s-t-r-e-t-c-h your body and relax your mind. An all around great class for beginners thru advanced.

Mixed Flow Level 1/2

BCD



A well-rounded yoga class accessible to most levels. Moderately paced, the class is characterized by flow between postures with an emphasis on breath & modifications to increase or reduce the intensity of your practice, making it great for beginners with an active lifestyle or those with some basic yoga experience.

Mixed Flow Level 2/3

CD



A dynamic and moderately challenging flow designed for those who want to deepen their practice by exploring increased intensity levels and some more advanced postures. Suited for those with yoga experience and free of serious injuries.

Vinyasa Flow

CD



Vigorous, flowing class connecting the breath to yoga postures. It offers a challenging workout for building strength, flexibility, endurance and body awareness. This is a fast-paced class and yoga experience is required. Please bring a towel and be ready to sweat!

\$5 Friday's

BCD



Do something healthy and good this weekend! Proceeds from this class go to charity in this Mixed Flow 1/2 yoga blend suitable for all levels. Inspire your friends and family to come along and start their weekend off right - all with plenty of time to catch a movie or date afterwards.

Sun Sal Sunday

BCD



End your weekend right with an hour of flow. Enjoy the consistency & explore the variety of sun salutations with various teachers. Look forward to an extra long final relaxation & float into a blissful Sunday evening. All levels welcome.