

1 **Very Easy.** Restorative classes. Guided meditations. Chair yoga. Classes folks can attend with zero yoga experience or physical fitness and feel welcome.

2 **Easy.** Beginners classes. Gentle classes. Someone new to yoga with moderate physical fitness would feel okay.

3 **Medium.** Slow flow classes. Basics classes. Inversions. Challenging but accessible for a newer practitioner at a reasonable level of physical fitness.

4 **Hard.** Power yoga. Fast-moving vinyasa. Headstands, handstands at the wall, and full upward-facing bow. Guided Primary Series in Ashtanga.

5 **Very Hard.** Some power yoga classes. Mysore classes. Classes that are challenging even to the experienced practitioner. Classes you need to take at least twice to make it through. Bikram classes categorized here because of the heat.