

START HERE

Do you want to practice yoga?

Not today

How do you feel about bicycles?

Are you new to yoga, or want something low key?

Yes!

No

I want to learn to meditate.

Try **Meditation!**

Try **Yoga + Meditation!**

Great!

Try **Cycling!**

Try **Power Cycle!**

I want to do two things at once.

Try **Cycle + Core!**

Try **Cycle + Yoga!**

I want something I could almost fall asleep in.

Try **Yoga Nidra!**

Try **Restorative Yoga!**

Try **Yin Yoga!**

I want to move a little more.

Try **Gentle Yoga!**

Try **Yoga Basics!**

Do you like the heat?

Yes, really hot!

Try **Hot Yoga!**
Bring Towels!

Not too hot, please.

Do you really want to work and sweat?

No

Try **Yoga for Back Strength!**

Try **Vinyasa I/II**

Not for me today

I want to target specific muscles.

Try **Xtend Barre!**

Try **Pilates with Props!**

Try **Arms, Abs & ASSets!**

I want to dance!

Try **WERQ Dance Fitness!**

I want to try the strange weights.

Try **Kettlebell!**

Not today. I want to bring my focus inside.

Try **Dosha Yoga!**

Try **Hot Yin!**

Try **Yin/Yang Yoga!**

Yes, but I've also had a tough week and I want to feel centered.

Try **Detox Yoga!**

Try **Vinyasa Flow!**

Try **Slow Burn!**

Try **Chakra Balancing Yoga!**

Yes, bring it on!

Try **Inspire!**

Try **Ashtanga!**

Try **Vinyasa II/III**

Try **Power Vinyasa!**

Try **Power Yoga!**

Try **Vinyasa Core!**

Try **Yoga Sculpt!**



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