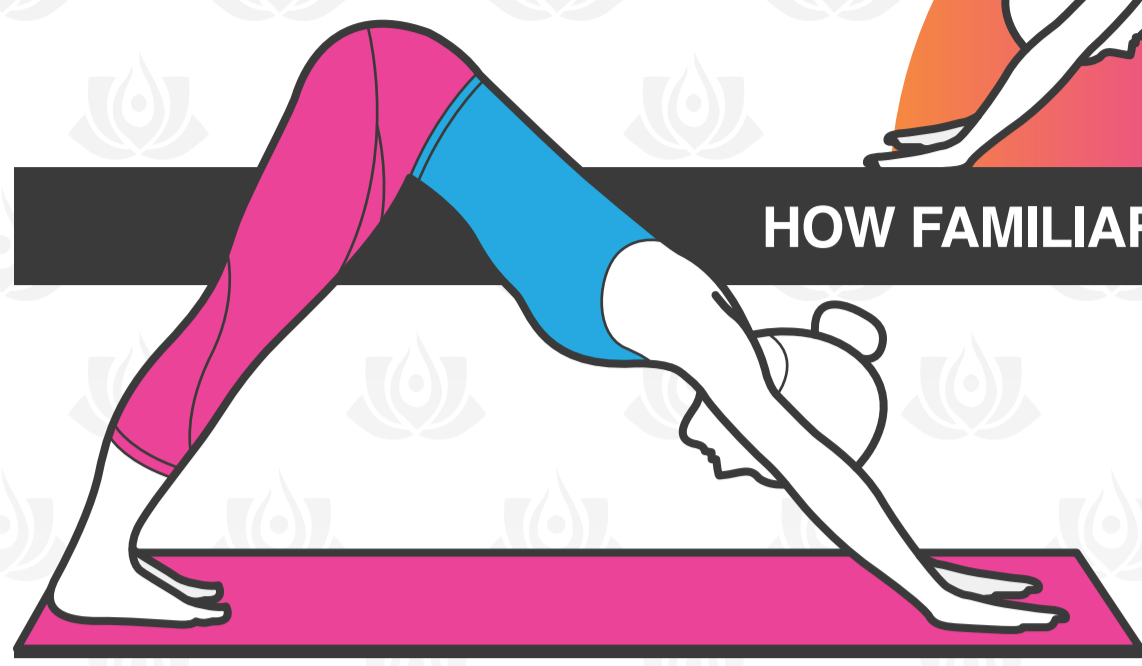


A. B. C. D.

WHAT IS YOUR YOGA STYLE?

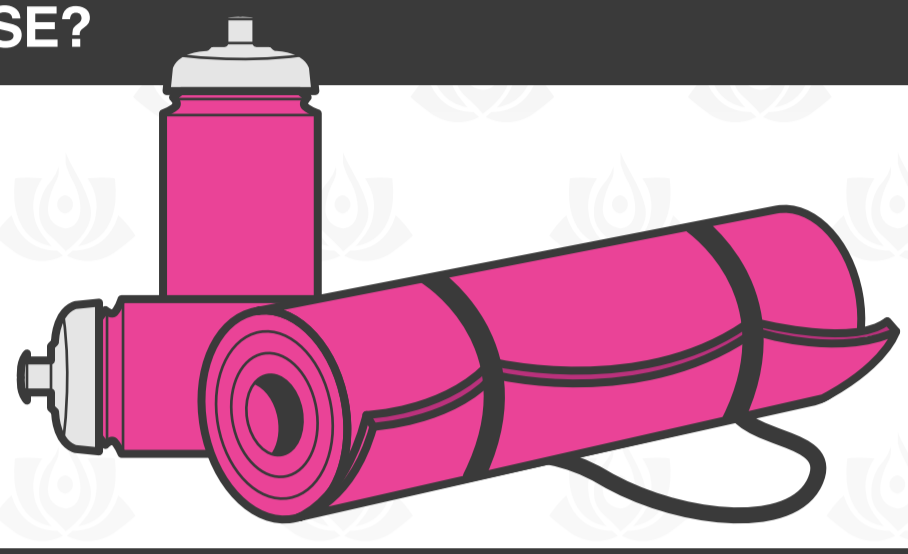


HOW FAMILIAR ARE YOU WITH YOGA?

- A.** I've worn yoga pants.
- B.** I know a few poses.
- C.** I have a daily yoga routine.
- D.** I am doing a headstand right now.

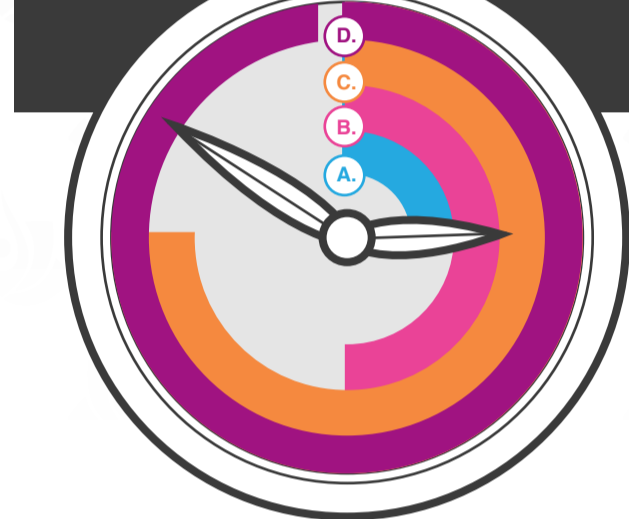
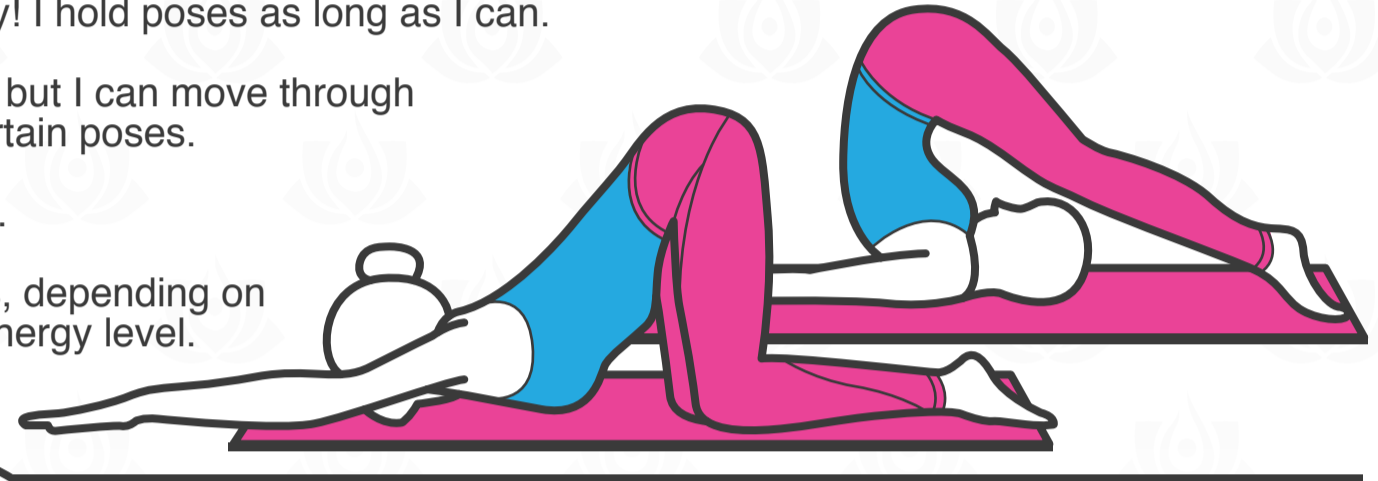
HOW DO YOU LIKE TO EXERCISE?

- A.** I try not to sweat.
- B.** I do cardio and don't have any injuries, but could be more flexible.
- C.** I am in good health.
- D.** I am in top shape and love to sweat.



DO YOU HOLD POSES OR MOVE THROUGH A ROUTINE?

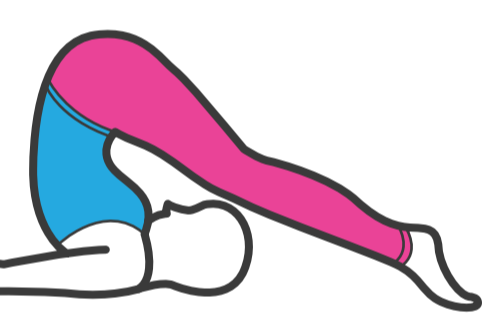
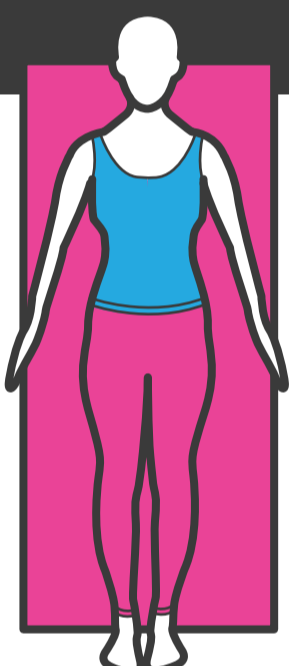
- A.** Slow and steady! I hold poses as long as I can.
- B.** I prefer holding, but I can move through the flow with certain poses.
- C.** I keep it moving.
- D.** I like both styles, depending on my mood and energy level.



IS YOGA A PART OF YOUR LIFESTYLE?

- A.** No, I'm happy just going to class.
- B.** It's starting to be. I am open to the idea of learning more about the yoga philosophies.
- C.** Yes, I want a diet and lifestyle practice to go along with my Asana practice.
- D.** Yes, I am a full time yogi on and off the mat!

WHAT IS YOUR FAVORITE YOGA POSE?



- A.** CORPSE POSE
- B.** TREE POSE
- C.** WARRIOR POSE
- D.** INVERSION POSES

WHY DO YOU DO YOGA?



- A.** Stress-reduction
- B.** Flexibility
- C.** Mind-Body balance and strength
- D.** A little adventure and a practice I enjoy

MOSTLY A'S....



GENTLE HATHA YOGA

You are new to the practice of yoga or perhaps coming back to it after recovering from an injury. You prefer basic poses and using yoga as therapy from everyday life. In Gentle Hatha Yoga, you can slowly move through each pose.

MOSTLY B'S....



VINYASA YOGA

You have some yoga experience and feel comfortable in almost any yoga class. You are starting to learn more about the ideas of yoga and may soon start to include spirituality into your practice. In Vinyasa Yoga you can satisfy your craving for a continuous flow of poses.

MOSTLY C'S....



KUNDALINI YOGA

You are an experienced yogi and share your passion with others. You probably already have a regular practice and are consistently searching for new ways to improve. With your deep connection to spirituality, Kundalini Yoga brings you more awareness to meditation.

MOSTLY D'S....



BIKRAM YOGA

There's no questioning your commitment to yoga. With so much experience, you are always willing to be adventurous and try out non-traditional yoga styles. With Bikram Yoga, you can handle the heat.

SOURCES:

<http://www.chopra.com/articles/quiz-what-kind-of-yoga-is-right-for-you>