



## Cleveland Clinic Yoga Class Levels

Launch Date: January 1, 2016

**Wellness Yoga Level 1** – (chair) this class will incorporate postures that are practiced while seated on a chair, or standing, using the chair as a prop. The instructor will be able to guide participants of all ability levels; this is a gentle class, focusing on deep breathing and simple movement for stress management.

**Wellness Yoga Level 2** – (chair & mat) this class will incorporate postures that are practiced while seated on a chair, or standing, using the chair as a prop. The instructor will be able to guide participants of all ability levels, and may be practiced as gently or strongly as the student prefers.

**Traditional** – (mat) this class will incorporate postures that are practiced on a mat, on the floor, and may be done from standing, seated, or lying down on the abdomen or back. While the instructor will be able to guide participants of all ability levels, this is primarily an intermediate level class.

**Therapeutic** – (as needed) this class is specifically designed for participants that feel limited in ability due to chronic illness, injury, or physically out of shape. While mostly practiced from a chair, some poses are done from a standing position. A variety of props are made available to offer additional support. This class is very gentle, and is instructed by experienced yoga therapists that specialize in offering simple movement and deep breathing to all bodies.