




















FLOW

YOGA STUDIO

Offering Comparison		Who is it a fit for?		
Offering	Heat Options	Beginner	Experienced	Advanced
Restorative	Light Heat			
Power Basics	Light, Heated, Hot			
All-Levels Vinyasa	Light, Heated, Hot			
Slow Flow	Light Heat			
Blend	Light Heat			
Slow Burn	Light, Heated			
Power Vinyasa	Light, Heated, Hot			
Retreats	Light, Heated			

Class Heat Scale*

Light Heat	Heated	Hot
80-85°F	85-95°F	95-100°F

*ranges are approximations only; high temp may be impacted by intensity of flow, humidity, and class size

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