15 minutes to your best self

GOT 3 MINUTES?

Find your yoga style

Ever feel as if everyone else is comfortable in yoga, while you're covering yourself-conscious in a corner? Put an end to anxiety with this primer on choosing the class that best fits you and your fitness goals, created with help from Jill Satterfield, a veteran yoga instructor in New York City. —Shanna Rosas

A slow and steady class that emphasizes form is...

not physically challenging enough for me.

Learning more about the spiritual side of yoga would be...

not really a priority for me.

OK, as long as I don't have to build an altar.

almost never.

I change my workout routine...

as often as possible. I don't want to be in a rut.

Chill out

It's not a stretch to figure out what class is right for you.

almost never.

a great way to rid the body of toxins.

Chill out

would crack me up.

Being in a hot, stuffy room with 15 other people is...

something I would want to avoid.

JIVAMUKTI

Expect a strong spiritual emphasis with chanting, meditation and a little history lesson on the meaning of each pose, as well as an intense, fast-paced workout.

ASHTANGA

For perfectionists, Ashtanga repeats the same series of poses until you master them. Novices: Consider taking an Iyengar class first to get a handle on the postures.

VINYASA

You'll flow quickly from pose to pose, but unlike in Ashtanga, the routine always changes. Beginner classes may move more slowly. YogaFit and Power Yoga are popular forms.

KUNDALINI

Get ready to om. Kundalini moves at a slow pace. Developed to help students awaken their body's energy centers, it focuses on breath work, meditation and chanting.

BIKRAM

Done in a heated room to warm and stretch muscles. You go slowly through the same postures each time, so it's beginner-friendly (but bring along lots of water).

IYENGAR

This option is safest for first-timers. There are fewer poses, which you hold longer and repeat often. Props such as blocks provide support and reduce injury risk.