Yoga began in India 5,000 years ago. In Sanskrit, yoga means “to forge a union between mind and body.” Ancient hatha yogis recognized that the state of the body affects the mind and the state of the mind affects the body. Hatha yoga emphasizes the physical aspect of yoga. The postures or asanas practiced in hatha yoga relax, detoxify, and strengthen the body in preparation for meditation.

ARM BALANCES + INVERSIONS
A workshop format class structured to focus on building arm balances + inversions utilizing a variety of movement modalities from yoga and calisthenics.

ASHTANGA YOGA
A system of yoga transmitted to the modern world by Sri K. Pattabhi Jois. It links the breath with a set series of progressive postures or asanas. It is commonly known as the “original power yoga.”

CORE YOGA FLOW
A challenging yoga flow similar to power yoga that includes a segment dedicated to the core.

FUNCTIONAL YOGA
This class integrates self-massage techniques, mobility movements, corrective exercises and yoga postures targeting specific regions of the body to alleviate tension and strain while increasing mobility and strength to support functional movement patterns in the body.

GENTLE YOGA
This class moves slowly and features the most accessible, gentle poses, for an overall healing experience.

MEDITATIVE FLOW YOGA
A gentle Hatha yoga class with a fluid essence and space for quiet stillness within the flow.

MIXTAPE YOGA
A dynamic flow of mindful movements curated with a soundtrack of today’s hip-hop + r&b and throwbacks that will transform, stretch, and restore your body from the inside-out. “And Chill” adds a restorative, relaxation component.

NAPTIME YOGA
The struggle is real. Getting enough sleep is challenging. Join us for a guided relaxation and some zzzzz’s. Mats and props provided for a restful snooze!

YOGA FLOW
A hatha yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Yoga Flow & Meditation saves time to conclude with a final meditation. “Relaxation” adds a restorative component.

YOGA SCULPT
Power yoga flow, plus moderate weight lifting, and cardio conditioning. Let’s sweat!

YOGA FOR MOBILITY
Less flow. More time dedicated to increasing flexibility and overall motility.

YOGA PLUS 3
This class starts with a yoga flow, transitions to a deep relaxation called Yoga Nidra, and ends with meditation.

YOGA-DEEP STRETCHING & RELAXATION
Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking).

CLASS LEVELS
1 - A slow paced class suitable for those new to yoga or those looking to move at a slower pace.
1/2 - A more challenging paced class suitable for beginners and continuing students.
L - Beginning to intermediate level movements and postures.
M - More challenging movements and postures.

More Yoga Around Campus -
Free drop in classes for students, provided by UCLA Recreation and UCLA Healthy Campus Initiative.

<table>
<thead>
<tr>
<th>DAY</th>
<th>LOCATION</th>
<th>DATES</th>
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<tr>
<td>Mondays</td>
<td>4:30-5:30pm</td>
<td>RISE / LuValle Commons (Restorative)</td>
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<tr>
<td>Tuesdays</td>
<td>6:30-7:45pm</td>
<td>Hedrick Movement Studio</td>
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<tr>
<td>Thursdays</td>
<td>12-1pm</td>
<td>RISE / LuValle Commons</td>
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<tr>
<td>Fridays</td>
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<td>DeNeve Plaza Room</td>
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URL: www.recreation.ucla.edu/yoga