### Yoga

**FALL 2019**
**SEPTEMBER 26 - DECEMBER 8**
**NO CLASSES: 11/9-11/11, AFTER 2PM 11/27, 11/28-12/1**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>GENTLE YOGA FLOW, L1, 7:45-8:45AM DYNASTY RM, JWC (MONA)</td>
<td>YOGA FLOW, L1/2, 6:30-7:30AM DYNASTY RM, JWC (ASHLEY)</td>
<td>GENTLE YOGA FLOW, L1, 7:45-8:45AM DYNASTY RM, JWC (MONA)</td>
<td>YOGA FLOW, L1/2, 6:30-7:30AM DYNASTY RM, JWC (ASHLEY)</td>
<td>YOGA SCULPT, L2, 12:00-1:00PM PYRAMID ROOM, JWC, (MADISON)</td>
<td>YOGA FLOW, L1/2, 12:00-1:00PM DYNASTY RM, JWC (KARINA)</td>
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<td>MEDITATIVE FLOW YOGA, L1/2, 9:15-10:30AM DYNASTY RM, JWC (MONA)</td>
<td>YOGA TUNE UP, L1/2, 10:15-11:30AM DYNASTY RM, JWC (TIFFANY)</td>
<td>MEDITATIVE FLOW YOGA, L1/2, 9:15-10:30AM DYNASTY RM, JWC (MONA)</td>
<td>YOGA TUNE UP, L1/2, 10:15-11:30AM DYNASTY RM, JWC (TIFFANY)</td>
<td>DEEP STRETCHING &amp; MEDITATION, L1/2, 12:00-1:00PM DYNASTY RM, JWC (ISABELLE)</td>
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<td>YOGA FLOW, L1/2, 3:00-4:00PM DYNASTY RM, JWC (KARINA)</td>
<td>CORE YOGA FLOW, L2, 12:00-1:00PM DYNASTY ROOM, JWC, (TAYLOR)</td>
<td>CORE YOGA FLOW, L2, 12:00-1:00PM DYNASTY RM, JWC (MADISON)</td>
<td>CORE YOGA FLOW, L2, 12:00-1:00PM DYNASTY ROOM, JWC, (TAYLOR)</td>
<td>CORE YOGA FLOW, L2, 1:10-2:10PM DYNASTY RM, JWC (KARINA)</td>
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<td>YOGA FLOW, L1/2, 4:00-5:00PM DYNASTY RM, JWC (MARCO)</td>
<td>YOGA FLOW, L1/2, 3-4PM DYNASTY RM, JWC (JANELLE)</td>
<td>CORE YOGA FLOW, L2, 1:10-2:10PM DYNASTY RM, JWC (MADISON)</td>
<td>CORE YOGA FLOW, L2, 1:10-2:10PM DYNASTY RM, JWC (MADISON)</td>
<td>CORE YOGA FLOW, L2, 1:10-2:10PM DYNASTY RM, JWC (ISABELLE)</td>
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<td>YOGA SCULPT, L2/3, 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)</td>
<td>YOGA FLOW, L2/3, 4:30-5:45PM DYNASTY RM, JWC (JANELLE)</td>
<td>NAP TIME YOGA, L1, 3:15-3:45PM PYRAMID RM, JWC (ISABELLE)</td>
<td>YOGA SCULPT, L2, 12:00-1:00PM DYNASTY RM, JWC (MADISON)</td>
<td>YOGA FLOW, L2/3, 4:30-5:45PM DYNASTY RM, JWC (CHIOMA)</td>
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<td>ARM BALANCES &amp; INVERSIONS M2/3, 5:00-7:00PM SQUASH COURT A, JWC (MARCO)</td>
<td>CORE YOGA FLOW L1/2, 6:00-7:10PM DYNASTY RM, JWC (JANELLE)</td>
<td>CORE YOGA FLOW L1/2, 6:00-7:10PM DYNASTY RM, JWC (JANELLE)</td>
<td>YOGA FLOW, L1/2, 6:00-7:10PM DYNASTY RM, JWC TBA</td>
<td>AFROBEAT YOGA L1/2, 6:00-7:10PM DYNASTY RM, JWC (CHIOMA)</td>
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<td>CORE YOGA FLOW L1/2, 6:20-7:20PM PYRAMID RM, JWC (ISABELLE)</td>
<td>YOGA FLOW, L1/2, 4:00-5:00PM DYNASTY RM, JWC TBA</td>
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<td>CARDIO YOGA SCULPT, L2/3, 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)</td>
<td>MIXTAPE YOGA &amp; CHILL, L2/3, 5:00-6:15PM DYNASTY RM, JWC (MARCO)</td>
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<td>YOGA FLOW, M2/3, 7:30-8:30PM PYRAMID RM, JWC (MARCO)</td>
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<td>YOGA FLOW, M2/3, 6:30-7:30PM DYNASTY RM, JWC TBA</td>
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<td>DEEP STRETCHING &amp; RELAXATION, L1/2, 7:25-8:25PM PYRAMID RM, JWC (ISABELLE)</td>
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**Unlimited access to all Yoga classes at the John Wooden Center and Sunset Canyon Recreation. Only $45 per quarter.**

**Get Started with a Yoga Pass**
All you can yoga. Unlimited access to all classes
Cost: $45/quarter
Get your Yoga Pass: 1st floor John Wooden Center Sales & Service.
Check [www.recreation.ucla.edu/yoga](http://www.recreation.ucla.edu/yoga) for workout descriptions and updates.
All classes are on a space-available basis. Participants must be present for warm-up. **No late entry. No auditing.**
Wear athletic clothing no shoes required.
**Bring your own yoga mat.**
**Locations:**
JWC: John Wooden Center

[www.recreation.ucla.edu/yoga](http://www.recreation.ucla.edu/yoga)
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.

**AFRO BEAT YOGA**
A powerful vinyasa flow, grounded in breath, that allows students to explore spaciousness while moving to AfroBeat rhythms.

**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.

**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).

**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 zzzz’s. Mats and props provided for a restful snooze!

**POWER YOGA**
A rigorous yoga flow designed to heat up the body, strengthen the muscles and enliven. A sequence that includes fast paced vinyasa flow as well as holding the poses for extended time. Power yoga is proven to be greatly complementary for competitive athletes as well as advanced yoga practitioners. Not designed for beginner level students.

**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 TUNE UP ®**
This class blends corrective exercise, self-massage, and breath strategies to improve the three P’s – pain, posture, and performance. By helping to identify “body blind spots”, areas that are most overused, underused or misused, Yoga Tune Up ® helps to heal damaged muscle, to increase strength, and to establish healthy movement patterns.

**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.

**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.

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

**DAY** | **LOCATION** | **DATES**
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Mondays 4:30-5:30pm | RISE / LuValle Commons (Restorative) | 9/30-12/6
Tuesdays 6:30-7:45pm | Hedrick Movement Studio | 9/30-12/6
Thursdays 12-1pm | RISE / LuValle Commons | 9/30-12/6
Fridays 5-6pm | DeNeve Plaza Room | 9/30-12/6