Love yoga and want to take your practice to the next level? Want to lead yoga classes at UCLA? Learn to teach core yoga flow/hatha yoga classes. This 200-hour Yoga Alliance recognized program will meet on weekends for five months at KREC and JWC.

Saturdays and Sundays, 7am – 12pm and 1 – 6:00pm

**MODULE #1: FOUNDATIONS**
Part 1: January 25 & 26
Part 2: February 8 & 9

**MODULE #2: FLOW**
Part 1: February 22 & 23
Part 2: March 7 & 8

**MODULE #3: ENERGETICS**
March 14 & 15
April 4 & 5

**MODULE #4: IN-DEPTH EXPLORATION**
April 18 & 19
May 2 & 3

**MODULE #5: INTEGRATION**
May 16 & 17
May 30 & 31

**INFORMATION MEETING**
10/18, 5:30pm, Games Lounge, JWC
11/22 5:30 pm, Games Lounge, JWC
1/17, 5:30pm, Games Lounge, JWC

Cost: $660
(Does not include books)

Participants will gain an excellent foundation in anatomy and alignment of asanas, general anatomy, asana sequencing, building a class, pranayama and basic meditation and be exposed to subtle body anatomy/chakras, basic yoga philosophy, neurobiology of yoga, ayurveda and Sanskrit.

Requirements:
- Minimum of 2 years of a Level 1/2 yoga practice
- Application
- UCLA Student or UCLA Recreation Member

Taught by:
Isabelle Du Soleil
Ph.D, E-RYT 500

For application and additional info, go to www.recreation.ucla.edu/yoga

Application deadline: 1/21.

For questions please email Isabelle Du Soleil at: idusoleil@recreation.ucla.edu

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