### Yoga

#### FALL 2017

**SEPTEMBER 28 - DECEMBER 10**

No Classes: 11/10, after 2pm on 11/23, 11/24-11/26

Unlimited access to all yoga classes at the John Wooden Center and Sunset Canyon Recreation. Only $45 per quarter.

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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>YOGA FLOW &amp; MEDITATION L1/2 6:45-7:55AM DYNASTY RM JWC (MARCO)</td>
<td>YOGA SCULPT M2 8:20-9:20AM PYRAMID RM JWC (CASSIE)</td>
<td>YOGA FLOW &amp; MEDITATION L1/2 6:45-7:55AM DYNASTY RM JWC (JODY)</td>
<td>CORE YOGA FLOW M1 8:20-9:20AM DYNASTY RM JWC (ANDREA M)</td>
<td>YOGA BARRE L1/2 6:15-7:15PM DYNASTY RM JWC (MARCO)</td>
<td>CORE YOGA FLOW M2/3 6:45-7:55AM DYNASTY RM JWC (MARCO)</td>
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<tr>
<td>CORE YOGA FLOW M1/2 8:00-9:00AM DYNASTY RM JWC (MARCO)</td>
<td>YOGA TUNE UP L1/2 9:35-10:40AM DYNASTY RM JWC (TIFFANY)</td>
<td>YOGA FLOW M1/2 10:45-11:45AM DYNASTY RM JWC (ANNA)</td>
<td>CORE YOGA FLOW M1 8:20-9:20AM DYNASTY RM JWC (ANDREA M)</td>
<td>YOGA M1/2 5:30-6:45PM DYNASTY RM JWC (MARCO)</td>
<td>CORE YOGA FLOW M1/2 6:45-7:55AM DYNASTY RM JWC (MARCO)</td>
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<tr>
<td>YOGA SCULPT M2/3 3:00-3:55PM PYRAMID RM JWC (ISABELLE)</td>
<td>YOGA FLOW M1/2 12:00-1:00PM DYNASTY RM JWC (ANNA)</td>
<td>YOGA SCULPT M2/3 3:00-3:55PM PYRAMID RM JWC (SANDRA)</td>
<td>CORE YOGA FLOW M1/2 5:30-6:45PM VISTA RM SCRC (ISABELLE)</td>
<td>CHILLAX CANDLELIGHT YOGA L1 7:15-8:45PM DYNASTY ROOM JWC (MARCO)</td>
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<td>CORE YOGA FLOW M1/2 5:30-6:45PM VISTA RM SCRC (ISABELLE)</td>
<td>YOGA SCULPT M2/3 3:00-3:55PM PYRAMID RM JWC (SANDRA)</td>
<td>CORE YOGA FLOW M2/3 5:30-6:45PM VISTA RM SCRC (ISABELLE)</td>
<td>CORE YOGA FLOW M1/2 12:00-1:00PM DYNASTY RM JWC (ANNA)</td>
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<tr>
<td>CORE YOGA FLOW M2/3 6:50-8:05PM VISTA RM SCRC (ISABELLE)</td>
<td>CORE YOGA FLOW M1/2 6:00-7:10PM DYNASTY RM JWC (ALLIE)</td>
<td>CORE YOGA FLOW M2/3 4:30-5:45PM DYNASTY RM JWC (ALLIE)</td>
<td>CORE YOGA FLOW M2/3 4:30-5:45PM DYNASTY RM JWC (ALLIE)</td>
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<tr>
<td>CORE YOGA FLOW M1/2 7:30-8:30PM PYRAMID RM JWC (ALLYSSA)</td>
<td>GENTLE YOGA L1 5:25-6:25PM VISTA RM SCRC (KATHY)</td>
<td>CORE YOGA FLOW M1/2 6:00-7:10PM DYNASTY RM JWC (ALLIE)</td>
<td>GENTLE YOGA L1 5:25-6:25PM VISTA RM SCRC (KATHY)</td>
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<td>GENTLE YOGA L1 5:25-6:25PM VISTA RM SCRC (KATHY)</td>
<td>CORE YOGA FLOW M1/2 6:00-7:10PM DYNASTY RM JWC (ALLIE)</td>
<td>CORE YOGA FLOW M2/3 7:25-8:25PM PYRAMID RM JWC (ALLYSSA)</td>
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<td>CORE YOGA FLOW M1/2 7:25-8:25PM PYRAMID RM JWC (ALLYSSA)</td>
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**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 & Cashiering.

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.**

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**Locations:**

- JWC: John Wooden Center
- SCRC: Sunset Canyon Recreation Center

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REF:092017

[www.recreation.ucla.edu/yoga](http://www.recreation.ucla.edu/yoga)
Yoga began in India 5000 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.

**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.”

**CHILLAX CANDLELIGHT YOGA**
This hatha yoga class culminates in chillaxing, restorative poses and a final candlelight meditation.

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

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

**YOGA BARRE**
Power Yoga flow plus effective conditioning at the ballet barre.

**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.

**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.

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**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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**Flexible Fridays**
Free drop-in classes for students, provided by UCLA Recreation and UCLA Healthy Campus Initiative.

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<tr>
<th>Fridays</th>
<th>LOCATION</th>
<th>DATES</th>
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<tbody>
<tr>
<td>12:05 - 12:55 pm</td>
<td>Court of Sciences</td>
<td>10/6-12/8*</td>
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<tr>
<td>2:30-3:30pm</td>
<td>Sunset Canyon Recreation Center Lower Lawn</td>
<td>10/6-12/8*</td>
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<tr>
<td>3:30-4:30pm</td>
<td>Sunset Canyon Recreation Center Lower Lawn</td>
<td>10/6-12/8*</td>
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<td>5-6pm</td>
<td>Hedrick Movement Studio (Res Halls)</td>
<td>10/6-12/8*</td>
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*no class 11/10, 11/24

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>6:30-7:45pm</td>
<td>Hedrick Movement Studio</td>
<td>10/3-12/12*</td>
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*no class 11/10, 11/24

**Bruin Mindfit** - register at [www.recreation.ucla.edu/register](http://www.recreation.ucla.edu/register)

Mondays and Wednesdays
4:00-5:00pm | Pyramid Room, JWC | 10/9-11/29

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www.recreation.ucla.edu/yoga