<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<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 DYNASTY RM, JWC (ANIA)</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 (MARCO)</td>
<td>YOGA BARRE, M2/3 4:00-5:00PM GOLD RM, JWC (ISABELLE)</td>
<td>ARM BALANCES &amp; INVERSIONS, M2/3 5:00-6:15PM DYNASTY RM, JWC (MARCO)</td>
</tr>
<tr>
<td>CORE YOGA FLOW, M1 8:00-9:00AM DYNASTY RM, JWC (MARCO)</td>
<td>YOGA TUNE UP, L1/2 9:30-10:45AM DYNASTY RM, JWC (TIFFANY)</td>
<td>YOGA TUNE UP, L1/2 9:30-10:45AM DYNASTY RM, JWC (TIFFANY)</td>
<td>YOGA TUNE UP, L1/2 9:30-10:45AM DYNASTY RM, JWC (TIFFANY)</td>
<td>MIX TAPE YOGA, M1/2 4:05-5:20PM DYNASTY RM, JWC (MARCO)</td>
<td>MIXTAPE YOGA, M1/2 6:25-7:25PM DYNASTY RM, JWC (MARCO)</td>
</tr>
<tr>
<td>NAP TIME YOGA, L1 3:15-3:45PM PYRAMID RM, JWC (ISABELLE)</td>
<td>YOGA FLOW, L1/2 12:00-1:00PM DYNASTY RM, JWC (ANNA)</td>
<td>NAP TIME YOGA, L1 3:15-3:45PM PYRAMID RM, JWC (ISABELLE)</td>
<td>YOGA FLOW, M1/2 12:00-1:00PM DYNASTY RM, JWC (ANNA)</td>
<td>CHILLAX RESTORATIVE YOGA, L1 5:30-6:45PM DYNASTY ROOM, JWC (MARCO)</td>
<td>CHILLAX YOGA AND MEDITATION, L1 7:30-8:45PM DYNASTY ROOM, JWC (MARCO)</td>
</tr>
<tr>
<td>YOGA SCULPT, M2/3 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)</td>
<td>CORE YOGA FLOW, M2/3 4:30-5:45PM PYRAMID RM, JWC (ISABELLE)</td>
<td>CORE YOGA FLOW M1/2 4:30-5:45PM VISTA RM, SCRC (ISABELLE)</td>
<td>CORE YOGA FLOW, M2/3 4:30-5:45PM VISTA 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 5:30-6:55PM VISTA RM, SCRC (ISABELLE)</td>
<td>GENTLE YOGA, L1 5:25-6:25PM VISTA RM, SCRC (KATHY)</td>
<td>DE-STRESS: YOGA &amp; MINDFUL MEDITATION L1 5:30-6:45PM VISTA RM, SCRC (KATHY)</td>
<td>GENTLE YOGA, L1 5:25-6:25PM VISTA RM, SCRC (KATHY)</td>
<td>DE-STRESS: YOGA &amp; MINDFUL MEDITATION L1 5:30-6:45PM VISTA RM, SCRC (KATHY)</td>
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<tr>
<td>CORE YOGA FLOW, M1/2 6:25-7:25PM PYRAMID RM, JWC (ALLIE)</td>
<td>CORE YOGA FLOW, M1/2 6:00-7:10PM DYNASTY RM, JWC (ALLIE)</td>
<td>CORE YOGA FLOW, M1/2 6:00-7:10PM DYNASTY RM, JWC (ALLIE)</td>
<td>CORE YOGA FLOW, M1 7:25-8:25PM PYRAMID RM, JWC (RYAN)</td>
<td>CORE YOGA FLOW, M1/2 6:00-7:10PM DYNASTY RM, JWC (RYAN)</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>CORE YOGA FLOW, M2, 7:25-8:25PM PYRAMID RM, JWC (RYAN)</td>
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**WINTER 2018**

JANUARY 8 - MARCH 18

No classes 1/13-1/15, 2/17-2/19

Yoga

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

SCRC: Sunset Canyon Recreation Center

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.

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Wear athletic clothing, no shoes required.

Bring your own yoga mat.

Locations:

JWC: John Wooden Center

SCRC: Sunset Canyon Recreation Center
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 class structured to focus on building arm balances + inversions utilizing a variety of movement modalities from yoga, breakdancing, martial arts, & 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.”

**CHILLAX YOGA**
This hatha yoga class features chillaxing, restorative poses and stretches.

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

**DE-STRESS: YOGA & MINDFUL MEDITATION**
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.

**MIXTAPE YOGA**
A dynamic flow of mindful movements curated with a soundtrack of today’s hip-hop + r&b top tracks that will transform, stretch, and restore your body from the inside-out.

**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 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.

**CLASS LEVELS**

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>A slow paced class suitable for those new to yoga or those looking to move at a slower pace.</td>
</tr>
<tr>
<td>1/2</td>
<td>A more challenging paced class suitable for beginners and continuing students.</td>
</tr>
<tr>
<td>L</td>
<td>Beginning to intermediate level movements and postures.</td>
</tr>
<tr>
<td>M</td>
<td>More challenging movements and postures.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays</td>
<td>12:05-12:55 pm</td>
<td>Court of Sciences</td>
<td>1/12-3/16</td>
</tr>
<tr>
<td></td>
<td>2:30-3:30 pm</td>
<td>Sunset Canyon Recreation Center Lower Lawn</td>
<td>1/12-3/16</td>
</tr>
<tr>
<td></td>
<td>3:30-4:30 pm</td>
<td>Sunset Canyon Recreation Center Lower Lawn</td>
<td>1/12-3/16</td>
</tr>
<tr>
<td></td>
<td>5-6 pm</td>
<td>Hedrick Movement Studio (Res Halls)</td>
<td>1/12-3/16</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>6:30-7:45 pm</td>
<td>Hedrick Movement Studio</td>
<td>1/09-3/16</td>
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www.recreation.ucla.edu/yoga