

Yoga

FALL 2018

SEPTEMBER 27 - DECEMBER 9

NO CLASSES: 11/10-11/12, AFTER 2PM 11/21, 11/22-11/25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>YOGA PLUS 3 L1/2 10:30-11:45AM GOLD RM, JWC (MONA)</p> <p>CORE YOGA FLOW BEGINNER FUNDAMENTALS L1 3:00-3:55PM PYRAMID RM, JWC (ISABELLE)</p> <p>MIXTAPE YOGA & CHILL L1/2 3:00-4:45PM DYNASTY RM, JWC MARCO</p> <p>YOGA SCULPT, L2/3 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)</p> <p>ARM BALANCES & INVERSIONS M 2/3 5:00-7:00PM SQUASH COURT A, JWC (MARCO)</p> <p>CORE YOGA FLOW, L1/2 6:20-7:20PM PYRAMID RM, JWC (ISABELLE)</p>	<p>CORE YOGA FLOW L1 8:20-9:20AM DYNASTY RM, JWC (ANIA)</p> <p>YOGA TUNE UP L1/2 10:30-11:45AM DYNASTY RM, JWC (TIFFANY)</p> <p>YOGA SCULPT, L2 12:00-1:00PM PYRAMID ROOM, JWC (MADISON)</p> <p>CORE YOGA FLOW, L2/3 3:00-4:00PM PYRAMID RM, JWC (MADISON)</p> <p>UPBEAT YOGA FLOW L1/2 4:00-5:00PM DYNASTY RM, JWC (ISABELLE)</p> <p>CORE YOGA FLOW, L1/2 6:00-7:10PM DYNASTY RM, JWC (TAYLOR)</p>	<p>CORE YOGA FLOW L1/2 6:30-7:30AM DYNASTY RM, JWC (CAITH)</p> <p>CORE YOGA FLOW L1 8:00-9:00AM DYNASTY RM, JWC (BRIA)</p> <p>NAP TIME YOGA L1 3:15-3:45PM PYRAMID RM, JWC (ISABELLE)</p> <p>YOGA SCULPT, L2/3 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)</p> <p>YOGA - DEEP STRETCHING & RELAXATION, L1 7:25-8:25PM PYRAMID RM, JWC (ISABELLE)</p>	<p>CORE YOGA FLOW L1/2 6:30-7:30AM DYNASTY RM, JWC (FIONA)</p> <p>CORE YOGA FLOW L1 8:20-9:20AM DYNASTY RM, JWC (ANIA)</p> <p>YOGA TUNE UP L1/2 10:30-11:45AM DYNASTY RM, JWC (TIFFANY)</p> <p>CORE YOGA FLOW, L2/3 12:00-1:00PM DYNASTY RM, JWC (SOPHIA)</p> <p>CORE YOGA FLOW, L2/3 4:30-5:45PM DYNASTY RM, JWC (CHIOMA)</p> <p>AFROBEAT YOGA, L1/2 6:00-7:10PM DYNASTY RM, JWC (CHIOMA)</p>	<p>CORE YOGA FLOW, L2/3 3:00-3:55PM DYNASTY RM, JWC (MADISON)</p> <p>YOGA SCULPT, L2/3 4:00-5:00PM PYRAMID RM, JWC (MADISON)</p> <p>MIXTAPE YOGA & CHILL, L2/3 5:30-7:00PM DYNASTY RM, JWC (MARCO)</p>	<p>YOGA FLOW L1/2 9:30-10:45AM DYNASTY ROOM, JWC (NICOLE)</p> <p>Sunday</p> <p>YOGA FLOW L1/2 4:00-5:30PM DYNASTY ROOM, JWC (NICOLE)</p> <p>YOGA FLOW & RELAXATION, L1/2 6:00PM-7:30PM DYNASTY ROOM, JWC (VICTORIA)</p>

*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 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

•• YOGA DESCRIPTIONS*

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.

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 PLUS 3

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

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.

UPBEAT YOGA FLOW

A challenging yoga flow similar to power yoga that includes a segment dedicated to the core and is set to upbeat, popular music.

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.
- 2/3** - An intermediate/advanced paced class. Physically challenging. Not suitable for beginners.
- L** - Beginning to intermediate level movements and postures.
- M** - More challenging movements and postures.

Flexible Fridays -

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

Fridays	LOCATION	DATES
12:05 - 12:55 pm	Court of Sciences	10/5-12/7*
2:30-3:30pm	Sunset Canyon Recreation Center Lower Lawn	10/5-12/7*
3:30-4:30pm	Sunset Canyon Recreation Center Lower Lawn	10/5-12/7*
5-6pm	Hedrick Movement Studio (Res Halls)	10/5-12/7* *no class 11/23
Tuesdays		
6:30-7:45pm	Hedrick Movement Studio	10/2-12/4* *no class 11/23