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.

**MIXTAPE YOGA**
A dynamic flow of mindful movements curated with a soundtrack of today’s hip-hop + &b and throwbacks 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 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**

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.

**YOGA DESCRIPTIONS***

www.recreation.ucla.edu/yoga