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 four months at KREC and JWC.

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

MODULE #1: FOUNDATIONS
Part 1: January 26 & 27
Part 2: February 2 & 3

MODULE #2: FLOW
Part 1: February 16 & 17
Part 2: March 2 & 3

MODULE #3: ENERGETICS
March 16 & 17
April 6 & 7

MODULE #4: IN-DEPTH EXPLORATION
April 13 & 14
May 4 & 5

MODULE #5: INTEGRATION
May 18 & 19
June 1 & 2

INFORMATION MEETING
10/19, 5:30pm, Games Lounge, JWC
12/4, 5:30 pm, Main Conference Room, JWC
1/11, 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 1 year 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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