

MALIBU BEACH YOGA

MALIBU

29169 Heathercliff Rd #217, Point Dume Village
Malibu, CA 90265. malibubeachyoga.com



Malibu Beach Yoga is literally a breath of fresh air for those seeking a brief retreat from the bustle of Los Angeles. The new cozy yoga and meditation studio is located in Point Dume Village, down the road from the Malibu Country Mart and right before Zuma Beach.

The wooden deck-like balcony embodies an upscale treehouse vibe where students mingle prior to being welcomed into the studio, complete with eco-friendly bamboo flooring. Views of the Santa Monica Mountains add to the retreat aesthetic

“Both design and the power of words are very important to us” said Karen Jones, co-founder of Malibu Beach Yoga. Referring to the large mural of Ganesha on the back wall, she continued, “We selected Ganesha and the Ganesha mantra because they are symbolic of breaking through obstacles.”

After a lovely flow class full of invigorating backbends and detoxifying twists, I observed the picturesque village, while sipping a superfood smoothie from co-founder Khalil Rafati’s famed SunLife Organics. While I left some obstacles behind with Ganesha, any remaining ones could now be tackled.

Malibu Beach Yoga offers a powerful mix of physical yoga and meditation classes led by expert teachers, including meditation taught by the studio’s other cofounder Stephanie Jones. Beginning November 7, the studio is hosting a YogaUnfold 200-hour teacher training program. New students can pay \$30 for 30 days. Preorder Karen Jones’ spiritual memoir, *Heart of Miracles*, published by Hay House and due to hit shelves in February 2015. **LA**

By Kathleen Davis who is a writer, lover of yoga, and an assistant editor at LA YOGA.

MOON JUICE

DOWNTOWN LOS ANGELES

929 S Broadway, Los Angeles, CA 90015
213-244-9990. moonjuiceshop.com



The recent collaboration between Ace Hotel DTLA and Moon Juice is another reason to rejoice in downtown LA’s second renaissance. Housed in the original ticket kiosk of the 1927 United Artists Theatre, Moon Juice honors a historic treasure while offering products to fuel Angelenos’ health-conscious lifestyle. Sprouted nut and seed milks, 100% organic cold-pressed juices, wild-crafted raw snacks, and alchemical wellness tonics are all sold street-side, accompanied by sidewalk seating.

This is the third location for founder Amanda Chantal Bacon, who also owns shops in Venice and Silver Lake. “There is no one in the world I could be more excited to collaborate with,” she says. “I think Ace has encouraged adventure, lifestyle, and culture in such a precise way, and Moon Juice hopes to continue to inspire health, beauty, and wellness in a similar fashion.” The hotel expands on the partnership by offering hotel guests customized Moon Juice cleanse programs, in-room amenities such as wellness tonics, and the option for a raw breakfast in bed.

Are cleanse-staycations poised to be the next LA trend? “Taking three days to work from the pool, hotel room, and restaurant, Moon Juice will allow me to get caught up on the ever-growing work to be completed (and send me home with glowing skin!)” wrote Chantal on Moon Juice’s Facebook feed. Count us in! **LA**

By Marina Chetner, Managing Editor of Find Bliss Magazine.