

Yoginis Blossom in the 818



LA YOGA

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With new Yoga studios sprouting in the Valley, the 818 is fast becoming the new scene for yogis and yoginis to work on their favorite asanas. URBAN LILY YOGA hosts an all-female cast of management and instructors. Studio owner Elinore Cohen chose a neighborhood at the border of Sherman Oaks and Van Nuys that didn't previously host any Yoga – now that has changed in this growing community rapidly becoming revitalized and more vibrant. Although Urban Lily specializes in Vinyasa flow, they offer other types of practices including Iyengar Yoga gentle and therapeutic, pre and post-natal, Yoga for kids and restorative Yoga. Elinore's classes blend Iyengar fundamentals and restorative postures with props supported by a strong Ashtanga influence and of course, Urban Lily's signature Vinyasa flow. Urban Lily's water filtration system and canteens, and use of low VOC paint, energy efficient lighting and all refurbished furniture makes this Yoga sanctuary completely eco-friendly. Bringing West side flavor to the Valley, the ladies of Urban Lily Yoga invite you to "blossom where you're grounded." While the teaching staff is currently all-female, anyone and everyone is welcome to attend class and participate. Urban Lily Yoga, 14843 Burbank Bl. Sherman Oaks, CA 91411. urbanlilyyoga.com — Melissa Chua