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Complimentary Day of Yoga

Join with a waived Initiation Fee and receive February Complimentary

Spectrum Athletic Clubs

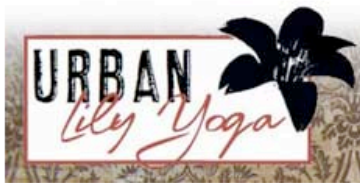
Get a Free VIP Guest Pass We'll spot you a few free workouts.



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Urban Lily Yoga : Blossom Where You're Grounded

"Look at the lilies, how they grow: they neither toil or spin." – Eckhart Tolle



Urban Lily Yoga is the newest addition to the Sherman Oaks/Van Nuys area, opening it's doors on February 1st. Offering an extensive list of classes from the hatha yoga tradition, in forms including classical yoga in the Iyengar tradition, Ashtanga, Yoga Blend, Anusara-inspired flow, Hatha Flow, Core

Fusion Flow and our very own signature VINYASA Flow. In addition to these, Urban Lily Yoga offers kids' yoga, pre & post natal, gentle & therapeutics, restoratives, workshops, special events and retreats!!

Urban Lily has been created to bring together the contrary compliments of traditional and progressive practices, supporting a [philosophy](#) that is both contemporary and ageless. Elinore Cohen, Owner and Yoga Director has brought together an array of inspiring and gifted instructors, who are all committed to supporting the [students](#) both individually and collectively through community outreach. Urban Lily offers yoga as it is meant to be, a practice that uncovers your true nature. www.urbanlilyyoga.com

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Written by [Jessica Beavers](#)

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Featured Articles

Songwriter Jamie Jo Harris Lounged at the London Hotel for "The Suite Side of the 2010 Grammys"



Jamie Jo Harris lounged in Grammy Suite with famous fashionista, cosmetician, celebrity jeweler, and gorgeous star [actress](#). [Read more in Beauty and Fashion...](#)

Kevin Sorbo's 2nd Annual Golf Tournament for A World Fit for Kids, Las Vegas, June 10-11, 2010



Join actor Kevin Sorbo and tee up to benefit **A World Fit for Kids!** at the **Dragon Ridge Country Club** in Vegas for the **2nd Annual Charity Golf Tournament**. [Read more in LA Charities...](#)

"Roxy 365" – The Photography of Erik Voake at the Celebrity Vault



Passersby and rock legends alike came out to support Erik Voake and his new exhibit, entitled "Roxy 365". [Read more in Arts and Culture...](#)

A Green, Educational, and Momentous Affair at the Go Green Expo



The best and brightest from the world of green drew 10,000 environmental enthusiasts to the **Go Green Expo** in Los Angeles. [Read more in LA Events...](#)

Downtown Hilton Checkers' Valentine's Day Package "Don't Go Home"



[Make Valentine's 2010](#)



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Upcoming Events

- Kevin Sorbo's 2nd Annual Golf Tournament for A World Fit For Kids, Las Vegas, June 10-11, 2010
- Los Angeles Times Travel & Adventure Show Returns on Feb. 13-14, 2010
- Downtown Hilton Checkers' Valentine's Day Package "Don't Go Home"
- Eco-Panda, Swimwear made from recycled Fishing Nets, Exhibits at The Go Green Expo Jan. 22-24
- Experience Zero Gravity LA or Las Vegas with Pure Entertainment Group

More Upcoming Events

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