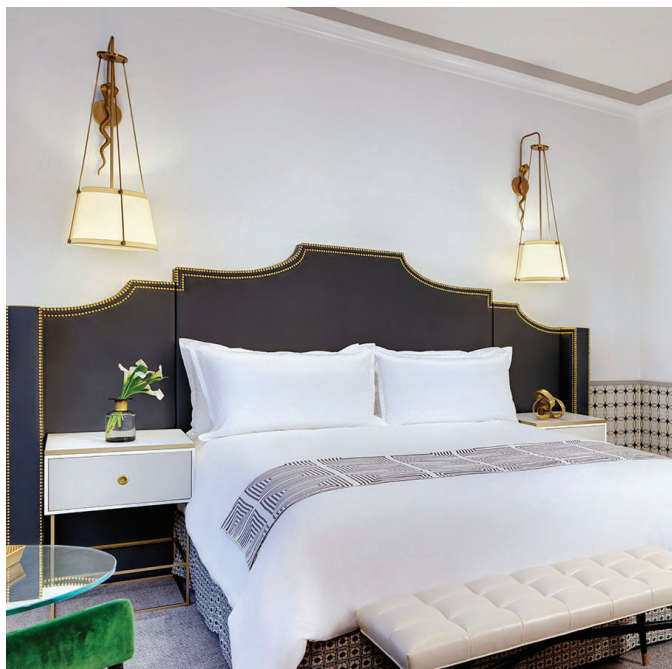


HOTEL CALIFORNIAN SANTA BARBARA

36 State Street, Santa Barbara, CA 93101
805.882.0100; thehotelcalifornian.com



When it launched in September, 2017, Hotel Californian in Santa Barbara drew “oohs and ahhs” for views of the seashore (it’s steps away from Santa Barbara’s Stearns Wharf Pier) and mountains. The hotel also received acclaim for the Spanish Colonial Revival architecture and modern Moorish-themed décor, thanks to designer Martyn Lawrence-Bullard. Another feature of the hotel is the cobalt blue sanctuary of Majorelle Spa.

A devoted practitioner, Majorelle’s Director of Spa Emma Spencer established the Hotel Californian’s yoga program. Eye candy awaits in yoga classes held at four idyllic locations, from a rooftop deck to an intimate courtyard. Options include Kundalini, Hatha, Yin, and meditation classes. Pilates, fitness classes, and nutritional seminars are also in the mix. Workshops and art exhibits showcase creations from local artisans with inspiration from the hotel’s Funk Zone neighbors.

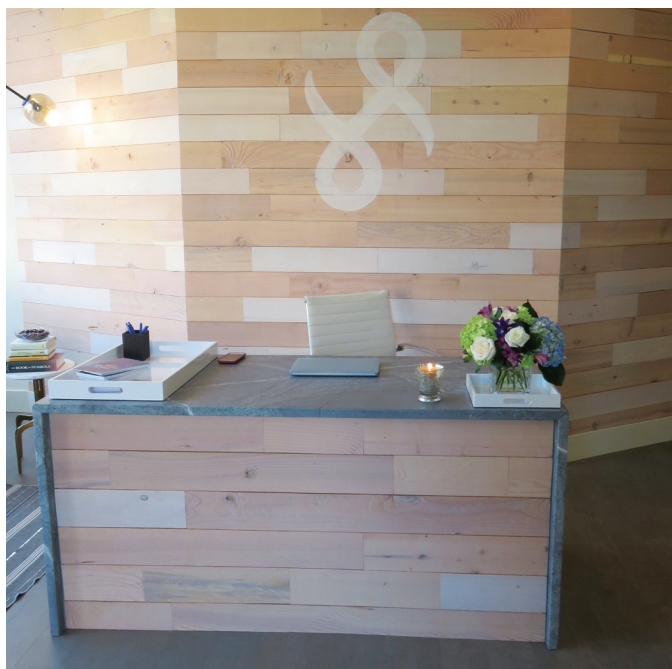
You can curate your yoga getaways (retreats are coming soon!). Start with sustenance from the Goat Tree Café, a healthy, all-day dining venue that will make the gluten-free joyous. Spencer’s nutritious go-to’s include the Avocado Smoothie and the Green Beast and Fennel Juices. Her fave menu item is the avocado toast with egg, goat cheese, and radish.

Spencer’s recommendation for a spa treatment to complement your yoga practice is the 90-minute Connect/Intuitive Reading. “Healing energy work and meditation help release old patterns and align your chakras, vital energy centers. The session is coupled with personalized, gemstone-infused aromatherapy, a take-home component that will lighten your ongoing journey.”

By Bekah Wright, a travel writer whose passion is introducing people to destinations through the art of storytelling and Virtual Reality: Changeyourlifetravels.com.

SOUL HUM SHERMAN OAKS

13721 Ventura Blvd, 1st Floor,
818.616.2728; soulhumstudios.com



Soul Hum offers elegant, inviting, and stress-to-bliss transformation in under 30 minutes. Owner Natalie Kiwi says the studio’s name is a derivative of the yogic contemplative mantra “so hum.” Soul Hum’s intention is to leave your soul humming. When I took Raegan Loston’s BreathWork Meditation class, I hummed. I laughed. I cried. I felt like I could release stress, rule to world, and return again any time I needed to bask in their bevy of mindfulness and guided meditations or Sound Bath, Yoga Nidra, crystal or astrology workshops.

As a former recruiter in biopharmaceuticals and entertainment consumer products, Natalie found herself 40 and depleted. When she was diagnosed with autoimmune issues and chronic fatigue, her Eastern practitioners said, “If you don’t learn how to properly deal with stress, you’re not going to learn how to be well.” Natalie enrolled in meditation classes around the city. While stuck in traffic, she had the idea to build Soul Hum in the Valley. With the help of longtime teacher Megan Monahan, Natalie crafted a schedule and roster to offer the tools that taught her how to reset, recharge, and take back her health.

In addition to the classes for adults, Natalie added weekly meditation and emotional intelligence classes for middle and high school students. “I wanted my sons to know this exists,” says Natalie. Class are tailored to the stressors particular to each stage of life.

Natalie found a way to gift herself health and well-being through meditation practice. “In modern life, it is a necessity not just to be well but to stay well.”

By Marja Lankinen, founder and CEO of Yoga for Dancers, is a yoga therapist and commercial dancer in Los Angeles and teaches yoga and meditation around the globe: yogafordancers.com