

MODERN LUXURY
Angeleno

Sound Off Deep Flow Yoga

July 14, 2016

When: September 15, 2016 7:00 PM

Price: \$27/person

Where:

Beverly Park at The Garland

4222 Vineland Ave.

North Hollywood CA 91602

What:

For National Yoga Month, The Garland will host their second Sound Off Deep Flow Yoga event in Beverly Park. Taking classic outdoor yoga to another level, Sound Off Deep Flow Yoga at The Garland will combine traditional vinyasa yoga movements with an instructor and a live DJ spinning music that can ONLY be heard through glowing, wireless, isolating, 3-channel headphones. This unique experience will be the first of its kind done in a hotel on the west coast. Post Sound Off Deep Flow Yoga, yogis can enjoy zen bites post-practice including vegetable crudité station, fresh fruit, a taco cart, agua frescas, and specialty cocktails. Click [here](#) for more information.