

## Cooler Ways to Do Yoga at a Hotel This September in LA

Contributed by Eliza Krpoyan August 31, 2016

These three hotels around Los Angeles are taking the practice of yoga to exciting new levels.



### Sound Off Deep Flow Yoga at The Garland

The Garland hotel's private park will be glowing with headphones for an alfresco vinyasa yoga class. Listen to a live DJ spinning deep house through the wireless, noise-canceling device.

Enjoy gratis nutritious bites and specialty cocktails before and after the 60-minute session. *September 15, 7 p.m. 4222 Vineland Ave., North Hollywood, 818-980-8000*

### Helipad Yoga at The Ritz-Carlton Spa, Los Angeles

Snag 10 or more of your closest pals or comrades and enjoy yoga at this DTLA hotel's 55th floor helipad. The session begins with 90-minutes of yoga and meditation, followed by a 50-minute spa treatment of your choice and fresh juice to revive yourself. *900 W. Olympic Blvd., Los Angeles, 213-763-4400*

### 90210-OM Yoga at The Beverly Hills Hotel

Get ready for downward dog at this hotel's poolside yoga class, happening every Wednesday evening. The hour-long session allows participants of all levels to unwind during a calming vinyasa flow set to soulful music. *Wednesdays at 6 p.m. 9641 Sunset Blvd., Beverly Hills, 310-276-2251*