

# LA YOGA

AYURVEDA & HEALTH

DODGER  
STADIUM  
YOGIS  
TAKE THE  
FIELD

ALLY  
HAMILTON  
FIXING  
PATTERNS  
WITH  
PRACTICE

*FINDING  
SERENITY*  
**ON THE  
ROAD**

ALYSIA  
REINER  
ON OITNB  
BEAUTY  
+ BALANCE

**COOL &  
REFRESHING**

summer  
hydration  
recipes

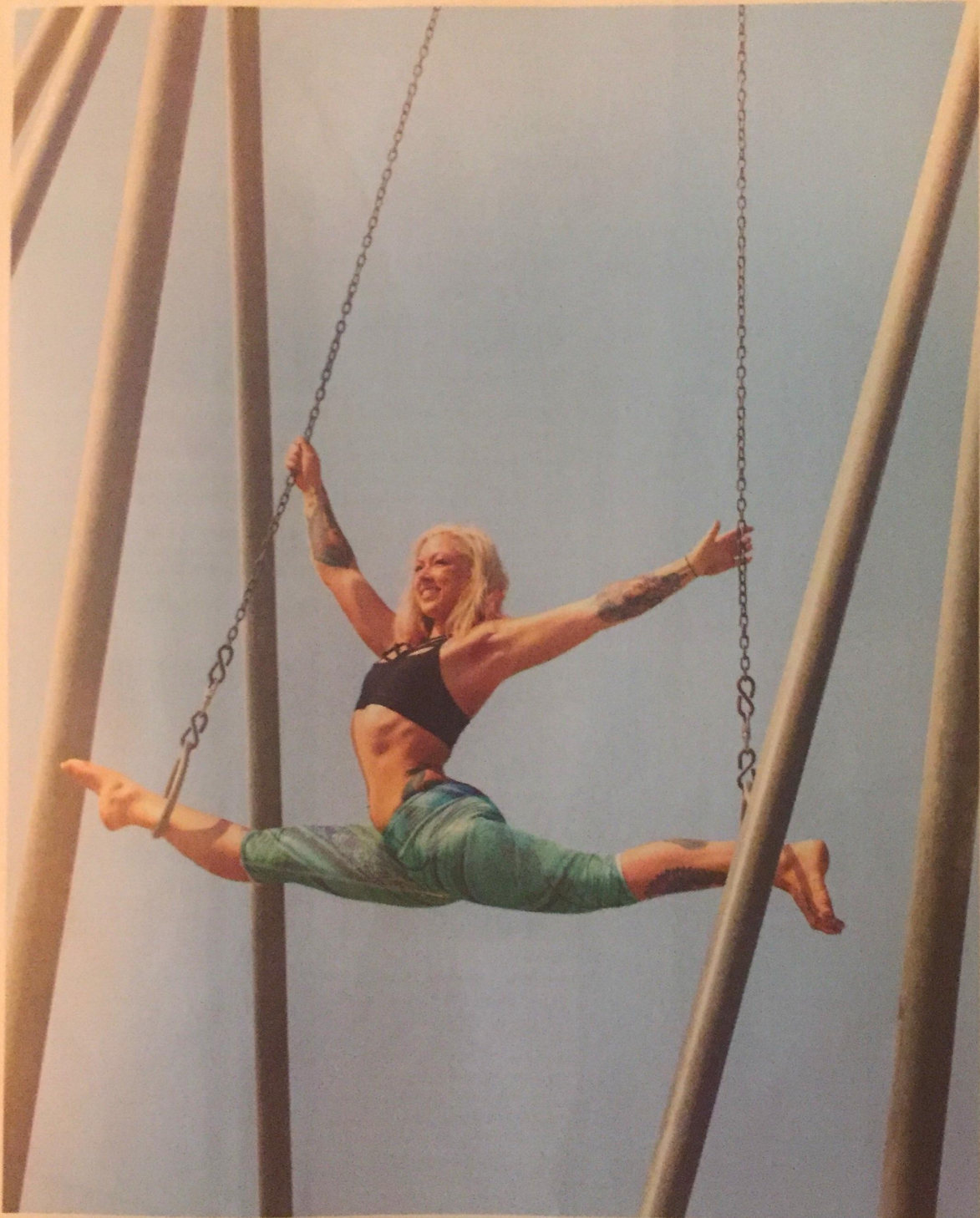
WATER  
BOTTLE  
**RUN  
DOWN**

GEAR UP  
**HATS  
WRAPS &  
SUNSCREEN**

ECKHART  
TOLLE  
**INTUITION  
GRATITUDE  
MINDFULNESS**



YOGA ON LOCATION



PAIGE YEATON PRACTICING ON THE RINGS AT MUSCLE BEACH. PAIGE TEACHES AT CREATE YOGA, RED DIAMOND YOGA, AND SWEAT YOGA. [SUNKISSEDYOGI.COM](http://SUNKISSEDYOGI.COM) (@SUNKISSEDYOGI). SHE IS WEARING A SPORTS BRA BY ONZIE ([ONZIE.COM](http://ONZIE.COM)) AND LEGGINGS BY CONFUSED GIRL IN THE CITY ([CONFUSEDGIRLINTHECITY.COM](http://CONFUSEDGIRLINTHECITY.COM)).

PHOTO BY DAVID YOUNG-WOLFF ([DAVIDYOUNG-WOLFF.COM](http://DAVIDYOUNG-WOLFF.COM))