

Works for Me

Westlake Villagers find inner peace at YogaWorks.

BY LARA MORGENSON

Grab your mat and head to YogaWorks in Westlake Village. The newly opened center trumps the typical health club experience with a community-focused environment that appeals to beginners and downward-dog experts alike. "Yoga's a beautiful, ancient practice we want to bring to as many people as possible," explains CEO Phil Swain.

At the backbone is an array of innovative programs, all of which are founded on YogaWorks' philosophy of providing the best yoga at every level. New offerings include classes in "fusion," which combine yoga and cardio; "sculpt works," which is designed to target and shape specific areas of the body; courses that appeal to teens, athletes, seniors, and expectant mothers; and hour-long sessions that are specially tailored to the busy professional's schedule.

But the real seller is the expansive space filled with perks usually found in health clubs,

namely the spacious locker rooms complete with towel service and organic bath products. Adding to the community environment is the open sanctuary, complete with a huge tree, organic tea bar, and on-site childcare, all of which creates a place to meet, gather, and relax. To boot, the entire center is eco-friendly.

Westlake Villagers won't be the only ones with peace of mind—centers in Manhattan Beach and Hollywood will be opening within the next year. Until then, breathe and go with the flow. YogaWorks, 2475 Townsgate Road, Westlake Village, 805-371-3030.