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pose



GALLERY

YogaWorks

Need of a breath of fresh air? Polish your inhale and exhale at an exciting new addition to the South Bay community, YogaWorks, at Plaza El Segundo. For over 20 years, the studio has set the bar for yoga instruction, offering exceptional classes to beginners, regulars and teachers alike.

According to President and CEO Phil Swain, the decision to bring YogaWorks to us was an easy one. "The South Bay is a flourishing and health-conscious community in need of a spacious, quality yoga studio, so choosing to open a new center in the area happened organically," he says. "We look forward to providing our yoga students with a health-driven and progressive yoga experience."

While YogaWorks aims to reinvigorate your body, they are also doing their part to sustain the environment we live in as well. "Our commitment extends beyond our students to the environment," adds Swain. "YogaWorks studios are built with environmentally-friendly, sustainable materials. They are energy efficient and even have filtered water systems so that natural resources are used and the earth continues to be preserved."

For info on classes, retreats, training and more, visit them online at yogaworks.com. YogaWorks at Plaza El Segundo, 740 Allied Way, 310-322-6500. ●

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