

# The Acorn

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Westlake Village

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## Health

### YogaWorks now offers family class

YogaWorks of Westlake Village has launched Family Yoga, a new program in which parents and their children practice yoga together through partner and individual poses, creative movement and relaxation. No prior experience is necessary.

The classes will be offered every Sunday from 11:30 a.m. to 12:30 p.m., beginning May 24 at 2475 Townsgate Road, Westlake Village.

The classes will be led by Julie Markovitz, a noted yoga instructor with more than 20 years of experience in yoga and creative movement.

Musicians Mark Tracy and Stella Davies will provide live



**STRETCH AND SMILE**—Kids learn fundamentals at YogaWorks in Westlake Village. The studio offers parent and child classes.

music during the session.

Markovitz also teaches Kids Yoga classes at YogaWorks from 4:45 to 6 p.m. on Mondays and Wednesdays while parents practice in an adult yoga class.

YogaWorks also announced that celebrity chef Nina Lopez will provide customers at the

studio with her California Bento Box meals. The food is described as California fare with a Japanese influence.

For more information about YogaWorks and its offerings, call Alison Bristow, studio manager at (805) 371-3030 or e-mail [alisonb@yogaworks.com](mailto:alisonb@yogaworks.com).