

Southern California weekend

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1. Find your flow

You may find Kate Hudson or Heather Graham in downward dog on the mat next to you at **Yogaworks**, but yoga teachers such as Vinnie Marino and Sara Ivanhoe are the real stars here. Classes attract hard-core yogis, so beginners should gravitate toward gentle hatha sessions with Jasmine Lieb, above. *Classes from \$20; 2215 Main St.; yogaworks.com*

BY JENNY HONTZ | PHOTOGRAPHS BY ANDREA GOMEZ

Santa Monica day trip

Main Street

Why go now: Fulfill your New Year's resolutions for a healthy body and planet. **The green scene's main drag:** Main St., between Wadsworth Ave. and Pacific St. **Dress code:** Hard Tail yoga clothes, surf shorts, organic cotton and hemp sundresses, flip-flops. **Ride code:** Bikes, hybrid cars, and BMWs converted to run on vegetable oil. **City bragging rights:** Ninth greenest in the United States. **Most sustainable spot in town:** Santa Monica Main Street Community Gardens (2200 Main St.; 310/458-8300). **Number of garden plots:** 68 **Best brew:** Organic Spirit Mint tea at Urth Caffé (\$; 2327 Main St.; 310/314-7040). **Number of parks in town:** 26 **Where to pick up a Buddha:** Thai Teak Furniture (2400 Main St.; 310/581-4255). **Get a free green-design consult:** Green Building Resource Center (call for hours; 2218 Main St.; globalgreen.org/gbrcc).

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