

LAYOGA

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YOGA HEADS

NEWS

NEW DOORS

The newest addition to Glendale in the yoga world is CENTURY YOGA. The studio is run by Roland Yakoubov, a teacher of over 15 years. Upon arriving in the United States in 1992 from Moscow, he developed his practice through a number of teachers, most notably Bryan Kest in Santa Monica. Roland received his formal training and teaching certification in Sri Lanka. Roland offers "physically challenging yet relaxing" *vinyasa* flow classes and the schedule includes offerings of Gentle Yoga and All Levels Power Yoga. Century Yoga also includes dance and Pilates classes, but the main focus here is yoga. If you are lucky you can find free 2 hour parking in front of the studio or park in



Roland Yakoubov, Century Yoga.



Photos by Stephen Blaha

the multilevel parking structure behind the studio. Century Yoga will validate for 2 hours. 114 N. Brand Blvd Suite #230, Glendale, CA 91203, Ph 818-243-1133, <http://centuryyoga.com>.

XAYMACA YOGA, a new studio in Laguna Beach, hopes to build on a "community" connection. All the businesses in the building, from Taco Loco on the first floor to Rocket 3, the Piercing, Clothing, skateboard shop and Xaymaca the hemp specialty gift shop on the second floor, have helped in one

way or another to facilitate the studio's birth. "Were all friends here," explains teacher/manager Lisa Gutierrez. Building upon this connection, Xaymaca will reach out to the local community offering monthly raw food potlucks in addition

to its daily classes and workshops in Kundalini, Pre-Natal, and Hatha Yoga. Not just an isolated perch however, a bonus for students is the exceptional ocean view, complete with frequent dolphin sightings. Ph: 949-497-8712. 640 South Coast Hwy, Suite 3A, Laguna Beach, 92651.

Conveniently located in the heart of Santa Monica at 1410 Second Street, Bryan Kest's new yoga studio, SANTA MONICA POWER YOGA, opens in May 2004. This well-balanced yoga center offers a full schedule of classes every day for every level. The space captures the integrity of Bryan Kest's personality and teaching approach featuring a

SITTING DOWN WITH:
SHARON SALZBERG