



IN THE SPOTLIGHT

## Century Yoga

BY SHANE ANTHONY FOR **Yogitimes**

The newest addition to Glendale in the yoga world is Century Yoga. Having just opened its doors this yoga studio in the walkable downtown Glendale is on the second floor. It includes hard wood floors, high ceilings, mirrors, and a spacious minimalist modern atmosphere. The studio is run by Roland Yakoubov, who has been practicing and teaching yoga for 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's Vinyasana flow classes are physically challenging yet relaxing as well. The charismatic Roland is almost always practicing alongside his students giving them inspiration and encouragement in their practice. He is also good at fine

tuning his students with precise adjustments to the asanas. Century Yoga also includes dance and pilates classes, but the main focus here is yoga.

Current yoga classes include Gentle Yoga: Monday-Friday from 10:30-11:45am and Weekends 11:30-12:45, Lunch Time Yoga: 12-1pm Monday-Friday and All Levels Power Yoga: 8-9:30pm Monday-Friday and Weekends 4-5:30pm .

If you are lucky, you can find free 2 hour parking on the street in front of the studio or park in the multi-level parking structure behind the studio.

*Century Yoga will validate for 2 hours.*

Century Yoga  
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Suite #230  
Glendale, CA 91203  
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centuryyoga.com