

Carlsbad Village Yoga Co-Op



There's a lot going on at this Village studio. Start with a wide array of yoga and fitness classes including flow, power and sculpt yoga, and add in barre, zumba, Pilates and boot camp classes. Yoga classes are available for ages 2 and older. Experience instruction from several teachers in one night at the Taste of Yoga, a free community event, followed by a community potluck, held at 7:30 p.m. the second Friday of every month. Carlsbad Causes for Community, a nonprofit born out of the co-op space, grants free yoga classes to the Boys & Girls Clubs, Village Branch. In January, it will offer free yoga to seniors who volunteer for Meals on Wheels as well as other seniors interested in maintaining or improving their mobility.

2801 Roosevelt St., Suite B
760.893.9251
carlsbadvillageyoga.com

Mantra Yoga & Juice Bar



Feed your body and your soul at this full-service yoga studio, superfood bar and retail boutique. A variety of 75 heated, warm and nonheated classes are offered each week, including yin & restorative, deep relaxation, power Vinyasa, breathe-centric and live music classes. Mantra's newly expanded food menu includes soups, salads, juices, smoothies and coffee—all vegetarian, gluten-free and organic. Order a juice beforehand and it will be ready for you after class. Plus you can even take advantage of weekly deliveries from Garden of Eden's community supported agriculture service.

5617 Paseo del Norte, Suite 230,
760.655.3277
discovermantra.com

*January 2015 / Feb 2015 Issue
Carlsbad magazine*