

PLUS THE BEST OF NORTH COUNTY

# San Diego

# 101

## THINGS TO DO WITH YOUR

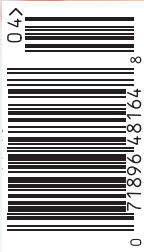
# KIDS



Kid yoga, zoo classes, coding camps, mini golf, organic cooking classes, and CANDY!



APRIL 2017



\$4.95

THE PRETTIEST **HIKING TRAILS** LESS THAN AN HOUR AWAY

OUR SUPER HIP GUIDE TO **SAN FRANCISCO**

**YOGA** IN THE MOST UNEXPECTED PLACES

# TRAVEL



## YOGA WORTH TRAVELING FOR

It's about the journey *and* the destination. Thrill seekers looking for Zen should head to Vegas and book a **HELI YOGA** excursion. This hyper-exclusive yoga experience includes a private 45-minute round-trip helicopter flight to Valley of Fire State Park and a 75-minute class amid the area's tranquil red rock formations. The cost? \$3,500 for up to six people. A small price to pay to practice sun salutations in utter solitude! Turn the page for more far-flung yoga adventures, from Arizona to Dubai, that make traditional studio yoga seem totally passé. ▶

SILENT SAVASANA 702-405-4300

DISNEY'S  
NEW  
\$15,000  
DINNER

A FAMILY  
AFAR  
GOES TO  
HOLLYWOOD

SAN FRAN'S  
BUZZY  
RESTAURANTS  
AND ART

# Extreme Yoga

by KIMBERLY CUNNINGHAM

## 1. VINEYARD YOGA

Bask in the serenity of wine country during this yoga experience at **CARMEL VALLEY RANCH**. After a one-mile hike, poses are done on a platform overlooking verdant fields with wildlife roaming about. *Hotel guests and spa members only, [carmelvalleyranch.com](http://carmelvalleyranch.com)*

## 2. FULL MOON YOGA

The next time you're in Dubai (2017 bucket list?), harness the power of the full moon at **MADINAT JUMERIAH**'s monthly 90-minute class on the beach. It includes a special meditation and asanas to tap into the chakra that's most open to lunar energies. \$33, *non-hotel-guests welcome, [jumeirah.com](http://jumeirah.com)*

## 3. HIGH ROLLER YOGA

Take your practice to new heights—550 feet, to be exact—atop the **LAS VEGAS HIGH ROLLER**, the world's tallest observation wheel. The one-hour yoga session includes two rotations on the wheel, a reusable water bottle, and use of a Lululemon mat. \$75 and up, *caesars.com or 702-322-0593*

## 4. VOGA

To try some Voga—that is, yoga done while voguing to '80s music on a sprawling urban rooftop—sign up at the **RITZ-CARLTON, CHICAGO** and “let your body go with the flow.” \$20, *hotel guests only, [ritzcarlton.com](http://ritzcarlton.com)*

## 5. GOAT YOGA

Yoga with goats? Why not? **ARIZONA GOAT YOGA** owner and instructor Sarah Williams swears these loveable animals are the next best thing in stress relief. The goats roam around during the guided class, and are placed on top of participants during certain poses. B-aaaaaaah! \$10, *[azgoatyoga.com](http://azgoatyoga.com)*

## 6. CRATER YOGA

**PARK CITY YOGA ADVENTURES** offers private SUP yoga lessons inside Utah's 10,000-year-old Homestead Crater with therapeutic 95-degree mineral water. The experience includes a 15-hour hike to and from the location. *All skill levels welcome. \$70 and up, [parkcityyogaadventures.com](http://parkcityyogaadventures.com)*

