

HOME DINING RECREATION TRAVEL COMMUNITY HEALTH STYLE

# 805

LIVING

JANUARY/FEBRUARY 2013



## The Best Is Yet to Come

NEW ADVENTURES FOR THE NEW YEAR

TIM STREET PORTER



## Chic Boutique Hotel

San Luis Obispo is famous for the Madonna Inn, and there are a few B&Bs of note, but travelers to this gem of a town (which has been named one of the happiest and friendliest towns in the U.S. by *USA Today* and Oprah) have never had a luxury boutique hotel option downtown. Until now. The **Granada** ([granadahotelandbistro.com](http://granadahotelandbistro.com)) opened in October with just 17 rooms and suites (from \$200) sporting an industrial-chic vibe with exposed brick, wood floors, and luxury linens. Located one block from the hopping Thursday night farmers' market, the hotel offers spa services, complimentary bicycles, and the city's first rooftop lounge with small bites and drinks every night and live music on selected weekends. The hotel was built around the already existing three-year-old Granada Bistro, which has been refurbished and now serves farm-to-table dishes inspired by Spanish, Cuban, and South American cuisines.

—Mallory McCreary

## YOGA FOR EVERY OM

KATIE TYLER



**Yoga Everyone** ([yogaeveryone.com](http://yogaeveryone.com)), a new Agoura Hills studio at Whizin Market Square, aims to reach people of all ages, occupations, and life stages. "There's a yoga class for cancer survivors or anyone dealing with chronic illness, classes for those experiencing post-traumatic stress, anxiety, and depression, and a class for athletes," says owner Samantha Kinkaid.

There are yoga classes designed to engage kids, to instill positive values in teens, and to help children with autism, ADHD, or other learning disorders. "The teacher is a cognitive behavioral therapist who specializes in childhood development," Kinkaid says.

Every Friday, all yoga and meditation classes are free for designated service groups. In January, teachers are the lucky

beneficiaries; in February, it's firefighters.

"My goal was to incorporate the community's needs in our classes and to integrate classes with community," Kinkaid says. "All our teachers are affiliated with a local nonprofit, whether it's Mountains Restoration Trust, a wildlife rescue, or a local school. I work in hospice."

What about someone who just wants to do, uh, yoga? Yep, there's a full schedule of classes, beginning through advanced. An adjoining boutique stocks books, arts and crafts, yoga mats, and gear. And a pot of tea is always on. ♦

—Maryann Hammers

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