



## 17 Outdoor Yoga Classes You Need to Hit Up in San Diego



Yoga studios in San Diego come up like Starbucks — practically on every street corner. However, if you want to get the true San Diego yoga experience, roll up your mat and head outdoors to enjoy savasana in the fresh air. Lucky for us, San Diego is graced with a practically endless summer, so the season for outdoor yoga never ends.

From the hot sand to golden sunsets, allow us help you get to know your flow: outside edition.

### **Namasteve Yoga**

Namasteve Yoga is the epitome of San Diego's yoga scene. Every Sunday, dozens of yogis of all levels flock to Palisades Park in Pacific Beach for an invigorating practice overlooking the surf. Honestly, no playlist can top the sound of the ocean waves at Namasteve Yoga's classes. *Saturdays and Sundays, 10 AM*

### **Sunset Yoga at Sunset Cliffs**

It's all in the name. Wind down your weekdays with this relaxing practice focused on simple movements, breathwork, and meditation. The slow flow allows yogis to admire the gorgeous sunset in the aptly named neighborhood. The whole package—yoga, sunset, ocean breeze—is like a hug for your heart. *Mondays and Tuesdays, 5:30 PM*

### **Trilogy Sanctuary**

Trilogy offers the best of both worlds: indoor heated yoga and outdoor aerial yoga. Yes, you read that right: aerial yoga, outside. You can flip around like a kid in aerial silks flowing between poses — all while overlooking all of La Jolla. Could it get any better? Yes. Trilogy Sanctuary offers an entire vegan menu at a cafe next to the aerial yoga patio.

### **Riffs Studios**

As amazing as San Diego can be, sometimes we just want to get away... on a budget. Riffs Studios is the perfect getaway then; their outdoor yoga deck makes you feel like you are in Bali

for a day. This music shop/yoga studio offers Vinyasa, Hatha and Yin classes all week long on their wooden deck under the shade of lush trees. Bonus: every yoga class features live music!

### **Yoga for Good**

The name says it all. Get mindful for a good cause around Mission Bay with this three-part summer series. Wind down after the flow with a wine reception overlooking the water. And all proceeds go to OG Yoga, a local charity that brings yoga to underserved communities.

### **Bliss Paddle Yoga**

It really does not get more San Diego than yoga on a stand-up paddleboard, but we are okay with this cliché. Challenge your balance with a flow on the water of Mission Bay. Don't worry — there are multi-level classes. And we promise we won't laugh if you fall in! *See class schedule*

### **Bird Rock Beach Yoga**

Get out of the studio for some fresh air! Local studio Bird Rock offers daily classes at Palisades Park set to the sounds of the tide in Pacific Beach. Need any more incentive to stretch it out? All class donations go to local San Diego charities. *Monday-Thursday, 6 PM*

### **Yoga on the Beach**

Detox on your vacation (or staycation!) with yoga on the sand at the Hotel Del Coronado. The rhythm of the waves guides this energizing flow held during sunrise and sunset. It's the perfect slice of paradise in Crown Town, and guess what—it's complimentary with your stay.

### **Rhythm & Moves Yoga (Belmont Park)**

Beats, brews, beach views, and breath work — we dig it. Wind down your humpday with a live-DJ'd yoga class on the roof of Wavehouse. Sip your way out of savasana with a complimentary craft beer or wine shared over a stunning sunset view. 1st and 3rd Wednesday of the month *April – September, 6 PM*

### **Balboa Park Sunday Yoga**

Love the museums, gardens, and architecture at Balboa Park? This Vinyasa 1.5 class was made for you. Gaze at the California Tower as you channel strength in balance poses on the grass on the corner of 6th and Laurel. Did we mention there's live acoustic music for half of the class? Perfectly in tune with Balboa's cultural scene. *Sundays, 11 AM*

### **Rooftop Flow at Hotel Solamar**

San Diego is more than the beaches, we suppose. If you're a city guy or gal, Yoga One's rooftop flow at Hotel Solamar is for you. The view of San Diego's Gaslamp Quarter is hard to beat during this dynamic flow. And you better believe we love to follow this flow up with rooftop brunch. Yum. *Sundays, 9 AM*

### **Bayfront Yoga**

What's better than starting your Saturdays with a few sun salutations and a stunning view? We're waiting... yeah, we thought so — nothing. Every summertime Saturday, hit up the Hilton along Mission Bay for a rise and shine flow with an unbeatable view. *Saturdays, 8 AM*

### **Spirit Yoga SUP Yoga**

Splash around with local studio Spirit Yoga in Mission Bay during the summer. Spirit offers two SUP yoga classes a week to test your core and balance. We're not going to say we fell in, but we're also not going to say we didn't... *Wednesdays & Sundays, 10 AM*

**Savasana at Sunset**

Temper down your Tuesdays with this restorative practice at the La Valencia Hotel focused on grounding and community. The slow flow gives you the chance to watch the summertime sunset over La Jolla. After slowing it down, speed it up with happy hour specials at the hotel for participants. *Tuesdays, 6:30 PM*

**Wanderlust 108**

Wanderlust is our kind of triathlon: a 5K run, an outdoor yoga flow, and a guided meditation. Sign us up. This annual, national event features acroyoga, AIReal Yoga, and hooping outdoors too. Did we mention there are live DJs too? Who's up for a post-flow dance party? *2018 Date TBD*

**Stretch and Sip Yoga (Next Door)**

If you need a glass of wine after your wheel pose, Next Door Craft Beer & Wine Bar has you covered. Find your inner peace on the College Area patio before you find your inner party with a complimentary mimosa or house wine after. It's Sunday funday with a whole new twist. *Sundays (1x per month), 11 AM*

**Del Mar Beach Yoga**

This wouldn't be a San Diego list without a class held on the beach. Get sandy with fellow North County yogis on Sunday mornings between 18th and 19th Street in Del Mar with this challenging flow. Sweaty after savasana? Hop into the ocean after class – just steps away. *Sundays, 10 AM*