

Here's what's happening in San Diego.

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Leap Day only comes around every four years, so this weekend is your prime opportunity to get into something epic. Good thing San Diego is serving up all sorts of wellness and fitness fun to help you make the most of the bonus day.

 Emily, [Fitt](#) San Diego Local Contributor

Sound & Color

At long last, Yoga After Dark is back with "The Sonic Series". **The pop-up experience's new limited monthly series at Yard & Sea is all about combining color, sound, and yoga in one can't-miss outdoor flow under the stars.** Did we mention there will also be cocktails, mocktails, and all of our favorite local wellness vendors waiting for you after? Color us intrigued...

Love You So Matcha

North Park and East Village's Holy Matcha cafes are two of the cutest—and healthiest—spots around town. The menu is filled with all sorts of tasty green tea sips, as well as vegan donuts, matcha-infused soft serve, and avocado toast straight out of your dreams. And if you've never stopped by, consider March 7 the perfect excuse to do just that. **The brand is celebrating its third birthday in North Park and its first B-day in East Village that Saturday with a big blowout bash** at the North Park space. Expect swag bags, an #Instaworthy rose wall, plus special drinks and pastries.

Say Cheese

Gouda news from Donna Jean: **Scratch House launched at the plant-based restaurant this week.** A new purveyor of artisan vegan cheese, the dairy-free concept released its first lineup at the Banker Hill hot spot. With a rotation of Smoked Gouda, Dill Havarti, Fermented Fresno Jack, and Baby "Goat" Cheese, Scratch House delivers all the creamy goodness you've come to know and love from traditional dairy varieties. Stay tuned for rotating offerings and future charcuterie, sauces, and veggies.

☕ Bigger & Better

It's a brew-tiful day in Grantville. One of our local faves, [S3 Coffee Bar](#), announced an upcoming move to an even larger space. Get ready for more seating, an expanded healthy food menu, a drive-thru for those of you on the go, and, of course, even more creative and colorful lattes. The family-owned and operated shop is currently raising funds for the transition, but don't worry — we'll be peeping their social channels for an official move-in date.

🧘 Good Vibes Only

We are more than vibing with One Paseo's latest addition: [VibeFlow Yoga](#). The cozy studio is changing up the fitness scene by combining traditional power Hatha and Vinyasa yoga with whole-body vibration and a unique audio immersion system (read: silent disco flows). Check out this combo for yourself, and we'll see you on the mat.

📅 Save The Date

February 29: Orangetheory Fitness Leap Year 5K Fun Run

Meet at Road Runner Sports in Solana Beach before heading out for a non-competitive 5k led by Orangetheory Fitness coaches. After, head back to the store for snacks and raffles. All paces welcome!

February 29: Yoga in the City

Kick off your Saturday with a [fresh-air flow](#) led by the expert instructors of Yoga One. Stretch it out during a relaxing yoga session at the Horton Plaza Park Amphitheater before ending class with a sun-soaked savasana.

February 29: Oceanfront Yoga at Sunset Cliffs

Head to San Diego's iconic Sunset Cliffs for [this donation-based yoga and guided meditation class](#) in the fresh air. Remember to BYOmat, sunscreen, towel, and water.

February 29: Bivouac Adventure Club x San Diego CanyonLands Leap Day Hike

Join Bivouac Ciderworks and San Diego Canyonlands for a morning hike through Florida Canyon guided by an expert. After, head to Bivouac Ciderworks for cider and lunch.

March 1: Live Music & Yoga

Block off your calendar for an afternoon Vinyasa class hosted by The Om Experience at Balboa Park. What's better than flowing to the beat of live music to prepare for the work week ahead?

March 3: OG Yoga on Tap

Unroll your mat and flow through this fundraiser for a good cause. Enjoy a 60-minute yoga class at Barrio Logan's Thorn Brewing Co., followed by \$1 off all pints the rest of the night. All proceeds benefit local nonprofit, [OG Yoga](#).