



vital juice

THIRST for a HEALTHY LIFE

LOS ANGELES

Thursday, July 21, 2011

VITAL SPY

Vital Spy: Shiva Rea

As SoCal gears up for this weekend's Wanderlust in the City, we asked this yoga guru to share her healthy weekend plans.



California's own **Shiva Rea** travels the globe to teach her in-demand Prana Flow classes to adoring yogis. Hundreds will join her for free at **Wanderlust** this Sunday. (Can't make it? Get her new DVD, *Shiva Rea: AM Energy*, [here](#).) How she strikes a pose:

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Shake it up.

"For the summer, I am into fresh superfood shakes. We spend more money when we eat out, so I would rather put that money into high-quality ingredients that are good for the environment." Get Shiva Rea's **blueberry breakfast shake recipe here.**



Find her flow.

"I love **weekend classes**, as this is when everyone is open to the flow of yoga without distractions. I always bring creative live or incredible world music--a sacred element to the practice."

Shiva Rea teaches at Exhale Center for Sacred Movement, 245 S. Main St., Venice, (310) 450-7676,



(Re)Energize.

"I like to dance at Afro Funke on a Thursday night (at **Zanzibar** in Santa Monica)." Shiva Rea also keeps up her energy by "participating in **kirtan** or yoga trance dance, having an energy regeneration party at our house--no electricity and zero waste, all with candlelight."

Zanzibar, 1301 5th St., Santa Monica, (310) 451-2221



Enjoy a bohemian rhapsody.

"For a hangout spot, my favorite is **Vardo**, a bohemian Gypsy café next to Exhale Spa in Venice. Try their Casanova, which is almond or cashew milk with cacao and agave, or their coconut soup or one of their amazing curries."

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