



### Dancing Shiva Yoga & Ayurveda

Dancing Shiva Yoga and Ayurveda, led by Spiritual Director Mas Vidal, is a whole center devoted to “the practice, education and lifestyle of the great Vedic sciences of Yoga and Ayurveda.” Ayurveda is the world’s oldest science of health and well-being, and that, in combination with yoga practices, provides a complete way of living.

Situated above Beverly Boulevard, the healing center offers a wide array of classes in meditation, chanting, tai chi and various levels of challenging yoga. Customized, rejuvenating treatments are also available for every mind and body type. The goal here is simple: to educate each student to approach their yoga practice and lifestyle according to his or her own needs. The instructors at Dancing Shiva Yoga and Ayurveda are well-trained in various methods of healing, including Reiki and Qigong.

A great instructor to try is Zè Coquenao, featured above. Yogis of all levels can take Zè’s classes together because he has that uncanny ability to be attentive to the well-being of each student. Whether you’ve been training for a few weeks or a few years, Zè offers alternative poses in varying degrees of difficulty. And if you fall asleep during the final meditative pose, rest assured that you aren’t the only one. Besides, Zè will wake you when it’s over. —DAVID KAUIHA

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[www.dancingshiva.com](http://www.dancingshiva.com)  
Single class: \$15

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