Itinerary

THINGS TO DO

OUTDOORS & WELLNESS

3 DAYS OF WELLNESS IN LOS ANGELES

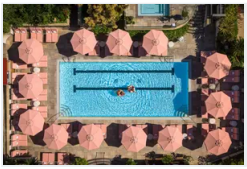
Overview

What you need is serenity now, and Los Angeles is the place to be. Over the next three days, you'll practice yoga outdoors, walk hidden labyrinths, and retreat yourself at some of LA's most beautiful gardens. Find your zen. #startyourcomeback

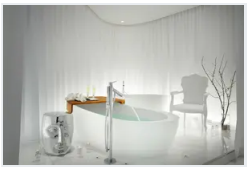
NOTE: Hours and opening dates change frequently. Check individual websites for updated information.

Wake Up in the Westside

Fairmont Century Plaza
2025 Avenue of the Stars, Los Angeles, CA 90067



Four Seasons Hotel Los Angeles at Beverly Hills
300 S. Doheny Dr., Los Angeles, CA 90048

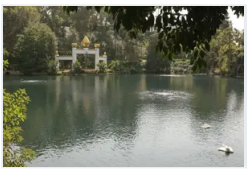


SLS Hotel, a Luxury Collection Hotel, Beverly Hills
465 S. La Cienega Blvd., Los Angeles, CA 90048

Day 1

Today, you're connecting with the coast. Discover an urban oasis in Pacific Palisades. Refuel at Cafe Gratitude with signature plant-based bowls like "I Am Terrific." Paddle the tranquil waters of Mother's Beach, then relax with a signature spa treatment at The Ritz-Carlton, Marina del Rey. For dinner, enjoy sustainable farm-to-table cuisine on the waterfront.

Morning Meditation



Self-Realization Fellowship
17300 W Sunset Blvd, Pacific Palisades, CA 90272

Retreat yourself at this lush oasis in Pacific Palisades.

Harmony in the Marina

Cafe Gratitude - Venice
512 Rose Avenue, Suite A, Venice, CA 90291

You'll be grateful for their organic plant-based bowls.

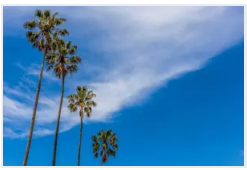
Pro SUP Shop
4175 Admiralty Way, Marina del Rey, CA 90292

Paddle the waters of Mother's Beach with a SUP or kayak.

Sisley Spa @ The Ritz-Carlton, Marina del Rey
4375 Admiralty Way, Marina del Rey, CA 90292

Indulge in the signature Zen Harmony Body Treatment.

Farm to Table With a View



Cast & Plow
4375 Admiralty Way, Marina del Rey, CA 90292

Farm to table cuisine with a nighttime view of the marina.

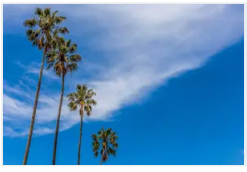
Day 2

Continue the flow and unwind the mind. Hike to a hidden gem in Griffith Park, then it's a yoga session in the park at Runyon Canyon. Work out and grab a healthy bite in two of LA's most historic neighborhoods. Reflect and meditate at a spiritual retreat. "Surrender" to a relaxing massage, then treat yourself to an Italian-inspired alfresco dinner.

Yoga in the Park

Amir's Garden
4730 Crystal Springs Dr., Los Angeles, CA 90027

A labor of love beloved by hikers and equestrians alike.



Runyon Canyon Park
2000 N Fuller, Los Angeles, CA 90046

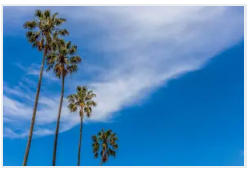
Donation-based yoga at one of LA's most popular parks.

Massage Garden at Hollywood Roosevelt

7000 Hollywood Blvd., Hollywood, CA 90028

Unwind inside this Hollywood icon's tranquil oasis.

Unwind the Mind



The Tree Yoga Cooperative

918 E 60th St., Los Angeles, CA 90001

Community-led yoga studio with classes for all levels.

Ackee Bamboo

4305 Degnan Blvd., Los Angeles, CA 90008

Veg-friendly Jamaican dishes include the Ackee Plate.

Nappily Naturals & Apothecary

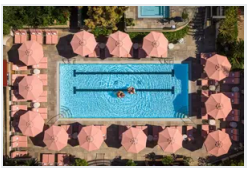
4342 Degnan Blvd, Los Angeles, CA 90008

Shop organic herbs, teas, tinctures and more.

Peace Awareness Labyrinth & Gardens

3500 W. Adams Blvd, Los Angeles, CA 90018

Unwind the mind by walking the stone labyrinth.

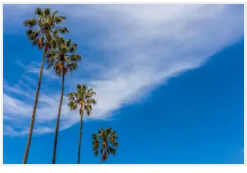


Four Seasons Hotel Los Angeles at Beverly Hills

300 S. Doheny Dr., Los Angeles, CA 90048

Let yourself go with the relaxing Surrender Massage.

Modern Italian and Craft Cocktails



Culina

300 S. Doheny Dr., Los Angeles, CA 90048

Classic Italian with a modern twist, under the stars.

300 S. Doheny Dr., Los Angeles, CA 90048

Enjoy a rooftop nightcap with spectacular city views.

Day 3

Find your zen at some of LA's best gardens. Start with the famed Camellia Collection at Descanso Gardens, then explore more than a dozen gardens at The Huntington Library. Discover a hidden gem Japanese garden, and do a walking meditation in Pasadena's only dedicated free public garden. Experience the benefits of Traditional Chinese Medicine, then enjoy veg-friendly comfort food at Sage Plant Based Bistro.

Stroll the Forests

Undergrind Cafe

2713 S. Robertson Blvd., Los Angeles, CA 90062

Start with a Veg-Out Burrito at this neighborhood fave.

Descanso Gardens

1418 Descanso Dr., La Canada Flintridge, CA 91011

Stroll the camellias, Oak Forest, Rose Garden and more.

Find Your Zen

The Huntington

1151 Oxford Road, San Marino, CA 91108

Ponder the Zen Court, bonsai, and viewing stones.

Storrier Stearns Japanese Garden

270 Arlington Dr, Pasadena, CA 91105

This masterwork includes a waterfall and a teahouse.

Arlington Garden

275 Arlington Drive, Pasadena, CA 91105

Do a walking meditation in the seven-circuit labyrinth. Monthly yoga sessions.

Soul Food

Chuan Spa at The Langham Huntington, Pasadena

1401 S. Oak Knoll Ave., Pasadena, CA 91106

Treatments inspired by Traditional Chinese Medicine.

Sage Plant Based Bistro and Brewery - Old Town Pasadena

41 Hugus Alley, Pasadena, CA 91103

Favorites include the Farmer's Lasagna and Bowl of Soul.

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