

BUILD A MORE STABLE  
BRIDGE POSE

AYURVEDA PRACTICES TO  
DISCOVER YOUR PURPOSE

A SEQUENCE TO  
CULTIVATE BALANCE

# yoga

JOURNALS



INSTANT  
CALM  
**22**  
WAYS TO  
DECLUTTER  
YOUR MIND  
AND SPACE

EASE NECK &  
SHOULDER PAIN  
**Simple Tricks!**

Overwhelmed?  
A MEDITATION  
FOR GETTING  
UNSTUCK

+ SHAYLA  
STONECHILD  
FINDS HER VOICE



## This SoCal Home Turned Boutique Hotel and Yoga Retreat Goes Au Naturel

BY KERI BRIDGWATER

**TURNING HER 1950s** Encinitas home into a micro-hotel and yoga space was a decade-long dream for designer Anke Bodack. Just minutes from renowned surf spot Swami's Beach, Twelve Senses Retreat is a study in mindful minimalism, incorporating green building practices and reclaimed materials to highlight the best in sustainable living.

Rooms here are inspired by the four elements—fire, water, earth, and air—a concept Bodack says represents interconnectedness and is linked to the zodiac and the 12-month lunar calendar. With plans for multi-day events in the works this year, including retreats for yoga and various healing arts beginning in April, Twelve Senses Retreat currently hosts a weekly (socially distant) restorative yoga class and sound bath meditation session for guests and drop-in visitors. Here's how to replicate the calming, grounding elements of Bodack's design at home.

