



{HELLO, NEIGHBOR }

JOAN HYMAN

Senior Teacher and Trainer, Retreat Leader, YogaWorks

Other than India, Los Angeles feels like the center of the yoga universe, says instructor Joan Hyman. Since moving to Los Angeles in the early 2000s, the former dancer has become one of the more sought-after yoga teachers in the region.

When she first tried yoga, Joan didn't like it. It wasn't challenging enough. Then, she discovered Jivamukti yoga, based in movement. She was hooked.

Joan teaches an accessible mix of Ashtanga-based in flow and movement—and Iyengar yoga, which focuses on holding poses and proper alignment. Her classes incorporate both: Ashtanga to warm the body and Iyengar for focus and strength. A classic yogi herself, Joan doesn't practice yoga strictly for fitness—it's about connection as much as it is about athleticism.

A city girl who loves nature, Joan loves living in L.A., which seems to cater to all her needs. "I love to do anything outdoors," she says. Even all the restaurants offer vegan food, and of course the city has a progressive edge.

When she's not in L.A., you can find Joan traveling the world, visiting eight or nine countries each year, often on yoga retreats.

"I travel a lot so my home is where I get grounded," she says. "The more I travel, the more I love L.A."

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