

SATURDAY

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WSCE

FOOD & DINING :: HOME & DESIGN :: MIND & BODY :: L.A. AFFAIRS :: GEAR & GADGETS



GLENN KOENIG Los Angeles Times

A **BACON BLOODY MARY** is a fitting way to fortify yourself and raise a toast to your football team before a morning game. It's never too early to tailgate, friends.

GREAT KICKOFF

So your team has an early game. Fear not, football fans — we can coach you to a breakfast tailgate win. Let's crack open the playbook (and some eggs). **FOOD & DINING**

Escaping the daily grind while it's still warm out

By **KAVITA DASWANI** >>> It's possible to cram a lot into these waning days of warm weather, without having to go very far. A quick look at fitness-related staycation options in and around SoCal to jump on before temperatures dip:



BRENT ALEX

Free yoga by the ocean

Terranea Resort in Rancho Palos Verdes is hosting a free yoga class on its 16,000-square-foot outdoor lawns overlooking the ocean on Sept. 24. The annual Seaside Yoga Gathering, held partly to commemorate National Yoga Awareness Month, is expected to bring in about 300 people to browse through an outdoor wellness marketplace, chat with the resort's fitness experts and then launch into a sequence of asanas for the next hour as the sun sets. The class is designed for all levels.

Info: 4 p.m. Sept. 24 for wellness marketplace, 5 p.m. for yoga. Free, but show up early to get a spot. And bring a mat. 100 Terranea Way, Rancho Palos Verdes. terranea.com



ERIN FEINBLATT

Surf's up, and so is SUP

Check in at the Inn at Laguna Beach or the Laguna Beach House and see if hotel owner John Grossman can take you on a personal surf or stand-up paddle-boarding session.

The "Surf or SUP with the owner" program at the hotels allows visitors to choose their marine activity, and have Grossman — a former World Surf Kayaking champion who surfs daily — take them out to San Onofre State Beach or Emerald Bay.

Info: The sessions — which include transportation and snacks — are included in a guest's room rate; equipment rentals are extra. Rates start at \$197 at Laguna Beach House, and \$249 at the Inn at Laguna Beach. classichotels.com



Camp Xanadu

Need a digital detox?

Fun, fitness and camaraderie are at the heart of Camp Xanadu, a summer camp-styled three-day event in Catalina. The Sept. 29 to Oct. 1 getaway is for people "seeking creative inspiration, a digital detox, looking for their tribe or have a nice weekend of adventure," co-founder Ryan Blackstock said. Attendees stay in cabins or tents, are fed fresh, seasonal foods and can opt in and out of events such as yoga, kayaking, hiking and astronomy classes.

"It's geared for people who are looking for professional and personal growth and development," co-founder Heidi Hong said.

Info: \$645 includes the camp, transportation to Catalina via private boat, meals and activities. campxanadu.org



Fairmont Miramar

Chill time at swank pools

And if you'd rather stay really close to home, there's always Day Axe, a service that offers day access to the pools, spas and other facilities at a clutch of local luxury hotels. These include the Fairmont Miramar in Santa Monica, the Beverly Hilton in Beverly Hills, the Intercontinental in Century City and the Ritz-Carlton in Marina del Rey.

Each hotel has different offerings, but amenities can include the pool and sun loungers, showers, changing rooms and hot tubs, and discounts at the hotel's bars and restaurants. Day Axe also offers the passes at hotels in Palm Springs, Orange County, San Diego and San Francisco.

Info: Prices vary but run from about \$20 to \$50 per person. dayaxe.com