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# rising lotus flow (2-3) with claire hartley

Claire Hartley has that certain je ne sais quoi.

**Type:** Vinyasa / Good 4 Regulars

**Teacher(s):** Claire Hartley

**Website:** <http://www.risinglotusyoga.com/>

**Neighborhood:**

Sherman Oaks

**Location:**

Rising Lotus Yoga, 13557 Ventura Blvd., Sherman Oaks



Claire Hartley

Claire Hartley is co-owner of Rising Lotus Yoga. There is just something infectious about her that we can't quite put our finger on. And there's no doubt when she enters the yoga room to teach that she is someone you would want to follow and learn from – she's just that charismatic. Her music-filled vinyasa flow class is infused with enough Iyengar-inspired alignment and holding poses to make your practice deep and at times incredibly challenging. She knows her students by name and though it's early in the morning, it wouldn't be a surprise if many of them were heading out to celebrate and grab some libations after class. People are friendly and the vibe is welcoming. Some might say Rising Lotus is the ideal neighborhood studio.

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