



Put the "W" in Wino at the Vino & Vinyasa Event

Coming up on Thursday July 8th at the W San Francisco is a Vino & Vinyasa event with lululemon athletica. The evening begins with a complimentary yoga session led by Sean Haleen, who teaches Anusara-inspired and Vinyasa flow yoga, which will be suitable for yoga newbies and veterans alike. Bring your mat for a one-hour session, followed by a goal-setting workshop with a wine tasting courtesy of Napa Valley's organic and sustainable Long Meadow Ranch Winery (nothing like setting goals while a little tipsy). Vino & Vinyasa guests may also cool down with a post-yoga dip in W San Francisco's pool. Complimentary; RSVP [here](#).

Starting July 14th, you can return for complimentary one-hour yoga sessions hosted by lululemon every other Wednesday at 6:30pm through the end of the year. All participants are invited to take a dip in W San Francisco's pool from 7:30pm-8:30pm.