

RACKED NEW YORK

LISTINGS

Get on a Health Kick With Upcoming Yoga and Juice Events

Thursday, March 27, 2014, by [Laura Gurfein](#)



Lyons Den; Photo by Driely S. for Racked

TRIBECA—Flow for a cause at **Lyons Den** with two classes that benefit the **Africa Yoga Project**, an organization that spreads the message of yoga throughout the continent. Sign up for classes—taught by AYP instructors—for Tuesday, **April 1 at 6pm** or Wednesday, **April 2 at 7pm** with a **\$25** donation fee by booking [online](#) or calling the studio.

COLUMBUS CIRCLE—Celebrate the release of **Juice Generation's** recipe book with founder **Eric Helms** at **Williams-Sonoma** this Saturday at 1pm. He'll be signing copies and demonstrating recipes from the book, which include several celebrity concoctions from **Blake Lively**, **Naomi Watts**, and more.