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WELLNESS WIRE

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New York's first studio dedicated to Baptiste Yoga opens in Tribeca



(Photo: Lisa Elaine Held for Well+Good)

On Thursday, Lyons Den Power Yoga opened in Tribeca as Manhattan's first yoga studio dedicated to international yoga star Baron Baptiste's Power Vinyasa style.

The pretty studio has a polished, boutique-y feel, which is no surprise since its founder is Bethany Lyons, a SoulCycle master instructor (one of the originals!) and a former regional group fitness manager at Crunch. (Her husband, John Murray, currently the VP of operations for David Burke Restaurant Group, is her business partner.)

Lyons Den will offer five different takes on Baptiste's method, which combines poses with meditation and self inquiry. All classes are in a room heated to 90–95 degrees and include a strength-building vinyasa flow.

Power Journey focuses on Baptiste's signature "Journey into Power" sequence, while Power Flow offers more creative variations on the sequence. There's Power Basics for beginners, Power Ease for relaxation, and Power Beats for a music-driven class. All of the teachers are Baptiste-trained.

The space has one large studio with deep red, exposed brick walls, and tall windows overlooking Church Street. Branded retail and Luli Tonix's delicious veggie blends are stocked in the lobby area. And when you check in, you may notice Lyons' tiny dog peeking his head out of the doggie door that's custom cut into the front desk.

There are currently lockers and two bathrooms; two showers will be installed in December.

Lyons Den will undoubtedly attract Tribeca moms and yogis from all over town who love a hot power flow, and it's also added to what is quickly becoming the neighborhood's healthiest square block— just around the corner from CrossFit 212, Aqua Studio, Aire Ancient Baths, and Hale Organic Salon.

That's a 180 from the Church Street building's former life, explains Lyons. The location the studio calls home used to be a brothel. —Lisa Elaine Held

Lyons Den Power Yoga, \$24 per class, 279 Church St., between Franklin and White, Tribeca www.lyonsdenpoweryoga.com