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That's So Somerville, Yoga

A New, Unique Yoga Studio Is Opening in Somerville

This new studio gives new meaning to the term 'all-inclusive.'

By Melissa Malamut | Hub Health | September 19, 2014 3:26 pm

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NEW STUDIO IMAGE PROVIDED TO BOSTONMAGAZINE.COM

Lisa Natale's grandfather would be proud. She's about open a yoga studio on the parlor level of her family's historical Somerville triple decker, where three generations of her family has lived.

There's a picture of her grandfather, Patsy Natale, hanging in City Hall because he was one of the first pizza vendors to sell in the North End and Faneuil Hall. Lisa's father ran Middlesex Glass in Somerville on the parlor level of the family's home for 35 years before retiring. Now, the Natale family's rich Somerville history will continue when Lisa takes over the first floor of the home and opens up a yoga studio October 16.

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Natale, 47, no longer lives in the Somerville home she grew up in, but the Cambridge resident is excited to be taking over the space. “My dad had his business on the first floor commercial space, and my grandma lived in the middle,” Natale says. “We lived on the top floor. I bought it from my grandmother when she went into assisted living. It needed a lot of work. It’s a historical Somerville triple decker. I used the first floor as storage, until now.”

Since June, Natale has been using the space as a “secret Zen den” teaching classes for friends and family (and their kids), but in just a few weeks the studio, dubbed Some Yoga Studio, will open to the public.

What makes Natale’s studio different from other boutique yoga studios is that she is really focusing on catering to the busy mom or professional who is fed up with traditional yoga policies—and politics. The studio is all-inclusive, so your mat, water, props, and even a post class banana or juice is all provided. Just show up and get started.

“I was a busy executive and mom, and I just couldn’t keep up with it all,” Natale says. “The amount of yoga luggage that you have to carry around is just too much. Let’s say you get stuck in traffic or you can’t find a babysitter. If you’re late to class, you get locked out, or have to step over people to get a spot in the back corner and put your mat down. The experience for me was more stressful than it was blissful. I thought, ‘Why can’t I call ahead and say I’m running late? Reserve me a mat and leave the door unlocked.’”

At the new studio, you’ll do just that. The mat will be there ready and waiting. If you’re running late, no problem, come on in. That kind of carefree vibe will be evident in every aspect of the studio, from the music to the mat colors.

“The classes are for all levels. It’s an athletic Vinyasa flow,” Natale says. “The music is cool, sexy beats. I do a custom music mix for every class that ranges from Lady Gaga to Michael Jackson. It gives it a more fun, modern vibe. My goal is to enhance [a clients] day; it’s a whole sensory experience. All the mats are the same color, and I provide a cool, seasonally-scented towel at the end of class. It’s a mix of fun and bliss. I want people to have a positive experience and stick with it. With yoga, consistency is key.”

As of now, the goal is to offer at least 10 to 12 classes a week, including kids classes. Test classes are currently happening, and the grand opening is October 16.

370 Medford Street, Somerville; someyogastudio.com



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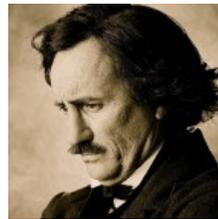
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