

## {4.25.14} Le Weekend

April 25, 2014 By Julia [Leave a Comment](#)



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By the time you read this I will be half way to New York for the Yoga Journal Conference. I was asked if I wanted to attend the conference and since I haven't been to a Yoga Journal conference in years I couldn't say no. Travel, beauty, New York, and yoga? It was a no brainer. After reworking my schedule I'm headed to practice with some of my "favorite BFF" yoga teachers that I only know through social media. In my head I am their friend. You know what I mean. It's a full and packed day Friday – Monday, but I have my muscle rub (lots of yoga = sore muscles), essential oils, and few beauty goodies that I can't leave home without. You can follow my adventures on Instagram [here](#).

Happy Weekend. Bisous!

**Yoga Journal Conference.** I love practicing at my home studio **Tranquil Space**, but there are times I want to practice with the yoga people I see in magazines. These are my favorite celebrities. I'm excited to take classes with Kathryn Budig, Tiffany Cruikshank, Rodney and Colleen Yee, Vinnie Marino, Seane Corn and a few others. I know I will be sore so I have my trusty Tiger Balm in my bag. I learned my lesson from my first conference. Never leave home without Tiger Balm and Tylenol.

**Iman Lipstick in Flirtatious.** I'm a beauty girl after all and I have to have a lip product on during my yoga practice. I don't care how many **chaturungas** I have to do Vinnie, I need me a *lippie*. This hot pink lipstick has staying power and it's gorgeous on my skin. OMG – Om My God! This lipstick is perfection. I plan to rock it with my hot pink yoga tights and a smile. Don't worry. I'm bringing a lip gloss as well in case I need to change up.

**Shobha Freshening Rosewater Cloths.** I have been going to Shobha for years when I had the chance in NYC. The minute they opened one in DC, I stopped going to my old threading lady and have been a Shobha addict ever since. One of my favorite products is their rosewater cloths for freshening up. They come in a pack, but I find the singles work best for me. I will be doing at least 3 yoga classes a day and these cloths will come in handy to wipe down before the next class. That is a must to maintaining some form of pretty when you look a sweaty mess.