



Posing on the beach.

11

A Yogi's San Juan Del Sur



Yaosca Jiménez,
owner of the
yoga-inspired
Turquesa
Boutique

"SAN JUAN DEL SUR was largely unknown outside Nicaragua until it became a surf town in the '90s, after the civil war. I took my first class with an expat named Vanessa Pattison about ten years ago. Since then, the yoga culture has grown so fast, as has the health and wellness scene. In 2011, Vanessa opened our first yoga studio, **Zen Yoga**, which specializes in Vinyasa. It's off the main plaza; you enter through these bamboo gates into a garden full of tropical plants. The restaurant next door, **Buddha's Garden**, is the best one in town, and so healthy—try the Zen sandwich with flax bread. There's also **Simon Says**, which was a smoothie

bar opened by an Argentine couple; it's now so popular that they just expanded it into a full-on restaurant. I'll sometimes bike to **Nica Yoga**, which is about three miles outside of town. It has these beautiful open-air studios and hosts retreats. Every meal is locally sourced—and you can even buy organic sunblock and toothpaste at their shop." *As told to Jayme Moyer*