



Magazine

Santa Barbara

The
Craft
of
Authentic
Living

*The MOVERS,
SHAKERS,
and MAKERS having
their moment*

*The EVOLUTION
of ERIN WASSON
and how OJAI
has RECHARGED
her creativity*



DOOR *to* DOOR

No gluten, no dairy, no GMO—no problem. Now delivering to clients in Santa Barbara, **THE RANCH DAILY**—a meal delivery service (from \$240/plan) presented by Malibu-based The Ranch fitness and wellness retreat—creates nutritious, plant-based meals bursting with rich, exciting flavors. With little to no preparation required, you can sit down to any of The Ranch Daily's meal options—including chickpea and kale salad and mushroom and scallion pizza—relaxed and confident that your body is getting the nutrients it needs. All meals are prepared less than 24 hours before delivery and draw from seasonal, fresh fruits and vegetables.

KAYLA ZOLA

[THERANCHDAILY.COM](http://theranchdaily.com)



Top to bottom: **COCO-NUT YOGURT PARFAIT**; preparation of the **TOONA WRAP**.

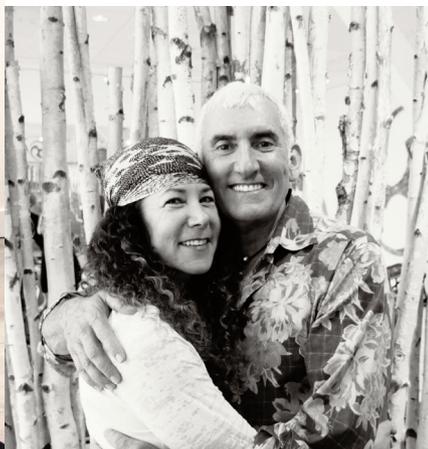


Board ROOM

Be seen at exercise guru Johnny G and wife Jodi's **IN-TRINITY** studio. Part yoga, part Pilates, part martial arts, the classes (from \$25) focus on physical and mental conditioning and well-being. 311 Paseo Nuevo, Santa Barbara, 805-963-2292.

[IN-TRINITY.COM/SB-DOJO/](http://in-trinity.com/sb-dojjo/)

Left to right: An **IN-TRINITY** board; Jodi and Johnny G.



SANTA BARBARA

Raising the BARRE

The latest fitness trend is popping up all over town

When **THE BAR METHOD**, 805-898-9000, santabarbara.barmethod.com, studio owner Kendall Clark first tried a class back in 2009, she immediately fell in love with the unique and rewarding form of exercise. By combining dance, body sculpting, and isometrics, The Bar Method elongates and tones muscles while improving posture, flexibility, and mind-set. Now having been open for a year in its La Cumbre Plaza location, Clark and the rest of her team have built a community environment filled with positive energy to help others achieve their fitness goals through fun and inspiring exercise.

Embracing a whole-body health philosophy while combining aspects of ballet, yoga, and Pilates, **BARRE3**, 805-845-9380, barre3.com, on Chapala Street focuses on providing clients with a mind-body connection, whole-food nutritional advice, and a positive environment to transform your workout and your life. This barre franchise is for people of all ages and also offers more than 250 workouts streaming on its website and mobile app.

Having recently opened a State Street location, **CARDIO BARRE**, 805-206-6831, cardiobarre.com, is a unique barre method studio that offers a fun, no-impact, fat-burning workout to tone your body. Cardio Barre is fast paced with an aerobic feel, which maximizes both calorie burning and body sculpting. All of the studio's qualified instructors are experienced in ballet as well as trained in the barre industry, ensuring you a safe workout in a personalized environment. m.c.