

er direction you hike
Regional Shoreline
Costa. Along the way
of the Delta; if you're
ey flying by with din-
to the trains rumble
ook north to Sonoma
you stumble back to

ER, AND BASEBALL

er

&

, 510-357-3571.

ports Pub & Restau-
weedy types sporting



gs seemingly *British*
tasty shepherd's pie
d mash, available on
d as exceptions). And
ports bars where one
lish Premier League
our cup of tea, don't
ball, American foot-
f, and just about any
re popular in the for-
UK are continuously
Englander's 24 flat-
ous TVs can be a bit
tion (as well as make
t tennis ball at Wim-
O in coming to this
to soak up one of the

the way it transforms your body and your life-
style, it's a steal.

BEST HOT YOGA

Yoga College of India

478 Santa Clara Ave., Oakland, 510-625-9642,
OaklandYoga.com

There are many East Bay Bikram hot yoga studios to choose from, but one smaller, less-flashy studio stands out from all the others: Yoga College of India, in Oakland. Founder Tony Carr holds degrees in both English lit and biology, but his story is otherwise fairly standard Bikram instructor fare: It all started with an injury. He hurt his back while sailing, and his injury incapacitated him for two weeks and hobbled him for months after. After ignoring his doctor's advice for surgery, he tried Bikram yoga one day and hasn't had a back problem since. Carr got trained and cer-

tified to teach, opened his Oakland studio, and the rest is history. Carr's warmth and generosity are infectious. He hasn't needed to fabricate an atmosphere of "spiritual" or "fun"; he's sim-

ply being himself. "I just like people a lot," he says, "I think that this sets the tone for the studio." Carr's studio is a third-floor space across from the Grand Lake Theater. Wooden furnishings, soft, billowing curtains, and contemplative artwork conjure peacefulness, as opposed to the edginess or competitiveness that seem to be standard atmosphere at many Bikram places. Classes are \$15 for a drop-in; package and student rates are available.

BEST PLACE TO PLAY WITH SHARP OBJECTS

Pacific Fencing Club

2329 Santa Clara Ave., Alameda, 510-814-1800,
PacificFencingClub.com

All for one, and one for all. The Pacific