

Twisting the night away

Places to do yoga after dark in NYC

By K. Emily Bond
Special to amNewYork

Maybe you're looking for a hot (hatha) yoga date, or perhaps the only sunrise yoga you'll ever do is Shavasana (the corpse pose). Whatever your reason is for wanting to work out after the sun goes down, you're sure to love one of these late-night yoga options.

Yoga to the People

12 St. Mark's Pl., between Second and Third avenues
917-573-9642

Monday to Thursday, 9-10 p.m.; Sundays, 7-8 p.m. (candle-lit)

\$10 suggested donation

This studio is donation-based, which is great for frugal Vinyasa junkies. But the laid-back atmosphere, changing teachers and flexible schedule really draw in the crowds. "We want people committed to their practice and not reliant on a personality," said founder Greg Gumucio.

Laughing Lotus Yoga Center's Midnight Yoga

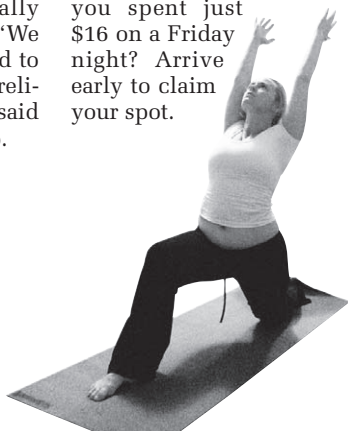
Fridays, 10 p.m. to midnight
59 W. 19th St. at Sixth Avenue, # 3C
212-414-2903
\$16 per class



Live music accompanies this open-level Vinyasa (flow) class at Laughing Lotus Yoga Center.

(Photo: Tiffany L. Clark)

Live music accompanies this open-level Vinyasa (flow) class, which has been going strong since 2004. When was the last time you spent just \$16 on a Friday night? Arrive early to claim your spot.



Levitate Yoga Studio's Sunset Rooftop Yoga

Thursdays, 7-8:30 p.m.
780 Eighth Ave., between 47th and 48th streets
212-974-2288

\$18 per class
Getting to this class on time might require some hustle after work, but the pay-off — including saluting the setting sun — after a hard day's work is worth it.

"Around this time of year, the sun drops directly in front of us," said Connie Chan, Levitate's owner and a class instructor.

"It gives off a warm orange glow."

Punk Rock Yoga

78 Fifth Ave. at 14th Street
Last Friday of every month, 8:30-9:30 p.m.
\$17 per class

Taught in NYC by instructor Brian Williams, the basic philosophy is this: Yoga is way more rock 'n' roll than New Age. "It doesn't have to be a religious experience," Williams said. "It can be whatever you want it to be ... like punk rock." It's on hiatus until Sept. 26, but if you can't wait until then, Williams adheres to the same principles in his Creative Yoga Flow classes, held Wednesdays and Fridays from 12:30-1:30

p.m. and Thursdays from 6:30-7:30 p.m. at the same location.

Move With Grace's Midnight Yoga

469 Myrtle Ave., Clinton Hill, Brooklyn
718-670-0013
Tuesdays, 8:45 to 10 p.m.
\$15 per class

Although instructor and founder Grace Tappin now ends this Hatha yoga class two hours shy of the witching hour, her students still consider it a Tuesday night well-spent. If you're lucky, Tappin will use aromatherapy and massage your temples during class.

HAPPY HOURS

The Alibi, 242 DeKalb Ave. near Vanderbilt Ave. 718-783-8519

What it lacks in looks it makes up for with cheap mugs of Bud and heated games of pool. **The deal:** Daily, 5-8 p.m., \$3 liquor and beer, \$1 mugs of Bud.

Moe's, 80 Lafayette Ave. at S. Portland Ave., 718-797-9536

Named after everyone's favorite cartoon bartender, this spot boasts a varied crowd and a laid-back (but still hip) demeanor. **The deal:** Daily, 3:30-7:30 p.m., two-for-one drafts (except Guinness), \$5 frozen drinks, \$1 off well drinks

Frank's Cocktail Lounge, 660 Fulton St. near S. Elliot Pl., 718-625-9339

Two words: free buffet. OK, also: karaoke on Wednesdays, jazz on Sundays, friendly locals and some old-school good times.

The deal: Fri, 3-6 p.m., \$1 off select drinks.

Brooklyn Tavern, 31 3rd Ave. near State St. 718-797-0677

If you don't make it in time for happy hour, don't fret. Bud Light drafts are \$2 — all day, every day. **The deal:** Daily, 4-7 p.m., \$1 off all drinks except \$2.50 drafts.

The Gate, 321 5th Ave. at 3rd St., 718-768-4329

Beer and dogs may be in a heated competition for the title "man's best friend," thanks to a top beers on tap, an outdoor patio and a dog-friendly policy, but you don't have to choose here. **The deal:** Mon-Fri, 3-7pm, \$1 off select draft beers and liquors.

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