

THE CHALKBOARD

A GUIDE TO LIVING WELL LIVING WELL IN LAGUNA BEACH WITH LIVE THE PROCESS + HOTEL JOAQUIN

11.1.18 | The Chalkboard , Photo Credit: Magdalena Wosinska



WHERE THERE'S SOUL, wellness will rise. We recently spent a stunning weekend in Laguna Beach with *Live The Process* — an elegant, inventive fitnesswear brand we've been crushing on for years. Joined by a crew of incredible women in wellness, our quick getaway to the stylish new boutique resort, Hotel Joaquin, left us feeling balanced, buzzing with inspiration and a deep sense of presence. Read on for all the beautiful details and an exclusive recipe from our dinner there that we're still drooling over.

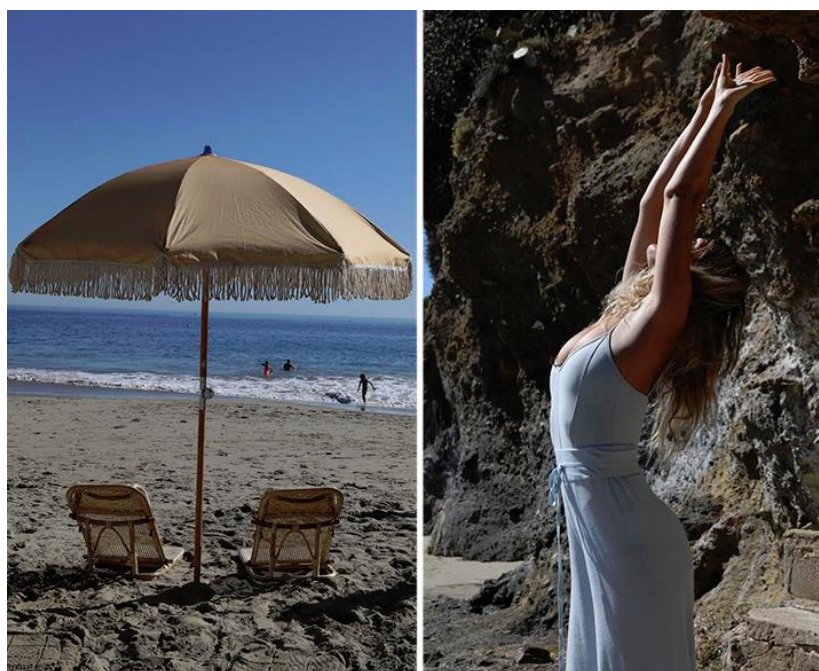


Hotel Joaquin's charmingly chic oceanfront property served as the perfect setting to unplug and dive deep into every delicious moment of the weekend. Designed by Robert McKinley of Montauk's The Surf Lodge, what was once a roadside moto lodge has been transformed into a homey paradise peppered with thoughtful attention to detail. Everything from the cozy linen couches and vintage brass fixtures to the working record players in every room is designed to help you feel at ease and at home — but so much better.



You won't find a single television in this 22-room, California bungalow meets the French Riviera oasis. Guests are encouraged to get away from their screens and take advantage of their beautiful surroundings; the hotel offers access to an 'Adventure Garage' full of surfboards, hiking and diving gear, bicycles, and other playful outdoor accessories. If you're looking for more of the sip and chill kind of getaway, simply grab a bespoke botanical cocktail and lounge around taking in the gorgeous scenery and decor.

Decked out in Live The Process' ballet-inspired leotards, sports bras, and high-waisted knit sweats, we kicked off the weekend hiking with Hotel Joaquin's adventure director. The breathtaking trek was followed by an al-fresco yoga class with the ladies of Love Yoga, a rooftop sound bath with the magical [Ambi Kavanagh](#) and a nourishing plant-based dinner by chef Leo Bongarra — head of Hotel Joaquin's eco-friendly onsite restaurant, Saline, which serves French Mediterranean inspired fare that just makes you feel *good*. We're sharing a favorite recipe from a cozy group dinner below; a vegan lentil stew we haven't stopped craving since our very first bite.



The next morning started off with another uplifting yoga class with Love Yoga in the hotel's garden; we saluted the sun, breathed deeply and let it all go. We spent the afternoon bouncing between the hotel's breathtaking private beach and perfectly cozy pool.

The rest of the day was filled with sipping planty cocktails, rehydrating with crystal-infused water, and thumbing through vintage records in the lobby. Holistic beauty guru and fellow guest, Shiva Rose performed a silent tea ceremony. After, Ambi led a quick chat about what's currently going on in the cosmos and how we can use astrology as a guide to consciousness. We headed to the roof for another sound bath under the stars and then descended to dinner in a sound-stoned bubble of bliss.



NYC-based brand consultant and founder of Live The Process, Robyn Berkley, knows that well-being emerges as we nourish ourselves on every level — physically, emotionally, intellectually, spiritually — and it can be felt in every garment. Our idyllic weekend by the beach was rooted in that same philosophy and brought to life by the hotel's laid back and luxurious vibe. Body recharged and souls renewed, our getaway with Live The Process was a (well-dressed) flash of modern wellness at its finest that we won't soon forget.



VEGAN LENTIL STEW

by Chef Leo Bongarra

INGREDIENTS:

1 pound green lentils
1 large onion
1 red bell pepper
1 yellow bell pepper
2 cups white wine
2 gallons vegetable broth (or water with consomme powder)
2 cups vegan cheese (chestnut)
4oz quince paste
4oz tomato paste
1 bunch cilantro
1 Tbsp thyme
1 Tbsp fresh oregano
1 Tbsp paprika
5 garlic cloves
coconut flatbread, to serve

DIRECTIONS:

Sauté veggies in medium pot. Deglaze with white wine on med-high heat. Add quince paste and herbs. Add vegetable stock and reduce to half on med-high heat. Reduce heat to simmer and add lentils—cook until tender. Add vegan cheese and stir until melted. Add fresh crushed black pepper and salt to taste. Serve with toasted gluten-free coconut flatbread.