

THE SWEAT SET



YOGA-A-GO-GO! From left: Tiffany Russo and Sarah Pachelli at the Teddy's door, and in yoga mode in the Roosevelt's massage garden.

From Dusk Till Om

The two lithe ladies of the night who help **Teddy's** scenesters get blitzed at the Hollywood Roosevelt are now inviting them to get blissed at their new yoga classes, held on weekend mornings just a few steps away in the property's massage garden. The A-list hub's no-nonsense door gal **Sarah Pachelli** and cutthroat hotel beverage manager **Tiffany Russo**, both well-versed in the practice, offer classes at 10 o'clock on Saturdays and Sundays. Traditional vinyasa flow technique is paired with a cool-kid soundtrack (think Kings of Leon, Iggy Pop and Liz Phair). "It's like daytime Teddy's," says Pachelli, who likes to trade downward-dog tips with friends and is such an enthusiast that she's been known to play hangman with Sanskrit yoga pose words. Adds Russo of the pair's unconventional approach: "I think the philosophy of yoga is so important, but it can scare people off. We're about having fun and making it enjoyable. It spreads the word." layogacollective.com. —Alexis Johnson

Q&A

Court Reporter

While still a college student at LMU, rookie director **Kristopher Belman** shot a doc about a group of high school basketball teammates in Akron, Ohio. Luckily for him, they eventually became national champs. Even more luckily, the star player turned out to be LeBron James. Culver City-based Belman's kismet-kissed **More Than a Game**, a fave at the Toronto Film Fest, hits theatres October 2. —Tom Tapp



So how did an LMU film major get LeBron James to appear in his movie? I approached Coach Dru [Joyce] and the school. Coach said, "Come to this one practice and you can tape it." I just started taking more liberties: getting on the bus, staying with them in hotels. I would crash on some of the players' couches. I became a part of the scene. **It must've been exciting to see that you picked the right team.** I felt like that little kid in *Almost Famous*, being on the bus with the band as they just keep getting bigger and bigger. **LeBron's so media-trained now. How'd you get him to open up?** After all that time, they trusted me. LeBron, talking about growing up without a father, that was heavy. Two years in, he wouldn't have done that. After six years, though, it was different.

BOOK LOOK



Persian Excursion

This month **Angella Nazarian**, a Bel-Air-based member of one of L.A.'s most prominent families, is publishing her memoir, **Life As a Visitor** (\$45, Assouline), about fleeing Tehran after the Shah's fall and growing up in Bev Hills. The 41-year-old former psychology professor—who blogs for the Huffington Post and is a Brentwood School trustee—documents her gilded-immigrant journey via a lush, impressionistic collection of photos, illustrations, prose and poetry. (The poem "Armored Barbarian," for instance, discusses her initial arrival: "I came upon / these words spray-painted / on a parking lot wall: 'Barbarians go back home / But leave your daughters behind'... At least they liked the women.") A mother of two and sister-in-law of SLS hotelier Sam Nazarian, she notes that Persian assimilation has progressed quite a bit since she attended Bev Hills High. "Iranians didn't mix," says Nazarian. "We were more of a group of our own." Nowadays? "My kids don't carry any of the baggage we had." —Nairi Najarian



PAGE SAGE Angella Nazarian in Bel-Air. Inset: Her book.