

## LA Unscripted | January 4th, 2022

It's a city where anything can happen So what could go wrong or Right  
As I hit up L A unscripted from Disneyland to Death Valley wine country to  
the coast There is no better place to live work and play than right here Hi  
everyone I'm De and consider us your personal tour guide to all things Good  
I'll say the three cures Low impact on your body Maximum cardio maximum  
fat burning anti gravity cardio exercise Hi Dana This is Sean from DNA  
flying Yoga I dare you try a bunch of fitness Are you ready when I'm on fly  
high 123 I'm so confused Like you're wearing pants We offer a yoga bungee  
fitness pole dance everything kind of area here So that's how it is So tell me  
what is a bungee yoga exercise A bungee fitness is you use a bungee cord  
attach the ceiling and use the harness to add your um gear and you exercise  
The fun part of the bungee fitness is is actually you can do things that  
something you cannot do in real life using the bungee cord like doing the  
inversion jumping up and down to a handstand It's very stress releasing too  
Well where else you go go out and scream and having fun and jumping all  
over the place This is exactly what it is I feel like Spiderman So I was a  
ballerina a long time ago I sprained my ankle That was a childhood dream  
and I couldn't do anything So I changed my job to designer in fashion I still  
wanted to have a little feelings for dance and something dance related and  
aerial yoga is second closer to do what I was able to do back then But I think  
we need a little cardio exercises and I wanted to do something something an  
aerial version and that's how bungee came in Ok Bring it up Ok Step Ok Up  
here facing the front That's bad already It's like pulling my butt Is there  
anything dangerous about it Nope that holds about £1000 I'm gonna give you  
a spin Ready No no ready Are you ready Engage your core Lean forward  
lean forward hold right Not to go back Can you open your arms Ok Now  
whip your arms up and see Ok So when you come to DNA flying yoga you  
can join single group classes or you can do private classes You can join our  
regular membership monthly classes as well It's very easy to follow So uh  
bungee fitness is very open level First timers can come and do it experience  
can come do it We're gonna practice windmill stand then plan your right foot  
Step forward palms firm on the floor and lift your hips and pipe your hips up  
So it looks like this Ok Step Got it Ok OK On the floor you can push up that  
way Press up 1921 when you lift your left leg up W what do you say to  
people that think that this is just kind of a gimmick Gimmick doesn't last  
long I'm here to stay So come and try and for myself I did about 30 minute

exercise B just to check with my apple Watch how many colors I'm burning I bought about 980 Yeah I can tell you what you are not stressed or you're not thinking about anything else while you're here because you're so focused on what you're doing and then you're laughing because it's like who could be mad on a swing set right Couldn't be better Look up You know I've got my dogs with me now but let's check in with another member of our Lau Pac Jasmine Simpkins Hey Jasmine what are you up to help me out This is meant to be a safe space a safe space for people to explore and identify and feel welcomed And so that's why instead of calling it a gallery we called our Sacred house Hello I'm Darryl Walsh one of the partners here at Band of Isis and we're really not just an art gallery business We're an art and culture business So we are really trying to identify promote and give visibility to those often unseen and overlooked marginalized people people of color we're very intentional about the programming We typically do 6 to 8 activations a year and we call them exhibitions All right So you know I've been trying to get in this gallery for quite some time So tell me what is the story Because it's so amazing I've been a professional actor for most of my life I began hosting art shows around 1999 to help visual artists make a living in the same way that people were supporting me as an actor Then it it really powder cake and turned into a business Mm And so we opened our space across the street in 2015 And you know now we open this one in 21 But when we first took the building uh across the street it was pretty run down We had to relay floors and take out ceilings and patch up walls But we always had a vision Uh you know I feel to think that the West Adams area will just continue to evolve and grow But you know we were lucky we were here first So why did you decide to paint it pink I kind of think I know why it's very eye catching My initial thought was that this would be a love song for the neighborhood that here's something beautiful that really represents a tender side of us At the same time you know we call this space our sacred house Uh This is a sanctuary for really all types of different creative ventures that happen in here L A has become an epicenter for the art world Now it used to be New York dominated and then there was London you know sort of what the version that we're doing here in this West Adams community it's access So people are going I have something in my backyard that I can walk to I can bring my kids to we can hang out We actually have a mantra that we have on the side of our building And it says that you know there was a time when it was bad to be black a time when it was brown was illegal A time when you know being gay or queer was immoral in a time when uh being

differentially able was abominable You know there was a time when being different was a vice and we reject those labels Uh We can say to those folks you know your time is now our time is now we're creating a band of I and we are just getting started Elliot scripted will be right back You know California is considered a trend setting state and from food and tech to art architecture and design There is so much to discover right here in our own backyard Welcome back to L A unscripted I'm Devin and we are here to help keep you in the know play in pizza is is a very happy marriage I think the beautiful thing about Los Angeles and pizza is that we get to kind of have it all New York Detroit You know it's we've got it all or Chicago even Hi Caroline I'm so excited to talk to you because me and my family we have been dying for some really good pizza It helped me you know everything about L A Where are the best pizza places Well first of all I feel that very deeply coming from somebody that just had pizza for lunch and dinner So I love you already I suppose we can start with like my favorite which is maybe gonna shock a lot of people My favorite pizza is actually deep dish My heart and soul are with deep dish It's a place called Hollywood Pies It's over in mid city It's not exactly the spot that you're gonna go and sit down and enjoy a pizza It's not like quite an experience but I'm telling you it is the best deep dish in my opinion But if you're on the east side try Masa Pizzeria Mozza I mean that's a classic Roberta's is really great That's you know by way of Brooklyn that's top three favorite pizzas of all time for Mezza I go there only to have a beast pizza in this What is a beast pizza So the beast pizza is so braa spicy so prea and then they drizzle it with um a spicy honey It's so funny because you've been talking about all these pizzas but I have to kind of see them So I'm gonna go on your blog I wanted to take it upon myself to explore as much as I possibly can share what I found along the way and it has just been so much fun exploring the city every single day for the past eight years Um and sharing that with you know like minded people that wanna enjoy the best This place has to offer my absolute favorite place to actually go and enjoy a pizza Like as in a meal as an experience would probably be a Latin Tica pizzeria Doyle in Hollywood and they have such a beautiful space They have this gorgeous patio It's great for kids for families for I think date night They do brunch Long story right They do the best Margarita pizzas It's oh my God You know I've lived here for so long and I've never even I don't even know about that place It is top three favorite pizzas in Los Angeles for me for sure So what are you doing tonight Do you want pizza for a third meal in a row Absolutely It might be my fourth meal actually though Let's meet at

Roberta's in Perfect love it See you I'm buy it OK I can't wait Shifting gears  
Let's check in with Megan Tell us something good What's up My name is  
Joshua vs I'm a visual artist based in Southern California and welcome to  
Matt Black Coffee You never thought this was gonna happen right When we  
were in class together Like I remember you were really kid or like a tattoo on  
your finger What is that Did you know then this was in the work I mean not  
this exactly You know I think I've always had an idea in the back of my mind  
that I wanted to be known for something How do you explain it Your artwork  
I create these visual experiences which I think I'm mainly known for And  
also obviously there's products that you know go with uh you know  
collaborations with Fendi and Converse BMW new Balance It's not only  
doing my own thing but also being able to be pushed you know this massive  
audience you know globally through the brand partnerships When I was  
thinking about creating a permanent space was like what could it be besides  
obviously like a gallery of just my work I've always had a love for coffee and  
you know being Guatemalan I think it's just in my blood So my grandpa  
actually had like a small cafe you know and like bakery in Guatemala in the  
thirties And that's where like the idea of creating a coffee shop came about  
There's three partners in in this program Andy owns after's ice cream James  
owns Moster coffee which they won roaster of the year in 2019 He's the  
legitimate coffee guy and I'm the one that basically created the space All  
right Josh take me on this tour Like this is your iconic artwork the black the  
white I feel like like where am I How would you describe it to people I mean  
this is kind of what the inside of my brain looks like I guess you know this is  
hand painted canvas This is produced vinyl This table is hand painted These  
back pieces are hand painted this is vinyl So we were also thinking about  
wear and tear right Like where are people gonna sit What are people gonna  
touch the floor is obviously completely hand painted from front to back If  
you come here on the weekends there's a line out the door and every one of  
these pods is taken there's kids coming in here like fully dressed in black and  
white You know knowing I'm coming to the installation and not even  
knowing who I am not even knowing what this artwork is or that it's here  
They're walking in and being like I saw this on Tik Tok You know I saw this  
on Instagram What is it That's to me is like an amazing way to run a business  
Have you done this here before Have you tried to make the coffee or is that  
the part on its own I mean I worked at Starbucks when I was 17 I just I just  
still have it in me Sprinkle in here Yeah you can you can I'm making this for  
you You have to drink it so you tell me more you can go more This is gonna

turn it once I tend to mess everything up Ok Look at that Good morning  
Welcome to Matt Black All right Go for it Hire me It's good Right I mean  
this hits there You have it Cheers to that And let's see what healthy vibes  
Liberty chant is spreading that This is a workout that if for anybody who's  
out there who think I'm not a dancer I'm not flexible I'm I'm clumsy I have  
two left feet I'm super uncoordinated This workout still works for you My  
name is Andrea Rogers and I'm the founder of Extend Bar So Extend Bar is  
a super effective low impact workout that's based on the principles of dance  
and Pilates But that doesn't mean you have to have any dance experience or  
be a ballerina or have any Pilates background So they started dancing from  
the age of three That love of movement just carried me through my entire life  
and then I transitioned that love into a Pilates career and I've just always  
carried this love of movement and empowering women to move their bodies  
This bar actually came to my house a few days ago I put it together and I  
thought I was going to have to call someone in But no no no no no I wanted  
it to be as I said functional and effective piece of a prop and equipment that  
you can use at home to amplify your workouts And I was shocked it came in  
a in a pretty small box I was downstairs I set it up you know it probably took  
me 10 minutes I'm gonna show you two specific bar strengthening moves  
We're gonna open our feet up to the side and take a big giant step to what we  
call second position This is a YP A this is awesome You feel right It hurts  
and we're gonna work now the best p forward out of your bar take the  
outside leg and point it behind you You're gonna lift and squeeze my gosh  
the bird the bird Consistent effort over time equals results Two different  
websites you can go to extend bar dot com Xten DB A rre dot com or you  
can go to Andrea Lee Rogers dot com and that's where the ballet bar is And  
we have so much more for you after the break because going off script is far  
more fun than sticking to it right Discovering new places falling in love  
again with old favorites Enjoying the moment that is what living life  
unscripted means to us But you know what else is unscripted What happens  
right after you Da dare me there's a really great artisanal perfume culture  
here on the west coast that doesn't really exist anywhere else in the States I'm  
Christopher Gordon from the perfumer studio in Hollywood Dana I dare you  
to make a signature sound We create the fragrances and that fragrance can be  
used in anything from candles to body scents to room sprays Our goal was to  
make perfumery accessible to anyone whether they wanted to become a  
perfumer themselves or whether they just wanted to create their own  
signature scent I accept your dare I am going to learn to be a nose just like

you Scent is one of the most powerful senses that we have and even between people a person can wear the same fragrance and have it smell different than their best friend because their skin is different because they may have dry skin It's a different diet even can affect the smell How do we get started So we get started by choosing one of these base fragrances Ok We've got a selection of feminine uh unisex and masculine fragrances I definitely think I like sweeter Ok Yeah So I would suggest Central Gourmand because I am one Do we write down the formula But we keep this on file Ok So if you fall in love with it you can always come back We're going to do 30 drops of that So Central Gourmand is now when I count I'm gonna do a gray sensual 10 that's not a drop Oh it's not what Let's add some of the jasmine Let's do 12 So we offer a quick 2.5 hour Saturday class a couple of times a month where people just come in because they want to make a perfume They've thought about it They love perfume After that We have a foundation in perfumery which is geared towards people who want to go into the business They want to become perfumers So it's more in depth It's a few days long So give that a little shake mix the oils in and now we're going to smell the final creation The moment of truth So excited It was delicious It was amazing I'm gonna wear this every day wear it in good health Thank you And here's the bonus of going off script in our city whether it's 20 miles or 20 minutes you're bound to bump into something amazing I have a lot of influences that go back to my childhood but mostly it's a combination of skateboarding and skateboard art comic books and graffiti At this point I've painted over 100 murals in 30 cities My name is Tristan Eaton I'm a Los Angeles based painter and muralist and I'm revealing my journey as an artist I feel like I have a collage aesthetic that's based on all of the different areas of focus that I've had in my life And that's how I tell the story by ripping them all up and bringing them together like a puzzle I was born on Sunset Boulevard I grew up in LA I have stacks of art from when I was seven years old Eight years old nine years old It was pretty obvious that it was an obsession at a young age and that's taken me down a lot of different roads I was very lucky to have the Long Beach Museum of Art showing 25 years of my journey as an artist through designing flyers for hip hop shows in Detroit to painting motorcycles for the rough riders in New York to putting up street signs all over the country to working for the Obama campaign to um my modern work Now that's mostly painting and sculpture and murals I think that the mural work is the most important work that I do because it it has the potential to help people the most This is my fourth version of this mural here

at York Boulevard and Avenue 50 This one is of Cesar Chavez and Zapata I started painting the murals in this corner during the Black Lives Matter movement and I painted Martin Luther King on the shutters And a few days later local racist came out painted over the whole mural wrote racial slurs over it So I came back and I immediately painted Malcolm X over it in response And then that was painted over and defaced So I painted Angela Davis in response to that was painted with my friend Sonny Boy and my friend Grace And we thought it was nice to have uh a white artist a black artist and a Mexican artist all coming together It's a thrill really to drive around any city and see my work out in public And it's an honor to like have that work become a cherished part of people's everyday life And I know I've done my job Well when a community does not want my mural painted over it's become part of their identity Ok See how 30 minutes flies by when you're having this much fun But how will we talk it Well you'll just have to meet me back here next time to find out until then