



OOOOOMMMM...

Before class, stay comfy cozy in an Emery Cowl Tunic (pictured), then practise your downward-facing dog and mountain pose in Mary Jane Yoga Socks and Nova Bootcut Pants, all from Gaïam. The company seamlessly blends function with fashion in an array of yoga products, from mats and bags to sports bras and fleece hoodies. Follow your bliss to www.gaiam.ca.



SAY "I DO"

Need the perfect ring? Have one made at Artina's (page 22). The white gold solitaire pictured above was hand-carved by Haida artist James McGuire, and it shows the legend of the hummingbird, which represents beauty, intelligence, love and harmony—in other words, the ingredients for an ideal marriage.



SECRETS OF THE CITY

Vancouver may seem like an innocent young city, but its history is rife with tales of gangsters and ghosts. Delve deep into the seedy underbelly with *Forbidden Vancouver: Stories from the Streets*, available at Salmagundi West (page 18).



HOME SWEET HOME

A family's home may be their palace, but not every home is palatial. If your dwelling is delightful but diminutive, visit Structube (page 21) to find affordable furniture, accessories and paintings (pictured) ideally suited to cozy condos and undersized apartments. With new locations in Gastown and on South Granville, the Montreal-based retailer is making a big splash on the Vancouver retail scene.