



Karma

Want to feel good about spending money?

With each purchase of a luxurious silk robe or full-sized silk blanket (pictured) from Manito Silk (listed at right), or of Karma Noodles from Sala Thai (page 74), or of stunning Karma Crystals from The Crystalworks Gallery (page 59), the Sanga Primary School Water Project comes a step closer to its goal of a rainwater harvesting tank to store drinking water for the seven-month-long dry season in Sanga, Ghana. Karma Exchange brings together responsible businesses, socially aware shoppers, and charities that help end the poverty cycle by providing access to education and clean water. Who knew indulging yourself could be so spiritually fulfilling? Visit www.karmaexchange.com to find out more.—*Sheri Radford*

GRAVITYPOPE Footwear, Where to Shop Awards 2011. Canadian-owned designer-shoe emporium brings in all-the-rage lines from New York, Spain, Italy and around the globe, as well as from Vancouver's own John Fluevog. And be sure to drop by Gravity Pope Tailored Goods, conveniently located right next door. 2205 W. 4th Ave. 604-731-7673. **Map 1: E1** 2203 W. 4th Ave. 604-731-7647. www.gravitypope.com **Map 1: E1**

GIFTS & SOUVENIRS

FRANCES HILL'S This Gastown store features Canadiana and locally designed fashion, jewellery and pottery, Pendleton blankets, clothing and accessories, and a wide selection of the Vancouver-made Australian Outback Collection of oilskin and cotton coats, jackets, hats and shirts. 159 Water St. 604-685-1828. www.franceshills.com & **Map 1: C7**

MAKE High quality men's and women's sportswear, along with gift-wear and Pendleton blankets. Custom embroidery and laser engraving. 1648 Duranleau St. 604-684-5105. www.makevancouver.com & **Map 6: C3**

TEN THOUSAND VILLAGES

Whimsical store filled with fairly traded food, gifts and home decor by artisans in developing countries. Find treasures that make a global difference. 1660 Duranleau St. 604-633-0440. **Map 6: C2** 2909 W. Broadway. 604-730-6831. & **Map 4: D3** 929 Denman St. 604-683-0929. **Map 1: A3** 1204 Commercial Dr. 604-323-9233. www.tenthousandvillages.ca & **Map 4: D4**

THE VANCOUVER PEN SHOP

LTD. Claims the largest selection in the West. Calligraphy supplies, inks, refills, cartridges and Claire Fontaine paper. Many pen lines, including Caran d'Ache, Cross, Faber-Castell, Lamy, Montblanc, Parker, Pelikan, Sheaffer, Yard-O-Led and Waterman. 512 W. Hastings St., opposite Harbour Centre. 604-681-1612. & **Map 1: C6**

GROCERIES

LA BAGUETTE ET L'ECHALOTE BAKERY The friendly folks at this Granville Island bakery always have samples of tasty treats to try. Custom baking available. 1680 Johnston St. 604-684-1351. www.labaguettes.ca & **Map 6: B2**

MEINHARDT FINE FOODS Foodies will love the fresh produce, meats, seafood, poultry and delicacies from around the world. Stop by the deli and in-store cafe. 3002 Granville St. 604-732-4405. www.meinhardt.com & **Map 2: D2**

HEALTH & WELLNESS

BIKRAM'S YOGA COLLEGE OF INDIA Soothing for the body and mind, this form of yoga goes through 26 postures in 90 minutes. 1650 Alberni St. 604-662-7722. Partial & **Map 1: A4** 2681 W. Broadway. 604-742-3830. www.bikramyogavancouver.com & **Map 2: D2**

VERSUSTRAINING CENTRE

Boutique health and fitness studio offers luxurious amenities including flat-screen TVs, massage services, a mixed martial arts room and state-of-the-art strength and cardio equipment. Classes include Muay Thai kickboxing, Brazilian jiu-jitsu and body conditioning. Personal training and boot camp available. Drop-ins welcome. 130 W. Hastings St. 604-909-0201. www.versustraining.com & **Map 1: C7**

HOME ACCESSORIES

MANITO SILK This purveyor of luxury silk goods sells high-quality silk bedding, blankets and bathrobes in seven different hues. Also find Redford House furniture. 1822 W. 1st Ave. 604-732-7455. www.manitosilk.com & **Map 1: E2**

MUCH&LITTLE Whimsical store features hand-picked housewares, clothing and accessories with timeless appeal. Well-made goods by emerging designers and fair trade artisans, including printed cushions and South American wool slippers. 2541 Main St. 604-709-9034. www.muchandlittle.com **Map 1: F7**

JEWELLERY & WATCHES

JADE Mining company Jade West's store offers jewellery, sculptures and specialty items such as golf tees, dice and candles—embedded with jade. The staff is knowledgeable about the stone and its history. 375 Water St. 604-687-5233. www.jademine.com **Map 1: B7**

OMEGA The official Olympic time-keeper offers quality watches to last a lifetime. Jewellery, leather accessories and men's fragrances, too. Fairmont