



# Ommm Sweet Ommm

Savasana-seekers follow their bliss to YYoga (listed below). The Vancouver company has a dozen locations in BC and Ontario that cater to experienced yogis, total newbies and everyone in between. Drop in for hatha, power or yin, work up a sweat in a hot yoga class, or try out Pilates or barre. A tranquil post-workout glow is pretty much guaranteed.—*Sheri Radford*

vitamins and supplements, cameras and computers. Services include pharmacy and photo-finishing. 710 Granville St. 604-448-4802. & **Map 1: C5** 1650 Davie St. 604-448-4850. & **Map 1: B3** 1187 Robson St. 604-448-4819. & **Map 1: B5** 2230 W. Broadway. 604-448-4874. & **Map 1: F1** 525 W. Broadway. 604-448-4804. & **Map 1: F6 Vancouver House:** 1431 Continental St. 604-448-4890. **Map 1: D4** www.londondrugs.com

**SHOPPERS DRUG MART** A well-known name in pharmaceuticals and beauty products for over 30 years. Have your prescription filled, peruse the greeting cards and magazines or check out the latest cosmetics by Elizabeth Arden and other designer brands. 748 Burrard St. 778-330-4711. & **Map 1: C5** 1202 W. Pender St. 604-605-1200. & **Map 1: B5** 1125 Davie St. 604-669-2424. & **Map 1: C4** 586 Granville St.

604-683-4063. & **Map 1: C5** 1006 Homer St. 604-669-0330. & **Map 1: D5** 1295 Seymour St. 604-801-5708. & **Map 1: D5** 1020 Denman St. 604-681-3411. & **Map 1: A3** 3020 W. Broadway. 604-733-9128. & **Map 4: D3** www.shoppersdrugmart.ca

### FITNESS & YOGA

**CLUB ROW** The world's first rhythm-based rowing class combines group movement with addictive playlists for a fun, full-body workout. 163 W. Pender St. 604-562-8754. **Map 1: C6** www.clubrowfitness.com

**YOGA** Looking for sanctuary amid the city's hustle and bustle? Head to this urban oasis, a relaxed and airy studio that offers a variety of classes for all skill levels. 202-888 Burrard St. 604-682-FLOW (3569). **Map 1: C5** 280-1050 Homer St. 604-684-3334. & **Map 1: D5** 1915 W. 4 Ave. 604-336-4599. **Map 1: E2** 1569 W. 6 Ave. 604-428-2523. **Map 1: F3** 201-

1627 W. Broadway. 604-736-6009. & **Map 1: F3** www.yyoga.ca

### FOOTWEAR

#### AUSTRALIAN BOOT COMPANY

Carries durable Down Under brands like Blundstone Footwear and R.M. Williams. Many styles are rain-repellent, perfect for this city. Find cozy wool Glerups slippers, too. 104 Water St. 604-428-5066. & **Map 1: C7** 1968 W. 4 Ave. 604-738-2668. & **Map 1: E2** www.australianboot.com

**LORD'S SHOES LTD.** Feminine and on the cutting edge since 1930 this elegant shop makes impulse buying a breeze with jewellery, designer bags, shoes from Nina, clothes by Periphery and Crea Concept. Blaest raincoats, too. 2932 Granville St. 604-730-2914. Partial & **Map 4: D3** www.lordsshoes.ca

**NATIVE SHOES** This Vancouver-based footwear brand specializes in lightweight, vegan kicks. Half the store is dedicated to adults, the other half to kids. The line-up of fun and fashionable slip-ons, sneakers and boots are crafted from EVA, so they're waterproof and odour-resistant. Moss wall, candy machine-style shoe dispenser and kids' play area. 14 Water St. 1-855-712-9400. **Map 1: C7** www.nativeshoes.com

### GIFTS & SOUVENIRS

**BEAVER POND CREATIVE** Watch artist Hilary Morris create colourful watercolour renditions of the city's most scenic spots, then pick out an original painting, print, notebook or other souvenir featuring her work. **Granville Island:** 1381 Railspur Alley. 604-682-1993. & **Map 6: C5** www.hilarymorris.ca

### 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** www.tenthousandvillages.ca

**WALRUS** Innovative and modern home wares grace this sleek, bright studio. Find bags by Herschel



**FEEL THE BEAT** Get the calorie-burning power of a gym workout and the ambience of a nightclub at Club Row (listed above), the world's first rhythm-based rowing studio.