



Soft & Sustainable

If you're seeking cotton clothing that's affordable but also ethically produced, you're in luck. Everything Kotn (page 52) creates is the very antithesis of fast fashion. The Toronto company makes classic tees and sweats from Egyptian cotton, they pay their farmers and factory workers a fair wage, and they help build and run schools in Egypt for their farmers' children. Kotn is also converting all their farms to organic. Who knew cotton clothing could come with such a heart-warming story?—*Sheri Radford*

FITNESS & YOGA

PELTON Take a trial class of this popular at-home indoor-cycling workout in a sleek showroom setting. 2762 Granville St. 604-229-2921. www.onepeloton.ca **Map 4: D3**

PURE BARRE The toning technique at this fitness chain draws inspiration from ballet and Pilates. The 55-minute classes are designed to sculpt and strengthen muscles, plus improve flexibility and balance. Small retail space sells workout gear and accessories. 1128 Homer St. 604-695-9507. **Map 1: D5** 1907 W. 4th Ave. 604-731-2088. www.purebarre.com **Map 1: E2**

SEMPERVIVA YOGA Specializes in various types of yoga from prenatal to deeply relaxing to athletic. Offers over 100 classes weekly for enthusiasts of

all levels. Lifestyle store offers yoga merchandise including CDs, books, apparel and natural skincare lines. Same number for all locations: 604-739-2009. 2608 W. Broadway. **Map 2: D2** 1985 W. Broadway. **Map 1: F2** 2201 W. 4th Ave. **Map 1: E1** 200-1333 Johnston St. www.semperviva.com **Map 4: B6**

TANTRA FITNESS Try something different at this fitness studio that specializes in fun pole-dancing workouts for all levels. Try an aerial yoga class with hoops, silks and hammocks suspended from the ceiling. Same phone number for all locations: 604-738-7653. 314 Water St. **Map 1: C6** 36 E Broadway. **Map 1: F7** 4247 Lougheed Hwy. **Map 2: D3** 1040-9111 Beckwith Rd. www.tantrafitness.com **Map 3: B3**

FOOTWEAR

ALDO Montreal-based retailer known for trend-setting shoes, boots and purses. In most major malls. Pacific Centre, 701 W. Georgia St. 604-683-5640. **Map 1: C5** 1025 Robson St. 604-683-2443. www.aldoshoes.com **Map 1: B5**

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. 4th Ave. 604-738-2668. www.australianboot.com **Map 1: E2**

JOHN FLUEVOG SHOES

Madcap shoe styles for men and women by the internationally known Vancouver designer. 837 Granville St. 604-688-2828. **Map 1: C5** 65 Water St. 604-688-6228. www.fluevog.com **Map 1: C7**

LITTLE BURGUNDY

Founded in Montreal, these on-trend shops carry the latest in footwear fashions from brands such as Adidas, Hunter and Converse. Find apparel, accessories and Herschel bags, too. 1035 Robson St. 778-328-9757. **Map 1: B5** Pacific Centre, 701 W. Georgia St. 604-684-0031. **Map 1: C5** Metropolis at Metrotown, 4700 Kingsway, Burnaby. 604-430-6361. **Map 4: E6** Richmond Centre, 6551 No. 3 Rd., Richmond. 604-303-7636. www.littleburgundyshoes.com **Map 3: D3**

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. www.nativeshoes.com **Map 1: C7**

VANS Surfing- and skateboarding-inspired shoes, clothing and accessories from the iconic footwear brand. 772 Granville St. 604-974-9900. www.vans.ca **Map 1: C5**



SAY SPAAAAA Bask in the afterglow of a luxurious pampering session at Miraj Hammam Spa (page 60) with a visit to the post-treatment Sultana Lounge, where tea and treats await.