

Living Better with Style

The Well-Appointed Yoga Student

Ascetic types will tell you the best thing about yoga is you can do it anywhere, anytime, with nothing but your body and a little flat piece of earth. Sure... if you're a hermit! But we city types require a bit of style, not to mention comfort. Behold: a myriad of goodies designed to help us get the most from our yoga practice, while ensuring we look as tranquil, glowing, and beautiful as yoga makes us feel.

8. Gayatri Mantra Necklace, Lotus Bud Earrings, Ananta Lotus Flower Bracelet by local designer Sonja Picard. Find them at Serendipity's Backyard (120-12031 First Ave., Steveston), serendipitysbackyard.ca

9. Yoga Wave by Shiva Rea CD (Sounds True, \$19.95), available at soundstrue.com

10. Hand-Carved, Reclaimed Teak Apsara "Khmer Angel," available at Spirithouse (3673 W. Broadway), spirithouse.ca

11. Yoga Collection: Mat & Body Spray, Hand & Body Lotion, Aroma Blend (essential oils), 100 per cent soy Balance Candle, Wash & Bubble by Escents Aromatherapy (various locations), escentsaromatherapy.com

12. Pine Yoga Block, available at Roots (1001 Robson St.), roots.com.

6. SIGG Sakura Scents 0.6L Aluminum Water Bottle, available at Flow Yoga Studio (202-888 Burrard St.), flowyogavancouver.com

7. Locker Athletic Bag by Roots (1001 Robson St.), roots.com

360° Yoga Mat
Find it at Lululemon (various locations), lululemon.com

1. At Ease Crop Pant, made with SeaCell (contains seaweed) fibre, by Oqoqo (2123 W. Fourth Ave.), oqoqo.com

2. Prakasha Tank, made with SeaCell (contains seaweed) fibre, by Oqoqo (2123 W. Fourth Ave.), oqoqo.com

3. Around the Town Wrap, made of silk and organic cotton, by Oqoqo (2123 W. Fourth Ave.), oqoqo.com

4. Headband, model's own

5. Zensation Athletics Yoga Strap, available at Choices Market (3493 Cambie St.) and Semperviva (2608 W. Broadway), zenathletics.com

13. Lavender & Amber Yoga Soak, handcrafted in Vancouver with pure essential oils, available at Industrial Revolution (2306 Granville St.) and Secret Garden Tea House (5559 West Blvd.), ondineyoga.com

14. Yyoga Eco Mat, made of Cellomer TPE (thermoplastic elastomer) foam, bio-degradable and toxin-free; **Yyoga Eco Towel**, long-lasting, both available at Yaletown Yoga (280-1050 Homer St.), yaletownyoga.com



SharedVISION associate editor Erica Gehrke and office pooch Mr. Piddles photographed by Bruce Skipper; Make-up: Alexandra Chuba