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EM Vision

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The Well-Appointed Yoga Student

1. Meditation Shawl, find it at L'Online, onlineyoga.com
2. Element Tank, made with soy protein and organic cotton, available at Roots (1001 Robson St.), roots.com
3. Singing Bowl, find it at Banyen Books (3608 W. Fourth Ave.), banyen.com
4. Pine Yoga Block, find it at Roots (1001 Robson St.), roots.com
5. Himalayan Salt Tea Light Holder, find it at Serendipity's Backyard (120-12031 First Ave, Steveston), serendipitybackyard.ca
6. How to Meditate With Pema Chodron: A Practical Guide to Making Friends With Your Mind (Sounds True, \$30). Available at soundstruc.com
7. Mala Beads, find them at Banyen Books (3608 W. Fourth Ave.), banyen.com
8. Quartz Crystal, available at Serendipity's Backyard (120-12031 First Ave, Steveston), serendipitybackyard.ca



9. Lotus Pendant Necklace: Lotus Cat's Eye Bracelet, available at Roots (1001 Robson St.), roots.com
10. Eye Pillow, handcrafted in Vancouver and filled with flax seeds and lavender, available at Teatroom T (1568 W. Broadway), info:tanya_takeuchi@yahoo.ca
11. Yoga Transitional Mist, Yoga Soothing Salt Soak, Yoga Calming Aromatherapy Soap, Yoga 100% Natural Candle, Yoga Grounding and Calming Moisture Lotion by Sage Natural Wellness (various locations), sage.ca
12. Zafu Cushion, available at Halfmoon Yoga Products (1650 Johnston St., Granville Island and 201-126 W. Third Ave.), halfmoon.biz
13. Vas tu Chai, made with 91 per cent organic herbs, available at La Grota Mediterranean Market (233 W. Broadway), Queen's Market (3030 Lonsdale Ave., North Vancouver), Whole Foods (The Village at Park Royal, 925 Main St., West Vancouver), and Urban Fare (177 Davie St.), vastuchai.com
14. Simple Bamboo Pant, find it at Roots (1001 Robson St.), roots.com
15. Lotus Headband by Lotuswear (2131 W. Fourth Ave.) (The Village at Park Royal, 925 Main St., West Vancouver), lotusyogawear.com

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