

As Seen In

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HARD CORE

A new passbook is your ticket to the world of yoga.

If VANCOUVER were ever patrolled by Quality of Life police – as were once proposed in a satirical *Vancouver* magazine issue guest edited by Douglas Coupland – what proof would you have that you were pulling your weight? What papers might be considered official ID? The best answer so far might be the Core Pass book, launched this month. The book contains several "special offers" (the inventors – who dreamt up the idea as a way to guide the public into the world of alternative exercise and mind/body practices – are trying to avoid the cheapskate ring of "coupon") for yoga classes, massage therapists and spas across the city. The hope is that by going to, say, Flow Yoga for one week and Yoga West the next you'll figure out if your body needs Ashtanga or Kundalini practice to find stillness through its third eye (think of it : you could be one two-for-one discount away from inner peace). \$45. Visit www.corebook.ca.
-Lila MacLellan

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2005 VANCOUVER CORE PASSBOOK