

Welcome to Vancouver!

Ashtanga Yoga Vancouver is located in the heart of Kitsilano. We are a short distance from downtown Vancouver just across the Burrard Street Bridge on Broadway and Burrard. (Broadway is 9th).

Kitsilano: About Kitsilano.

<http://www.kitsilano.ca>

Where to stay in Kitsilano

<http://www.kitsilano.ca/bed-and-breakfasts/>

Please note that many of the hotels located in Downtown Vancouver just over the Burrard Street bridge are a short bus or cab away from the venue.

These include:

- Sheraton Wall Centre
- Sutton Place Hotel

There are many fabulous restaurants and cafes in Kitsilano. Many are walking distance from the venue.

Grocery:

- Whole Foods at 4th and Vine
- IGA at 4th and Vine

Juice:

- Glory Juice Bar – 2186 W 4th Ave
- Krocodile Pear – 1867 West 1st Avenue at Cypress
- Be Fresh: 1900 West 1st (just off Cypress)

Coffee:

- Elysian Coffee: 102-1100 Burrard Street

Restaurants:

- Just walk up 4th Avenue between Burrard and Vine Street for great restaurants.
- Or walk down Vine Street towards the Beach for more choice!

Casual Lunch/Dinner:

- Tractor – Healthy salads and food – 1903 West 4th Ave
- Be Fresh – 1900 West 1st (Just off Cypress)

Shopping:

- There are tons of restaurants, cafes and shops on West fourth in all directions.