

Time Out

New York

**IMPROVE
YOUR LIFE**

...for pennies a day!

LOOK GOOD

*...for under \$10
with yoga and more, page 11*

FEEL GOOD

*...with healthy living
and Zen spots outdoors, page 12*

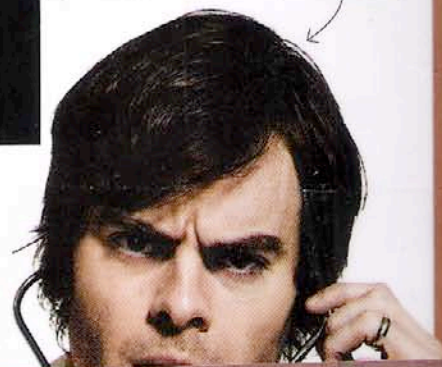
TAKE ACTION

*Be the person you want to be
starting with our career tips, page 14*

the **SELL HELP** ISSUE*

***With
real-life
advice**

(and some
jokes from
Bill Hader
of *Saturday
Night Live*)



Masala
Dance & Fitness Inc.

Seeking...

If you want to be listed

Submit information by mail or e-mail to **Dating** (dating@timeoutny.com), **Shopping** (shopping@timeoutny.com) or **Mind & body** (mindandbody@timeoutny.com). Include details, dates, times, address of venue with cross streets, nearest subways, contact information and admission price, if any. **Deadline is 6pm Monday, ten days before publication date.** Incomplete submissions will not be included, and information will not be accepted over the phone.

Listings are chosen at the discretion of the editors. **TONY does not accept compensation of any kind in exchange for listing events or venues.**

♣ **Cheap**
Video For video clips, reviews and more, log on to timeoutnewyork.com/video.

Shopping

Sales and sample sales

Amacord Vintage Outlet closing sale Sadly, another one bites the dust. After nine years, this East Village favorite is closing its doors for good. Lucky for you, it needs to unload its massive inventory of preloved treasures. Hundreds of spring and winter items will be up for grabs, and everything will be priced at \$5, \$10 or \$20. Among the deals are an Escada silk blouse for \$10 (instead of \$45), a Tricosa zigzag print shift dress for \$10 (normally \$65), and a Rodine long-sleeved floral print frock for \$20 (as opposed to \$65). **84 E 7th St between First and Second Aves (212-614-7133). Subway: F, V to Lower East Side-Second Ave. Fri 27-Sun 29 noon-6pm.**

Cynthia Rowley sample sale Normally we don't suggest sequins and satin for an everyday look, but somehow Cynthia Rowley manages to use the (sometimes tacky) materials in an incredibly chic and wearable way. Sequin dresses are \$210 (were \$680), satin tunics are nipped from \$275 to \$89, and taffeta skirts are reduced from \$255 to \$69. Also score 20% off all current full-price merchandise at the store. **376 Bleeker St between Charles and Perry Sts (212-242-3803). Subway: 1 to Christopher St-Sheridan Sq. Thu 26-Sat 28 10am-9pm.**

Diane T sale This upscale boutique is clearing out all of its winter merchandise, but that doesn't mean it's only marking down heavy coats and pants; you can still score hip garb that will become your spring staples. Rebecca Taylor silk embroidered tunics are \$100 (rather than \$390), Catherine Malandrino jersey wrap dresses are whittled from \$550 to \$110, and Marc by Marc Jacobs knit frocks are chipped from \$328 to \$120. **174 Court St between Amity and Congress Sts, Cobble Hill, Brooklyn (718-923-5777). Subway: F, G to Bergen St. Thu 26, Fri 27 11am-7:30pm; Sat 28 11am-6:30pm.**

Elie Tahari sample sale There are some specific items that every wardrobe needs: a little black dress and a well-tailored button-down shirt. Scoop up

essentials like these for up to 80% off, including **black leather hobo bags, sliced from \$695 to \$249**; and high-waist flower-print skirts for \$59 (normally \$248). Men can also save on leather motorcycle jackets, chopped from \$998 to \$199, and wool trousers for \$49 (were \$228). **510 Fifth Ave between 42nd and 43rd Sts (212-398-2622). Subway: B, D, F, V to 42nd St-Bryant Park; 7 to Fifth Ave. Tue 31-Apr 3 8:30am-7:30pm; Apr 4 10am-5pm.**

Marchesa sample sale You don't have to make a celebrity-size salary to own a red-carpet-worthy gown. The elegant evening attire from this covetable brand is now up to 80% off. One-shoulder long draped dresses are lowered from \$6,390 to \$2,450, strapless silk-and-lace frocks are \$295 (were \$795), and **chiffon gowns with satin detailing are clipped from \$1,100 to \$450**. **The Warwick Hotel, 65 W 54th St between Fifth and Sixth Aves (212-463-8135). Subway: N, Q, R, W to 57th St. Thu 26 8am-6pm.**

Paragon Sports warehouse sale Outdoor lovers, adventure seekers and exercise-aholics take note: This popular sports emporium is slashing prices on its clothing, footwear and gear. **Mizuno running shoes are trimmed from \$95 to \$45**, North Face down parkas are \$157 (were \$349), Jansport travel backpacks are cut from \$90 to \$35, and Nike gold polos are snipped from \$55 to \$24. **18 E 18th St between Fifth Ave and Broadway (212-255-8889). Subway: L, N, Q, R, W, 4, 5, 6 to 14th St-Union Sq. Thu 26, Fri 27 9am-8pm; Sat 28 10am-8pm; Sun 29 11am-7pm; Mon 30-Apr 2 10am-8pm.**

Roberto Cavalli sample sale Roberto Cavalli is the only designer who can successfully dress thousands of women in skintight leopard-print dresses without making them look like sex workers. Now you can strut your stuff in some of his signature pieces, which are up to 85% off, like floral sundresses, slashed from \$1,950 to \$255; leopard-print cover-ups for \$295 (originally \$2,100); and tie-dye halter frocks, tagged \$330 (instead of \$3,900). **50 W 58th St between Fifth and Sixth Aves, eighth floor (212-920-1211). Subway: F to 57th St. Thu 26, Fri 27, Sun 29 10am-6pm.**

SophieRoan closing sale The closing of this East Village boutique proves that all good things must come to an end. After five years in the business, the economy finally took its toll on the shop, which means you can scoop up deep discounts (up to 70%) at this "Recession Sux Closing Sale." Secrets of Charm silk V-neck minidresses are \$80 (instead of \$322), M. Carter hand-dyed Apache T-shirts are lowered from \$58 to \$23, and Dear Pruitt cashmere sweaters are \$144 (as opposed to \$360). **117 E 7th St between Ave A and First Ave (212-529-0085). Subway: L to First Ave. Thu 26-Sat 28 noon-7pm; Sun 29 noon-6pm; Mon 30, Tue 31 noon-7pm.**

Wink warehouse sale Bring your wallet and your game face to this trendy chainlet's warehouse blowout. Expect to score deals on fashion-forward brands like Jill Stuart, Gryphon and Hayden-Harnett. Alice + Olivia silk maxi dresses are pared

from \$440 to \$246. Rebecca Minkoff embossed croc totes are tagged \$212 (instead of \$594) and Foley + Corinna double-handle leather bags are \$212 (were \$528). **188 Columbus Ave at 69th St (212-877-7727). Subway: 1, 2, 3 to 72nd St. Thu 26-Sat 28 11am-7pm.**



Events

City Opera Thrift Shop spring vintage preview Rummaging through vintage stores to find wearable pieces isn't always easy. Luckily, this charitable thrift shop holds a biannual shopping event to preview its collection of secondhand goodies from the '50s to '90s. You'll find garb from covetable names including Christian Dior, Carolina Herrera, Oscar de la Renta and Emporio Armani. But vintage means there is only one of each item, so get there early if you want a Christian Dior houndstooth coat or Chloé red-and-blue sailor dress (both \$150). **222 E 23rd St between Second and Third Aves (212-684-5344). Subway: 6 to 23rd St. Thu 26 5-8pm. \$10.**

A Stylish Sale to Benefit the Gohan Society The best part of having stylish friends is when they clean out their unwanted designer duds. This group of fashionable females is doing just that, except you don't have to be friends with them to benefit.

Hundreds of new and gently worn clothing and accessories will be up for grabs from high-end brands like Yves Saint Laurent, Chanel, Prada, Comme des Garçons, Fendi and more—with nothing costing more than \$150. You'll also find discounted tableware, home goods, hair-care tools and skin-care products. Among the many deals is a Calvin Klein merino wool sweater with its original tags for \$150 (originally \$850), a long-sleeved brand-new-with-tags YSL ribbon top for \$150 (retails for \$1,275), and a Gary Graham silk coat marked at \$150 (instead of \$800). The suggested donation is \$5 and a portion of the proceeds will go to the Gohan society, an organization that fosters culinary exchange between the U.S. and Japan. **301 W 57th St at Eighth Ave, apartment 3C (212-710-0529). Subway: A, C, B, D, 1 to 59th St-Columbus Circle. Thu 26, Fri 27 6-9pm; Sat 28 noon-5pm. R.S.V.P. required.**

Recently opened

Loris Diran Loris Diran brings his collection of bespoke suits and women's evening wear to the now-retail-laden Bowery. The boutique specializes in high-end apparel, ranging from hand-beaded cocktail dresses to buttery soft cashmere sweaters. The structured clothes stand out against a backdrop of subtle neutrals and beautifully restored vintage furniture. Intricate metal-cast trees serve as display racks for silk ties (\$149), unisex leather belts (\$300) and hot-pink ruffled dresses (\$1,190). **3 E 1st St between Bowery and Second Ave (212-420-1141). Subway: F, V to Lower East Side-Second Ave. Daily noon-8pm.**

Smith + Butler pop-up shop The venerable New York City institution and eyewear purveyor MOSCOT and the Brooklyn fashion boutique Smith + Butler team up for a limited-run pop-up shop at MOSCOT's historic gallery space on the Lower East Side. Smith + Butler brings its

curated assortment of comfortably cool, classic fashion and lifestyle products to the store, including select pieces from Levis, Pendleton, Pointer Brand and Jack Spade. The space will also feature MOSCOT's covetable vintage-inspired eyewear collection, along with the debut of several new styles for spring. **69 W 14th St at Sixth Ave, second floor (212-647-1550). Subway: L, N, Q, R, W, 4, 5, 6 to 14th St-Union Sq. Mon-Fri 10am-7pm; Sat 10:30am-6pm; Sun noon-5pm.**

Timberland Brick walls, wooden planks and suspended lumber make up the airy and vintage-inspired decor of Timberland's newest location in Soho. The venue, which served as an ice-skating rink in the 1860s, combines the eco-friendly aesthetic of the brand and the eclectic vibe of its tourist-filled neighborhood. Framed photographs of different areas of Soho line the walls, while a pair of old-fashioned skates hang from the ceiling. Pick up some limited-edition patent-leather loafers (\$100) or an exclusive graphic-printed T-shirt (\$29.50), or splurge on a one-of-a-kind vintage leather jacket from the '50s (\$2,474). **474 Broadway between Broome and Grand Sts (646-613-7292). Subway: N, Q, R, W to Canal St; 6 to Spring St. Mon-Sat 10am-7pm; Sun 11am-6pm.**

West Elm Home goods purveyor West Elm opens its third NYC emporium at Columbus Circle. The spacious 24,000-square-foot shop boasts a life-size diorama wall that will feature the chain's latest collections, most of which include eco-friendly goods. The green movement turns luxe with plush zebra-print towels, beautiful organic pin-tucked duvet covers and recycled-glass dinnerware. The store is filled with a plethora of neutral basics and Moroccan accents to spice up your decor. Worldly wares include silk fair-trade pillows hand-loomed by women in India, Mongolian lamb pillow covers (\$59), nesting tables (\$229), and suede floor cushions (\$299). **1870 Broadway at 62nd St (212-247-8077). Subway: A, C, B, D, 1 to 59th St-Columbus Circle. Mon-Sat 11am-8pm; Sun noon-7pm.**

Mind & body

Classes & workshops

Bollywood dance class *Shudog Millionaire's* big Oscar win has inspired the latest fitness trend: Bollywood dancing. Crunch's Masala Bhangra dance class, taught by Sarina Jain, the "Indian Jane Fonda," teaches the traditional Indian dance and the exact moves performed by the stars at the end of the film. Shake your hips and pretend it was you who won 8 million rupees. **Crunch Fitness • 404 Lafayette St between E 4th St and Astor Pl (212-614-0120). Subway: 6 to Astor Pl. Tue at 7:45pm • 554 Second Ave between 30th and 31st Sts (212-545-9757). Subway: 6 to 33rd St. Mon at 6:30pm. \$25. Ongoing.**

FREE Complimentary yoga for veterans As a small thank-you for the life-threatening services war veterans have provided, Integral Yoga Institute will offer them weekly complimentary yoga classes to help reduce stress. The gratis sessions are a complement to the programs provided by the Queens Vet Center, a counseling service that helps veterans of all wars readjust to civilian life. **Integral Yoga Institute, 227 W 13th St between**