

— THE J.CREW CASHMERE SHOP —

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VOGUE DAILY

Local Girl: Seattle



Jane Park (Courtesy of Jane Park)

SHAKTI VINYASA YOGA I'm always a little cold in Seattle, so I crave hot yoga. This is the only form of exercise that I find totally engrossing—I don't think about my to-do list for the entire hour. *2238 NW Market Street, Seattle 98107; (206) 297-9642; shaktivinyasa.com.* **DISCOVERY PARK** A perfect Saturday for me is a hike and picnic with my husband and kids—and one of my favorite places is Discovery Park, the city's largest. It's incredible to live in a vibrant, urban environment like Seattle while being so close to the water, woods, and mountains. My mother grew up in Korea and has always said that she feels disoriented when she can't see mountains, and now that I live in Seattle I understand what she means. My kids love building with driftwood on the beach; when I brought them to Hawaii, they thought the sandy beach was boring in comparison! *3801 W. Government Way, Seattle 98199; (206) 386-4236;* **HEALEO** I'm addicted to matcha lattes, which I first discovered at Healeo. Matcha packs a more powerful caffeine punch for me than espresso, without making my stomach and brain crazy. Healeo has amazing fresh fruit and vegetable juices that they make on the spot, and also their own line of organic superfood supplements. *1520 15th Avenue, Seattle 98122 ; (206) 453-5066; healeo.com* **SWINK STYLE BAR** I love visiting Swink before special events and photo shoots. Feels very retro-chic to have my hair "done."