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We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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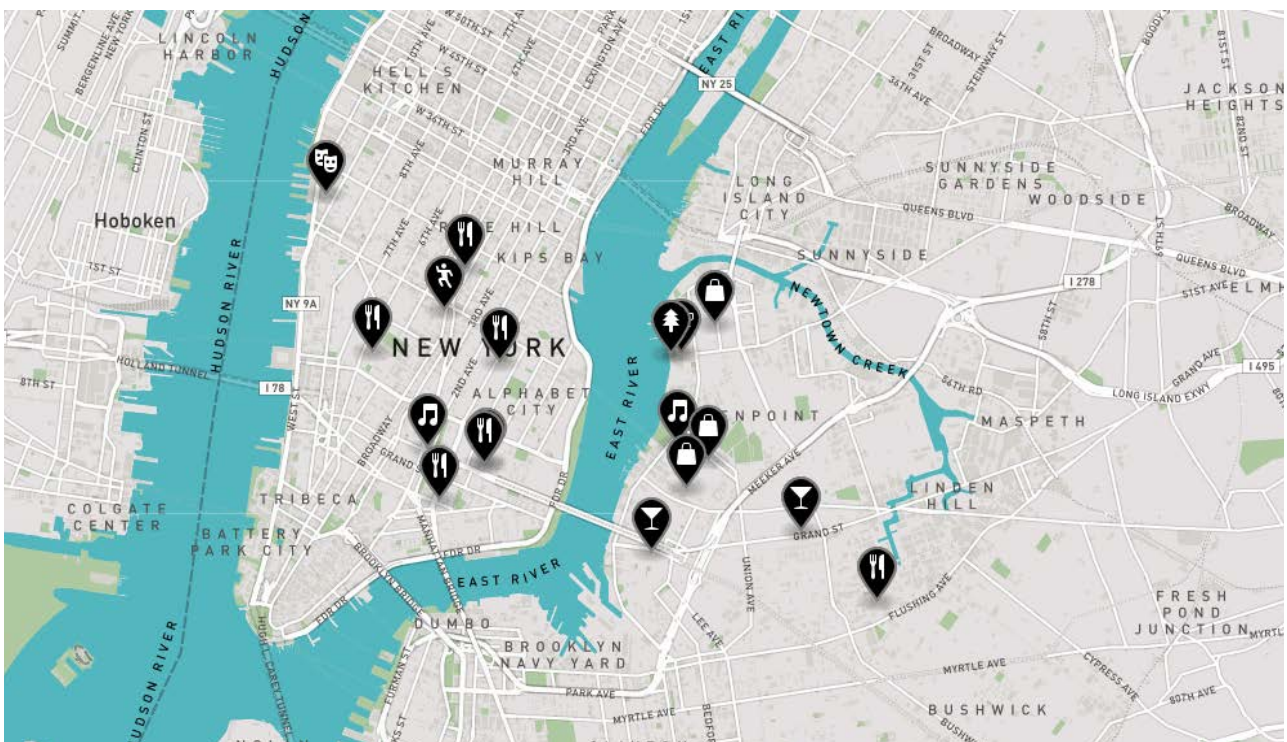
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24 HOURS IN

# *New York*

**BY STACY SEEBODE**

Lover | Optimist | Cosmopolitan



## MY PERFECT 24 HOURS IN NEW YORK

My perfect 24 hours kicks off with a morning yoga class at **Jivamukti** in Union Square, where movement is well-balanced with light meditation.

Post yoga, I'd take a leisurely stroll over to the East Village to shamelessly gorge myself on a bagel with cream cheese from **Black Seed** and of course, wash it down with a coldbrew coffee. Sometimes it can also be **Antibes Bistro** in the Lower East Side for the most perfect, fluffy, yet simple omelette. I'd keep in mind that one of my favourite stores, **7115 by Szeki**, is nearby. I love to shop her latest collection of clothing and jewelry.

After freshening up, I'd head over to Greenpoint, Brooklyn, to thumb through the racks and jewelry cases at **CatBird** and **In God We Trust**. By then, I'd need to have a snack, so stopping into **Ovenly** for a single peanut butter cookie is a must.

There's a **small park near Ovenly** on the waterfront in Greenpoint that I've always loved. It's a great place to bring a book, hang for a bit, and take in the view of Manhattan in peace and quiet.

After that, I'd venture over to **Archestratus** to browse racks of the latest food & cookbooks before heading back into the city to have lunch with a friend at **Gramercy Tavern**, which does this amazing lunch special at the bar for \$16. They tweet their daily lunch special under #GTsoup-sandwich, and it's always tasty and filling.

After lunch, a stop at the **David Zwirner Gallery** in Chelsea is a must! I love that little cluster of galleries, so provided that the line isn't too long, I'd gallery hop for a bit.

If there's time, I'd go shopping in SoHo and meet friends for dinner at **Minetta Tavern**, where the steak frites will always have my heart. I also like **Roberta's** in Brooklyn or **The Fat Radish** in the Lower East Side. If I haven't collapsed from food coma, I'd close the night out with a show at the **Bowery Ballroom**, **Baby's All Right**, or **Rough Trade** and maybe a nightcap at **Tuffet**, followed by a leisurely walk home.

*Enjoy exploring,  
Stacy*

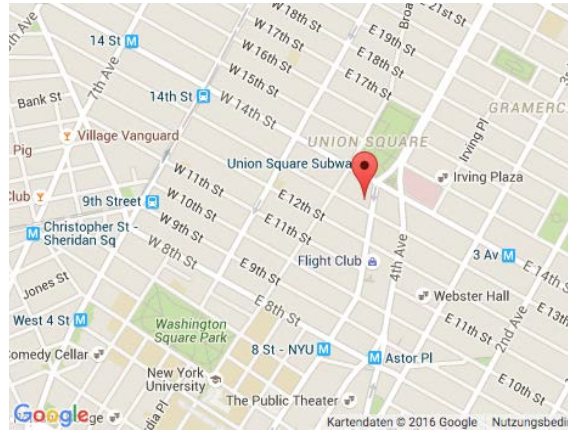
## **JIVAMUKTI**

### **FITNESS & HEALTH**

841 Broadway, New York City, New York, USA

[www.jivamuktiyoga.nyc](http://www.jivamuktiyoga.nyc)

In 1984 Sharon Gannon and David Life created Jivamukti Yoga. This centre at Union Square offers not only amazing classes but also a nice vegan café too.



## **BLACK SEED**

### **RESTAURANT**

176 1st Avenue, New York City, New York, USA

[www.blackseedbagels.com](http://www.blackseedbagels.com)

Hand rolled, boiled in honey water, and baked in a wood-fire oven - these bagels are delicious!



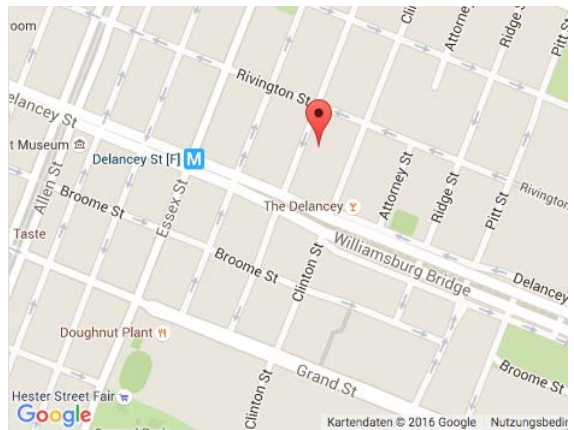
## **ANTIBES BISTRO**

### **RESTAURANT**

112 Suffolk Street, New York City, New York, USA

[www.antibesbistro.com](http://www.antibesbistro.com)

No matter what time of day you pop in - breakfast, lunch or dinner - this little bistro will give you the perfect French vibes.



## **7115 BY SZEKI**

### **SHOP**

157 Rivington Street, New York City, New York, USA

[www.7115newyork.com](http://www.7115newyork.com)

Clean and stylish women's fashion.





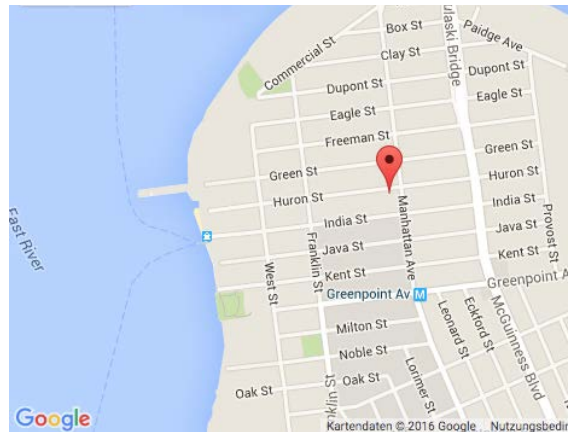


**ARCHESTRATUS**

SHOP

160 Huron Street, Brooklyn, New York, USA  
www.archestrat.us

This shop is all about books and food.

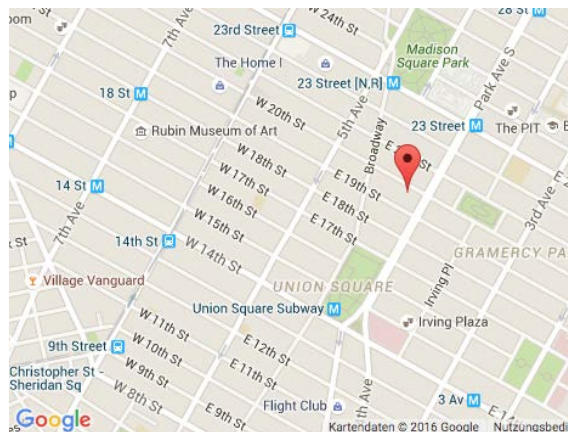


**GRAMERCY TAVERN**

RESTAURANT

42 E 20th St, New York City, New York, USA  
www.gramercytavern.com

The perfect lunch place. Check their daily tweets on the lunch special with #GTsoupsandwich.



**DAVID ZWIRNER GALERY**

ARTS & CULTURE

525 W 19th St, New York City, New York, USA  
www.davidzwirner.com

Very popular gallery. Queueing up is definitely worth it.

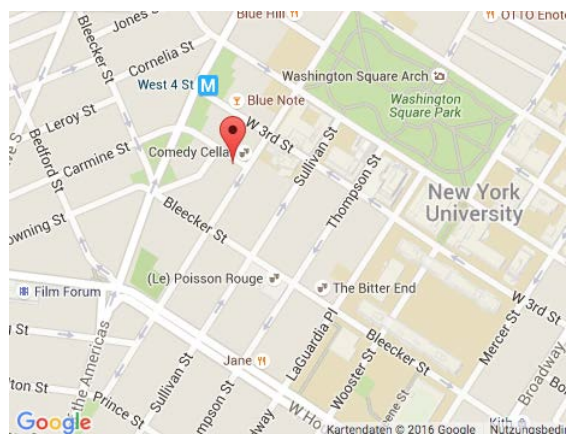


**MINETTA TAVERN**

RESTAURANT

113 Macdougall St, New York City, New York, USA  
www.minettatavernny.com

There's a rumour that this spot serves the best burger in town.





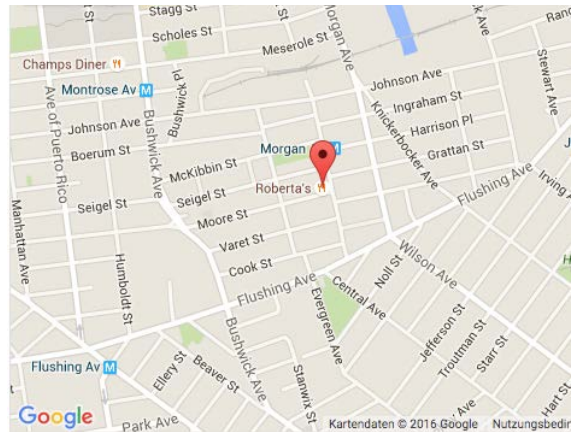
**ROBERTA'S**

RESTAURANT

261 Moore Street, Brooklyn, New York, USA

[www.robertaspizza.com](http://www.robertaspizza.com)

Known for pizza, but everything is good here!



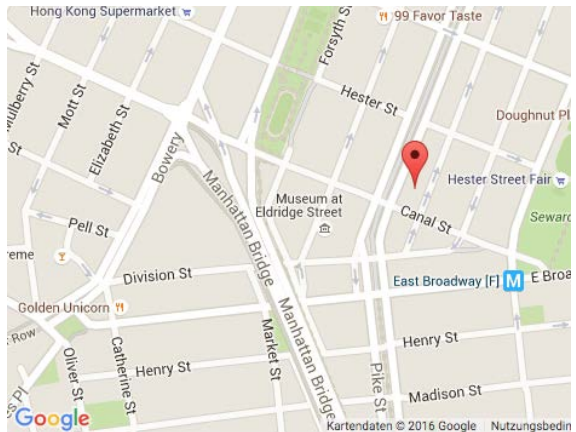
**THE FAT RADISH**

RESTAURANT

17 Orchard Street, New York City, New York, USA

[www.thefatradishnyc.com](http://www.thefatradishnyc.com)

Spaghetti squash!



**BOWERY BALLROOM**

MUSIC

6 Delancey St, New York City, New York, USA

[www.boweryballroom.com](http://www.boweryballroom.com)

An amazing concert venue!



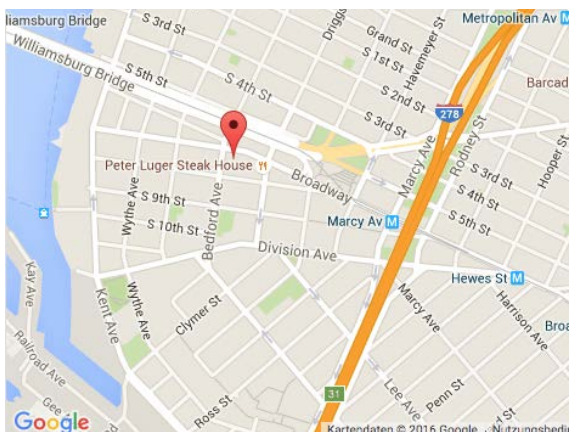
**BABY'S ALL RIGHT**

BARS & CLUBS

146 Broadway, Brooklyn, New York, USA

[www.babysallright.com](http://www.babysallright.com)

You can eat, you can drink, you can dance. The lively and vibrant atmosphere is perfect for a kick-ass night out.

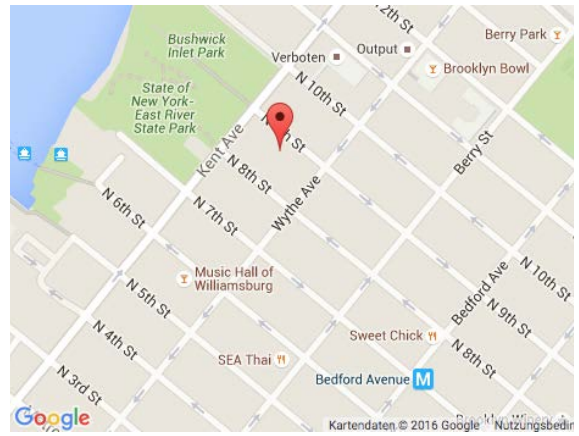


**ROUGH TRADE**

**MUSIC**

64 N 9th St, Brooklyn, New York, USA  
www.roughtradenyc.com

Concert hall and record store in Williamsburg.



**TUFFET**

**BARS & CLUBS**

286 Graham Avenue, Brooklyn, New York, USA  
www.tuffetnyc.com

This cozy place calls itself a cheese / meat bar. As for drinks you have craft beer and good wine. Sometimes that's all you need!

