

Bulletin board

If you want to be listed

Submit information by e-mail
Dating (dating@timeoutny.com),
Shopping (shopping@timeoutny.com),
Mind & body (mindandbody@
 timeoutny.com) or fax (646-432-
 3050). 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.

VOD TONY ON DEMAND: For video
 clips, reviews and much more, tune
 in to Channel 1112 on Time Warner
 Cable, or timeoutnewyork.tv on the
 Web.

Dating

Annual Summer Barbeque Bash
 Single with other thirtysomethings at this
 luau-style bash, with plenty of beer and
 freshly grilled burgers. **Jewish Community**
Center, 334 Amsterdam Ave at 76th St (646-
505-5708). Subway: B, C to 72nd St; 1 to 79th
 St. Thu 21 at 7:30pm. \$45, advance \$38.
Original Sin Garden Party Sip
 specialty cocktails such as the Indecent

Proposal, the Paradise Found and other
 tempting libations in the back garden,
 while Moxie in the City staffers make
 introductions. **Madame X, 94 W**
Houston St between Thompson St
and West Broadway (moxieinthecity.net).
 Subway: B, D, F, V to Broadway-
 Lafayette St; 1 to Houston St; 6 to
 Bleecker St. Thu 21 7-9pm. \$15.
 —Compiled by Erin Clements

Mind & body

Events

FREE Chinese Tongue and Pulse
Evaluation One-stop shopping reaches
 new heights with free consultations at
 Whole Foods. Licensed acupuncturist and
 certified herbalist Dara Barr has a holistic,
 Eastern perspective. Stick your tongue out
 at her and she'll return the favor with
 personalized suggestions on what to add to
 your shopping cart. **Whole Foods, 95 E**
Houston St at Bowery St (darabarr.com).
 Subway: F, V to Lower East Side—Second
 Ave. Wed 27 6-8pm.

Intro to Vinyasa and Kundalini
Yoga Smile and nod no more: You'll
 actually know what an asana is after taking
 this workshop, which will get you going on
 two popular types of yoga. The session
 includes a lecture about vinyasa and

kundalini's respective histories and gets
 you up to speed on breathing techniques
 and poses, too. **Prana Mandir Yoga Studio,**
66 W 39th St between Fifth and Sixth Aves,
third floor (212-803-5446, pranamandir.
com). Subway: B, D, F, V to 42nd St—Bryant
 Park; 7 to Fifth Ave. Sat 23 11am-2pm.
 \$45, advance \$40.

Mind Over Body: The Key To
Weight Loss Is All in Your Head
 Professional fitness coach Nordine
 Zouareg will teach you about the mental
 aspects of dieting, including how to keep
 your motivation up. He'll also tell you the
 story of how he went from being a sickly
 kid to Mr. Universe. **92nd Street Y, 1395**
Lexington Ave at 92nd St (212-415-5500,
92y.org). Subway: 2 to 96th St. Mon 25
 noon-1pm. \$16.

Shopping for Health Hattie Wiener,
 holistic therapist and author of *The*
Complete Idiot's Guide to Looking &
Feeling Younger, is 71 years old, but she
 looks about 41 (for real—check out the
 pictures on her website). She credits this
 youthfulness to 40 years of healthful
 eating. On this eight-person tour, she'll
 jockey you through every aisle of Whole
 Foods, pointing out what's most healthy,
 what to avoid and how to shop without
 spending a fortune. **Whole Foods**
Columbus Circle, Time Warner Center,
Broadway between 58th and 59th Sts
(212-388-8509, hattieteroage.com).
 Subway: A, C, B, D, 1 to 59th St—Columbus
 Circle. Sat 23, Sun 24 noon-2pm. \$125.
 Preregistration required.

FREE Solstice in Times Square:
Mind Over Madness Yoga Find peace in
 the most hectic place in the city: The
 Times Square Alliance celebrates the start
 of summer with a dawn-till-dusk yoga fest,
 with sessions for all levels. **Times Square**
Military Island, intersection of Broadway
and Seventh Ave between 43rd and 44th
Sts (timessquarenyc.org). Subway: N, Q, R,
 W, 42nd St S, 1, 2, 3, 7 to 42nd St—Times
 Sq. Thu 21 7am-8:30pm (see also *Around*
Town, page 62).

FREE Ten-minute skin cancer
screenings According to the American
 Cancer Society, melanoma is the most
 common form of cancer. This screening is
 quick and free, so you have no excuse not
 to start the summer with a clean bill of
 skin health. **20 W 20th St between Fifth**
and Sixth Aves, suite 603 (212-633-
0404). Subway: R, W to 23rd St. Mon 25
 5-8pm. Reservations required.

Tibetan Healing Circle Lama
 Lobsang Palden Rinpoche will share his
 techniques for healing body, mind and
 spirit using energy channels, chants,
 prayer, Tibetan instruments, crystals and
 stones. Make like a monk and don't eat
 meat, onions or garlic on the day of the
 ceremony; wear comfortable clothes and
 no fragrances. **Shangri-La Day Spa, 247**
W 72nd St between Broadway and West
End Ave, suite 1RE (212-579-0615).
 Subway: 1, 2, 3 to 72nd St. Sat 23 8am-
 4pm. Recommended donation \$125.
 Preregistration required.

Women's Yoga Anyone who's gone
 near a PMS-ing lady knows that the
 female body doesn't feel the same every
 day of the month. This Iyengar yoga
 class suggests that women's yoga
 practices shouldn't either. After the
 session, teacher Bobby Clennell will
 answer questions about her recently
 published *Women's Yoga Book*, and
 refreshments will be served. **MonQi**
Fitness, 201 E 67th St between Second
and Third Aves (212-327-2170).
 Subway: 6 to 68th St—Hunter College. Thu
 21, Tue 26 6:30-8:30pm. \$30.
 —Compiled by Kate Lowenstein

Shopping

Sales and sample sales

Alexander Wang Bring a photo ID to
 gain entrance to this fashion wunderkind's
 three-day affair. A sleeveless ruffled
 blouse, reduced from \$396 to \$100, and a
 babydoll dress for \$150 (was \$465) are
 among the spoils that await you. **201 Park**
Ave South at 17th St, second floor
(alexanderwang.com). Subway: L, N, Q, R,
 W, 4, 5, 6 to 14th St—Union Sq. Thu 21 3-
 8pm; Fri 22, Sat 23 11am-8pm.

Alice + Olivia This popular girly
 clothing line is knocking down prices by
 up to 70 percent. A babydoll dress is
 clipped from \$242 to \$145, and polka-dot
 shorts are cut from \$176 to \$106. **80 W**
40th St between Fifth and Sixth Aves
(212-840-0887). Subway: B, D, F, V to
 42nd St—Bryant Park; 7 to Fifth Ave. Thu
 21, Fri 22 10am-7pm.

Case Study, Covet, Generra
 You're bound to find something to add to
 your closet from this confluence of hip
 lines. A Covet women's short-sleeve
 linen-and-cotton cardigan is halved to
 \$45, and a Case Study lambskin jacket is
 \$125 rather than \$375. For dudes, Generra
 cotton jersey crewnecks are sliced from
 \$75 to \$30. **275 W 39th St at Eighth Ave,**
fifth floor (212-768-2868). Subway: A, C,
 E to 42nd St—Port Authority; N, Q, R, W,
 42nd St S, 1, 2, 3, 7 to 42nd St—Times Sq.
 Thu 21, Fri 22 9am-7pm.

Catherine Malandrino Even if you
 chug beer like a frat boy, you can still dress
 like a lady thanks to this hip label. A
 chiffon top is lowered from \$395 to \$109; a
 baby alpaca poutelle sweater is slashed
 from \$325 to \$169; and a pleated silk
 georgette dress is \$249 (originally \$695).
123 W 18th St between Sixth and Seventh
Aves, fifth floor (catherinemalandrino.
com). Subway: F, V to 14th St; L to Sixth
 Ave; 1 to 18th St. Thu 21 8am-8pm; Fri
 22 10am-8pm; Sat 23 10am-6pm.

Eberjey Don't settle for ugly knickers
 just because they're cheap: This lingerie
 company's undergarments are pretty,
 comfy and affordable. A polka-dot bra-
 and-thong set goes for \$25 instead of \$88,
 and a trio of low-rise thongs is \$25
 (formerly \$18 each). **183 Madison Ave**
(entrance on 34th St between Madison and
Park Aves), suite 610 (eberjey.com).
 Subway: 6 to 33rd St. Thu 21 9am-7pm;
 Fri 22 9am-5pm.

EMG An acronym for "Everything
 Must Go," this monthly affair returns to
 the Tribeca Grand Hotel with secondhand
 deals galore on chichi accessories and
 clothes. A Dior men's zip-up Windbreaker
 is \$40; Marc Jacobs women's cuffed shorts
 are \$45; and Vivienne Westwood plaid
 ankle boots are \$125. Post-spiee, groove at
 the summer kickoff party with DJs Marcus
 Lambkin and James Murphy at 10pm.
2 Sixth Ave at Church St (houseofgood.
com). Subway: A, C, E to Canal St; 1 to
 Franklin St. Sat 23 2-6pm.

Ilse Sounding a last call on its
 modernist spring collection, this
 womenswear brand is shaving prices by
 up to 80 percent. Benefit with cable-knit
 blazers, tagged \$70 (originally \$358), and
 pleated cotton skirts for \$30 as opposed to
 \$200. **17 Little West 12th St between Ninth**
and Tenth Aves, suite 201 (212-763-
2181). Subway: A, C, E to 14th St; L to
 Eighth Ave. Thu 21, Fri 22 10am-6pm.

Jonathan Adler Perhaps you should
 rent a U-Haul to carry home all the

Got Headaches?
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