

# THE **six**

HOT AND TRENDY



IN TORONTO

GUEST WRITTEN BY  
NATASHA KOIFMAN



**An entrepreneur and brand builder, Natasha Koifman has two passions — shining a spotlight on stories of substance and supporting causes that are making a difference around the world. Through her talent division NK Artists, Natasha works with world-renowned personalities, building their personal brands and developing strategic partnerships and alignments.**

## 1 Ultimate Athletics

I love to start my mornings with a workout at Ultimate Athletics — it sets the tone and gives me energy for the day ahead. The studio's boutique feel and home-like atmosphere makes everyone feel special and welcome. You can find me doing Paula's reformer classes, spinning on Saturday mornings with my NKPR team, or doing an early morning training session with Matthew Pauderis, who knows how to motivate people — he's the one responsible for making me fall in love with early morning workouts!

## 2 Shopping in Bloor Yorkville

Bloor Yorkville is the best neighbourhood for both indoor and outdoor shopping. Stores like TNT, George C and 119 Corbo are among my favourites, carrying brands you aren't able to find anywhere else in Toronto. My go-to neighbourhood restaurant is Trattoria Nervosa — I've been a huge fan of their food for two decades! If I can't make it in, I use Uber Eats to order my favourite Margherita pizza and Branzino alla Griglia for dinner every week, and it arrives to my doorstep in less than 30 min.

## 3 Bake Shoppe

I have a sweet tooth and take my desserts very seriously. Bake Shoppe on College Street makes the best old school Homemade Pop Tarts and Passion Flakies — so fresh and delicious! Another must-try is their Ruffles Marshmallow Squares (who would think of using potato chips in a dessert?!). They also make really amazing custom cakes — my team gave me one for my birthday last year!

## 4 Summerhill Market

Every weekend I make a trip to Summerhill Market to pick up my groceries for the week. It has a relaxed community vibe and never feels crowded. They have so many delicious options — lots of organic fruits and veggies, amazing prepared foods and the best blondie brownies in the city!

## 5 Joso's Restaurant

Around for over 35 years, Joso's is a hidden gem in the city located at Avenue Road and Davenport. It's cozy, intimate and private. As someone who doesn't eat meat, I love their fresh selection of seafood — truly the best in the city. Their Nero risotto is my favourite!

## 6 Sir Winston Churchill Park

This park is a getaway from my busy life for some tranquility and "me" time. I love taking my two black labradors Grady and Ko-D for a walk there as it gives me the chance to reflect, relax and organize my thoughts. I love how green and quiet the surroundings are. Being there makes me feel like I am outside of the city even though it's only a 10-minute drive away from downtown Toronto.