TRAVELING TO ELEMENTS YOGA:

354 Heights Road ~ Darien, CT 06820
203-655-YOGA (9642)

Metro North:
From NYC - we are directly across the street from the Noroton Heights Train Station (just a 45 minute ride from Grand Central).

Amtrak:
Travel to Stamford Station (station is less than 1 mile from the Stamford hotels). Taxis are available at the station or you can rent a car at Enterprise, which is at the station.

Flying:
White Plains (UPN) is 13 miles away
Laguardia (LGA) is 35 miles away
Kennedy (JFK) is 42 miles away
Newerk (EWR) is 65 miles away

Parking at the Studio:
We are in a large shopping plaza and there is plenty of parking available.

HOTELS:

The Sisters of St. Birgitta (3 miles from the studio):
4 Runkenhage Road – Darien, CT
On 10 tranquil acres on the Long Island Sound – very meditative – perfect for a retreat
Rtes start at $90 (including breakfast)
Go to: http://www.birgittines-us.com

The Stamford Marriott (3 miles from the studio):
243 Tresser Blvd. - Stamford, CT 06901
Non-smoking hotel with on-site spa and fitness center.
Just 1/2 mile from great restaurants and nightlife in downtown Stamford.
Rates start at $129/night
Check it out at: http://www.marriott.com/hotels/travel/stfct-stamford-marriott-hotel-and-spa/

The Courtyard Marriott (3.5 miles from the studio):
275 Summer Street - Stamford, CT
This hotel IS located in the heart of downtown Stamford.
Rates start at $125/night
Check it out at: http://www.marriott.com/hotels/travel/stfcy-courtyard-stamford-downtown/

The Hyatt Regency Greenwich (5 miles from the studio):
1800 East Putnam Avenue - Old Greenwich, CT
Lovely hotel with lots of amenities.
Rates start at $169/night
Go to: http://www.greenwich.hyatt.com

The Homestead Inn (9 miles from the studio):
420 Field Point Road - Greenwich, CT
A luxury hotel with tons of charm.
Rates start at $250/night - Go to: http://www.homesteadinn.com

The Inn at National Hall (9 miles from the studio):
2 Post Road West - Westport, CT
This place is super luxurious!
Rates start at $325/night
Read more: http://www.innatnationalhall.com

DINING OPTIONS

Casual Dining options for lunch are available in our shopping plaza:
Palmers Market - High quality and has lots of excellent choices.
Darien Donut - good for coffee, pastry and snacks during the day.
Heights Pizza - pizza, salads, Italian deli type foods

Dining in Darien/near:
Rowayton Seafood – delicious seafood – located on the water
Rowayton Market – great for lunch/take out – tables out back – located on the water
Aux Delices – French Style Café/Take Out
Coromandal – Voted "Best" Indian restaurant in the area
Tenga – Sushi and Asian Fusion
Chings Table – Sushi and Asian Fusion

Dining near hotels in Stamford:
Please note – Downtown Stamford is a hub of restaurants. It also has 2 movie theaters and a mall
There are many other restaurant choices – these are just a few of our favorites
Napa & Co - is in the Courtyard Marriott - check it out at: www.napaandcompany.com
Mona Lisa - http://www.monalisarestaurant.com
Chez Jean Pierre - http://www.chezjeanpierre.com
Sienna - http://www.sienaristorante.net
Eso – Greek – very reasonable
Kotobuki - http://www.kotobukijapaneserestaurant.com

Coffee/Tea in the AM:
There are Starbucks in all of the towns plus Darien Donut in located in our plaza