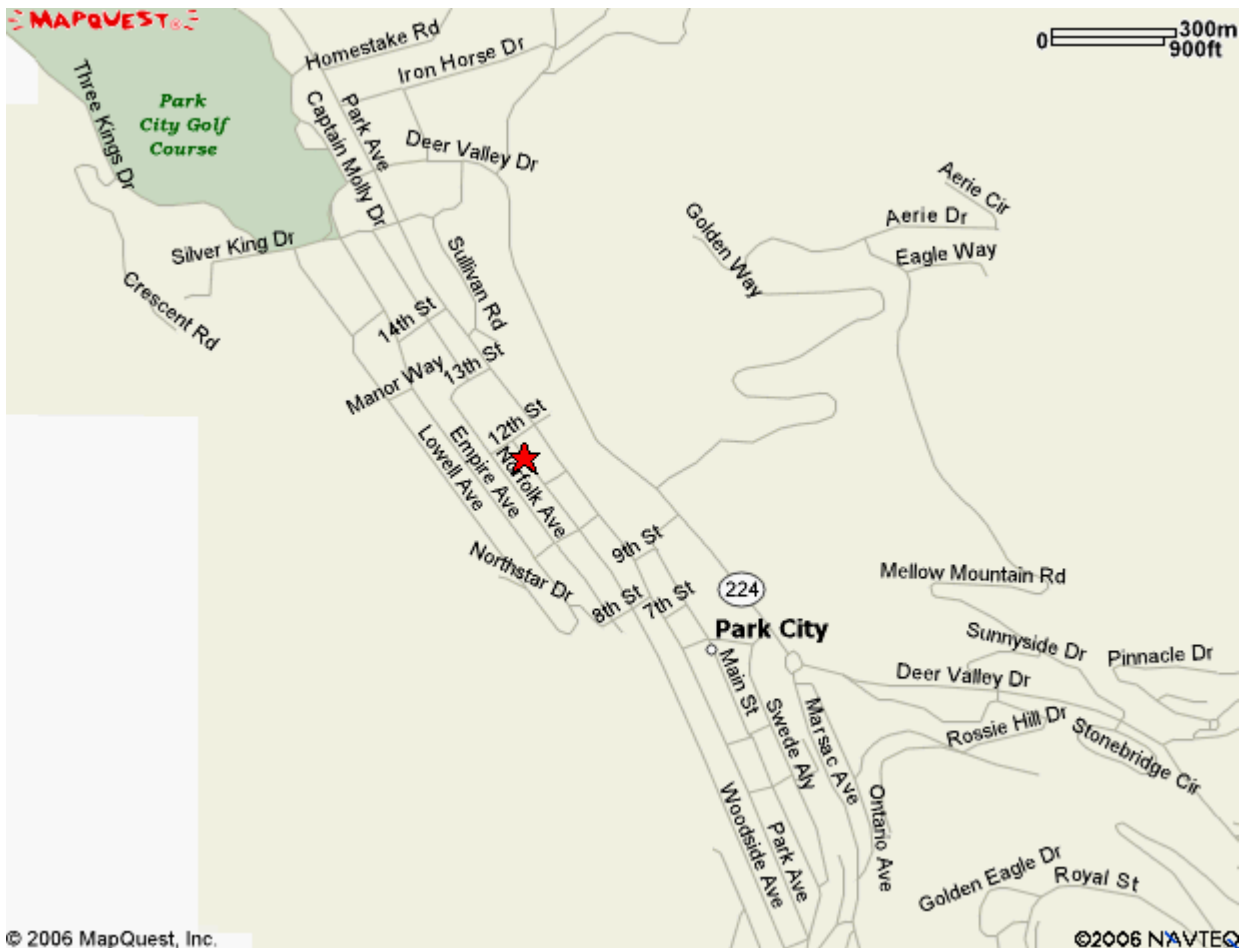
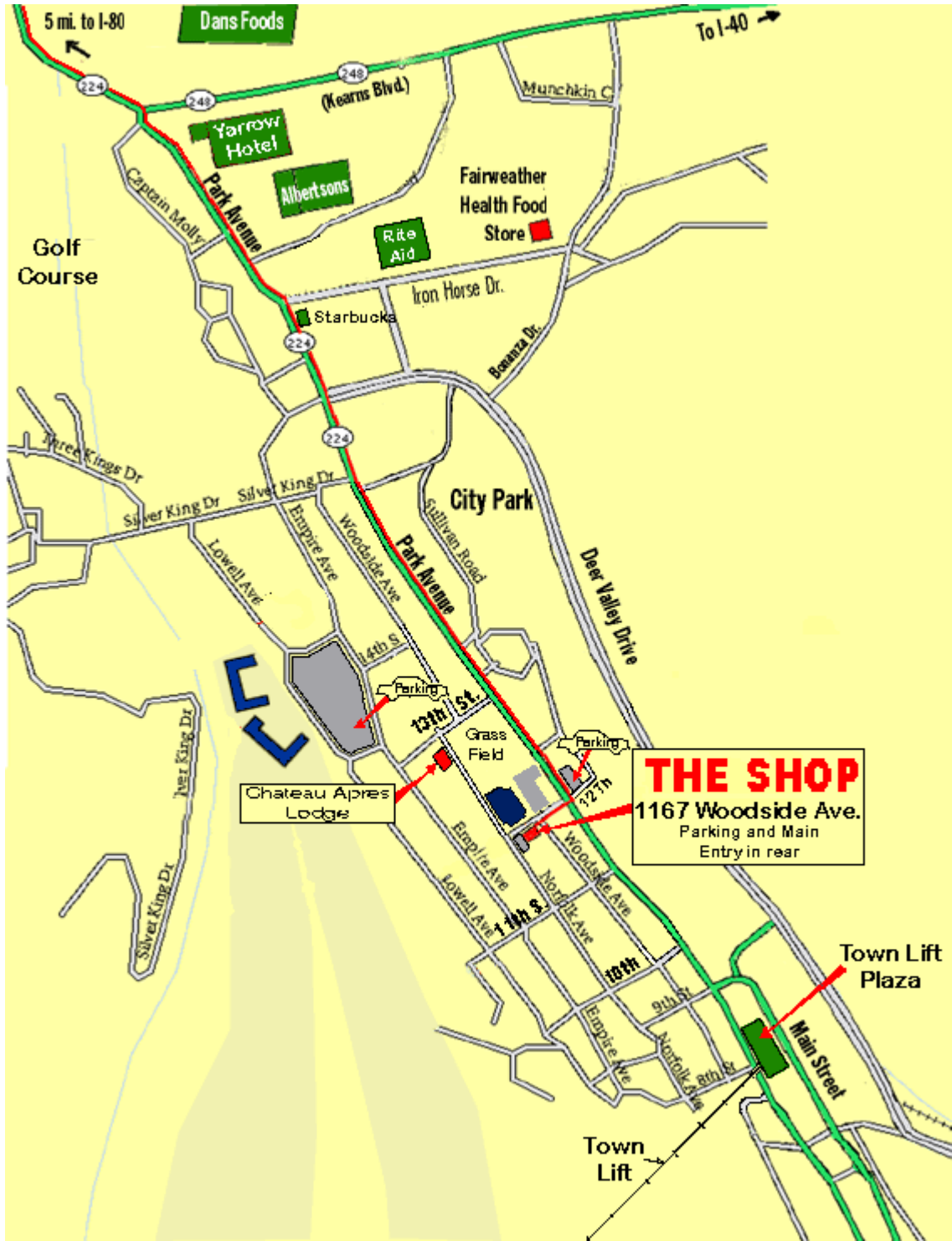


Park City, Utah 2008 Weekend Workshop With John Friend Travel Logistics

Venue Location: **THE SHOP Yoga Studio**

1167 Woodside Avenue
Park City, Utah 84060
(On Woodside between 11th and 12th Street)
1.435.649.9339
www.parkcityyoga.com





Links to other helpful maps and sites:

<http://www.parkcity.org/img/onlineservices/ParkCityVicinity.pdf> - City map

http://www.parkcity.org/img/onlineservices/PCMC_Summer_Bus_4_06.pdf - Transit system map

<http://www.parcityinfo.com> – for travel and lodging information

<http://www.parkcityyoga.com>

Venue Parking:

There is limited parking available at THE SHOP. You will find adjacent parking along 12th Street and ample parking next door to THE SHOP at the library. Additional parking can be found across Park Avenue and City Park.

Transportation:

The closest airport is Salt Lake International. It is approximately 40 minutes driving from the airport to THE SHOP.

Airport Transportation

For those of you flying in and staying in the Old Town/historic district area, you may want to forego renting a vehicle. Park City provides a convenient, free shuttle system that can take you pretty much wherever you need to go in the historic district, including stops at all three mountain resorts.

For your convenience, the following are the two most reliable airport shuttle services you can contact for transportation to Park City from the Salt Lake International Airport:

Park City Transportation

\$35-one way \$64 r/t

Please book 24 hours in advance

1-800-649-8567

www.parkcitytransportation.com

All Resort Express

\$37.00 each way

1-800-457-9457

www.allresort.com

If renting a car:

Directions from Salt Lake International Airport to THE SHOP Yoga Studio:

1: Start out going SOUTH on N 3700 W.

0.2 miles [Map](#)



2: Turn SLIGHT RIGHT.

0.1 miles [Map](#)



3: Turn SLIGHT RIGHT.

0.6 miles [Map](#)



4: Turn RIGHT toward AIRPORT EXIT.

0.4 miles [Map](#)



5: Merge onto I-80 E toward OGDEN / PROVO.

6.7 miles [Map](#)



6: Merge onto I-80 E via EXIT 304 toward CHEYENNE.

21.6 miles [Map](#)



7: Take the UT-224 S exit- EXIT 145- toward KIMBALL JCT. / PARK CITY.

0.5 miles [Map](#)



8: Merge onto UT-224 toward KIMBALL JCT / PARK CITY.

5.8 miles [Map](#)



9: Stay STRAIGHT to go onto PARK AVE.

0.4 miles [Map](#)



10: Turn RIGHT onto 12TH ST.

<0.1 miles [Map](#)



11: Turn LEFT onto WOODSIDE AVE.

<0.1 miles [Map](#)



12: End at **1167 Woodside Ave**
Park City, UT US

[Map](#)

Total Est. Time: 43 minutes **Total Est. Distance:** 36.99 miles

Rental Agencies

Alamo	(800)327-9633
Avis	(800)331-1212

<u>Budget</u>	(800)527-0700
<u>Dollar</u>	(800)800-4000
<u>Enterprise</u>	(800)867-4595
<u>Hertz</u>	(800)654-3131
<u>National</u>	(800)227-7368

Accommodations:

You will find a list of accommodations below. All listed are in Old Town and on the free bus rail that runs throughout Park City. They are all also within walking distance to THE SHOP.

We recommend **David Holland's Resort Properties** (888-727-5248). www.davidhollands.com
 Ask specifically for Park Station or Towne Pointe condos. We have special rates on several room types. All are on a first come, first serve basis, so book early. Please mention you are with the Anusara Yoga Group for these rates.

Please find the rental form attached to the Park City Events page on www.anusara.com.
 Fax request form included in the attached document to (435)645-9132, or call (435)655-3315, for reservations.

Park Station Condominium Hotel – 950 Park Avenue

2 Bedrooms/2 Bath \$143.00/night
 3 Bedrooms/2 Bath \$182.00

Town Pointe Condominiums – 1000 Park Avenue

3 Bedroom Spa/3 Bath \$252.00

Amenities Key - *Varies Per Unit. If the asterisk (*) comes at the beginning of the amenities list, all amenities listed vary per unit. If it is behind only one code, it varies for just that amenity.			
P = Pool	HT = Hot Tub	CT = Cable TV	CF = Conference Facilities
S = Sauna	FF = Fitness Facility	FP = Fireplace	DM = Daily Maid Service
R = Restaurant on Premises	RS = Room Service	HA = Handicapped Access	NS = Non-Smoking Units
C = Concierge Services	LF = Laundry Facilities	SK = Ski-In / Ski-Out	HI = In Room High Speed Internet Access
	V = VCR	D = DVD	

Hotels/Hotel-condominiums within walking distance to THE SHOP

All Other Accommodations -within walking OR Park City shuttle distance:

Empire House – 877-275-0801

<http://www.jupiterpeaklodging.com/empire/>

1-2 bedroom condos

\$100 +

Beautifully appointed condos directly across the street from Park City Mountain Resort and free city shuttle. Wireless Internet.

Blue Church Lodge and Townhouses – 435-649-8009 / 800-626-5467

<http://www.thebluechurchlodge.com/>

1-4 bedroom condos

\$120+

Quaint, cozy condos with an antique, country charm. Indoor and outdoor spa.

Caledonian Town Lift & Lodge – 435-658-2275 / 800-545-7669

http://www.townliftparkcity.com/resort.php/TOWN_LIFT/OVERVIEW

Hotel & Deluxe condos with living area, full kitchen, access to free shuttle.

\$120+

Carriage House Condos – 435-615-4600 / 888-SKI-EASY

www.allseasonsresortlodging.com

Condos in the heart of Park City, access to free shuttle.

\$85+

Alpenhof Condos – 877-881-2466

www.alpenhofcondos.com

One – three bedroom condos.

\$90+

Marriott's Summit Watch at Park City - 435-647-4100 / 800-845-5279

www.vacationclub.com

Studio, one and two bedroom condos.

\$140+

Park City Marriott – 435-649-2900 / 800- SKI-EASY

www.parkcitymarriott.com

Deluxe conference hotel with pool, restaurant, amenities.

\$119+

Radisson Inn Park City – 435-649-5000 / 800-649-5012

www.radisson.com/parkcityut

Full service hotel

\$119+

For additional lodging options, maps and other Park City information please visit www.parkcityinfo.com.

For information on **THE SHOP** Yoga Studio please visit www.parkcityyoga.com

For further information about THE SHOP or locating a roommate, please visit www.parkcityyoga.com.

Restaurants and Groceries:

There is a wide range of restaurants available for all tastes and price ranges. A full listing can be found at the following link:

<http://www.parkcityinfo.com/dining/restaurant/>

Whole Foods (Formerly Wild Oats) (435)575-0200, 1748 Redstone Center Drive (At Kimball Junction, where 1-80 meets the exit for Park City)

Fairweather Natural (435)649-4561, 1270 Iron Horse Drive (Free Park City bus stops here)

Weather & Clothing:

Park City generally enjoys a warm, dry high desert climate. You can expect average daytime temperatures from 70-low 80s. The temperature will drop quickly at sunset, with temperatures in the low 50s at night.

Bring layers.

What to Bring : Props

THE SHOP has a limited supply of black rubber mats, blocks, straps and blankets; however, you are encouraged to bring your own mat for practice. If you do need to use equipment, it will be on a first come, first serve basis. Here's a quick list of items you may want to pack and bring along for the event:

- Yoga mat
- Straps, blocks
- Meditation cushion or blanket
- Notebook
- Water bottle
- Face towel
- Sunscreen/hat

- Snacks to munch on during the day

THE SHOP has two restrooms, a shower, and a nice outdoor area for lounging between classes.