

## **STUDIO YOGA**

**Train** – there are now 2 choices:

1. Direct train from Penn Station NY to Madison
2. Path train to Hoboken NJ. Then take a New Jersey Transit train to Madison.

Studio YOGA Madison is one block from the train station.

When you come off of the train you will be on Lincoln Place. Turn left and go to the end of the block.

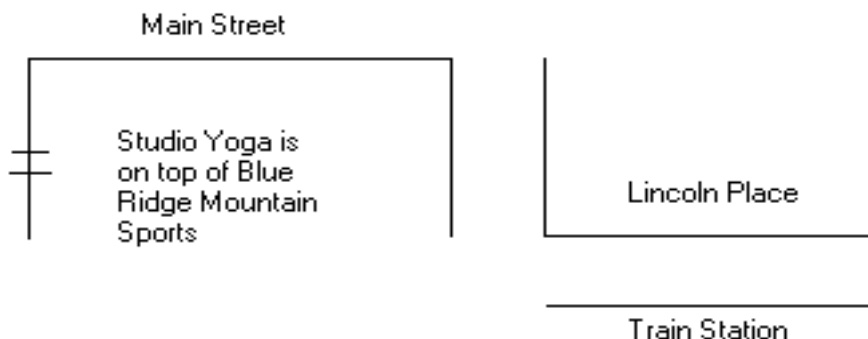
This will be Waverly Place. Cross Waverly Place and when you get to the other side turn right heading towards Main Street. When you hit Main Street turn left and walk to the end of the block to Green Village Rd. make left onto Green Village Rd. on your left will be a red door #2.

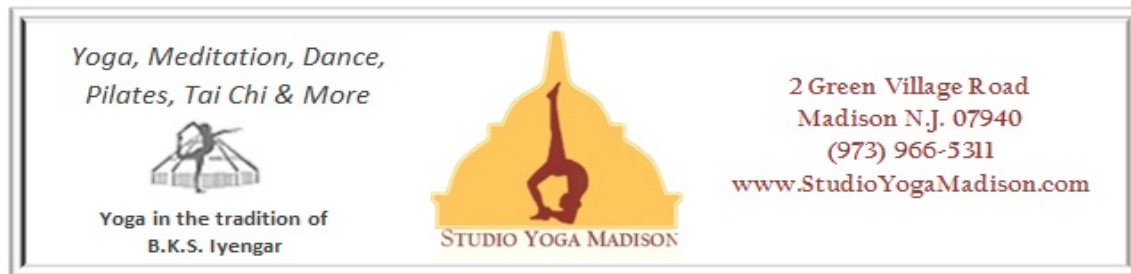
Go in the door and up one flight of steps.

-At the top of the steps turn left to go to the Yoga Office.

-At the top of the steps turn right to go to the Yoga Studio.

The Yoga Studio is on the 3<sup>rd</sup> floor.





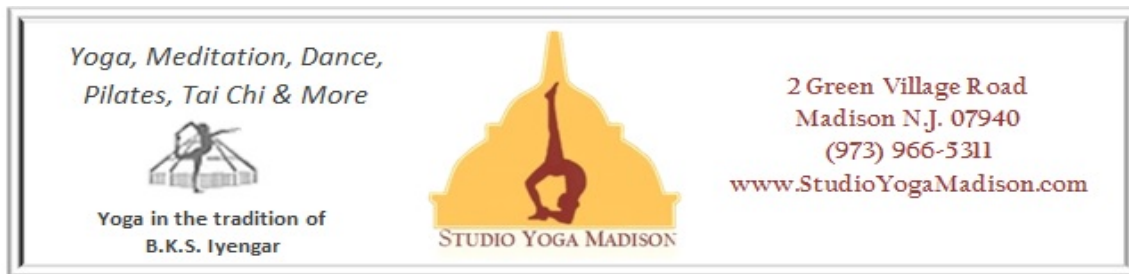
## **Directions to Studio Yoga Madison (from NYC)\*,** **2 Green Village Rd., Suites 215**

**Bus:** Lakeland line from Port Authority. Ask the bus driver to let you off downtown near the corner of Main St. and Green Village Rd.

**Car:** **NJ Turnpike South** to **Exit 14** (Newark Airport and I-78 West). Take **78**, using the right hand lane, to **Exit 48** (Route 24 West-Springfield/Morristown). Take **24** to **Exit 2A** for Madison (510 West, Morristown). Take **510** up a small hill and make a left onto Park Ave. Follow **Park Ave.** 2.5 miles into downtown Madison. Park Ave. blends into **Main St.** Studio Yoga is on the far, right hand corner above Blue Ridge Mountain Sports.

There is parking all around. The best parking is the 4-hour parking upon Green Village Rd. and also on Green St. (one block east). The next best parking is the 2-hour spaces on Kings Road along the railroad line. Parking rules are not enforced on Sunday and Green Village Rd. is full of churchgoers.

\* From **287 North** or **South**, take **Exit 37** (Springfield) onto Route **24**. Then follow the directions above.



## **Directions to Studio Yoga Madison (from Newark Airport)\*,**

1. Head northeast on Departures/Terminal B toward Express Rd  
Continue to follow Terminal B 0.3 mi
2. Continue onto Express Rd 0.3 mi
3. Slight right 0.2 mi
4. Keep right at the fork, follow signs for Turnpike N/I-78/I-95/New York/Garden State Pkwy 0.6 mi
5. Continue straight 0.4 mi
6. Slight left 0.4 mi
7. Take the ramp onto I-78 W 8.1 mi
8. Take exit 48 to merge onto NJ-24 W toward I-287/Springfield/Morristown 3.1 mi
9. Take exit 7 B-A for New Jersey 124 toward River Road/summit/chatham 0.1 mi
10. Merge onto Morris Turnpike 0.1 mi
11. Take the New Jersey 24 E ramp 0.2 mi
12. Keep right at the fork, follow signs for NJ-124 W/Madison and merge onto NJ-124 W/Main St/Morris Turnpike Continue to follow NJ-124 W/Main St Destination will be on the left 2.9 mi

16.8 mi (about 24 mins)