

Garden of the Heart Yoga Center

Directions, Hotels and Restaurants

DIRECTIONS

From I-75 take Fruitville Road (exit #210) east. Pass the Fruitville Public Library on your right, and turn right at the light, onto Coburn Rd. Follow as it winds around and becomes Apex Rd. At the stop sign, cross Palmer Blvd. The Yoga Center is the first building on the left, next to the pond. It is on the corner of Apex Road and Edgar Place, facing Apex. Park in the Florikan West lot diagonally across the street, or in front of the yoga center if there is space.

HOTELS

AmericInn Hotel and Suites

I-75 Exit 210 (Fruitville Road)

5931 Fruitville Road
Sarasota, FL 34232

Phone (941) 342-8778
Fax (941) 342-8668
Res. 1-(800) 716-3924
americinn@home.com
www.floridatravelnet.com

2.4 Miles from Yoga Center
In-Season \$129, Off-Season \$79

Holiday Inn Lakewood Ranch

I-75 Exit 213 (University Parkway)

6231 Lake Osprey Drive
Sarasota, FL 34240

Phone (941) 782-4400
Fax (941) 782-4401
Res. 1-(866) 782-4401

6.1 Miles from Yoga Center
In-Season \$109, Off-Season \$79
hilakewr6@hotmail.com

Comfort Suites

I-75 Exit 213 (University Parkway)

8470 Tourist Center Drive
University Park, FL 34201

Phone (941) 360-2626
Fax (941) 360-1876
Res. 1-(800) 4CHOICE
www.choicehotels.com

5.7 Miles from Yoga Center
In-Season \$119, Off-Season \$79

Helmsley Sandcastle

I-75 Exit 210 (Fruitville Road)

1540 Ben Franklin Drive
Sarasota, FL 34236

Phone (941) 388-2181
Fax (941) 388-2655
Res. 1-(800) 225-2181
www.helmsleyhotels.com

11.5 Miles from Yoga Center, beachfront on
the Gulf of Mexico (20 to 30 minute drive)
In-Season \$169, Off-Season \$99

Hampton Inn

I-75 Exit 207 (Bee Ridge Road)

5995 Cattlemen Road
Sarasota, FL 34232

Phone (941) 371-1900
Fax (941) 371-0241
Res. 1-(800) HAMPTON
Hamptoninn@floridatravelnet.com

2.6 Miles from Yoga Center
In-Season \$129, Off-Season \$89

Fairfield Inn & Suites

I-75 Exit 213 (University Parkway)

6105 Exchange Way
Bradenton, FL 34202

Phone (941) 552-4000
Fax (941) 552-4001
Res. 1-(800) 228-2800
Fairlkwdr@msn.com

6.0 Miles from Yoga Center
In Season \$99, Off Season \$69

RESTAURANTS

1. The Granary Tel. 365-3700. 1279 Beneva Road. Intersection of Bahia Vista Street and Beneva Road. A health food store with prepared foods. A favorite with the Yoga Center staff.

Directions: Follow Bahia Vista Street west to the intersection of Beneva Road. The Granary is on the southwest corner of the intersection in a shopping center.

2. Bangkok Restaurant Tel. 922-0703. 4791 Swift Road. Excellent Thai cuisine. Where the Yoga Center folks go to celebrate.

Directions: Take Bee Ridge Road, Bahia Vista Street, or Fruitville Road west to Tuttle Ave. Turn south on Tuttle. Tuttle becomes Swift. Look for restaurant on the left.

3. Mad Fish Grill Tel. 377-3474. 4059 Cattleman Road. Cute little seafood restaurant with moderate prices. Close to the Yoga Center.

Directions: Leaving the Yoga Center, turn right on Apex to Palmer. Left on Palmer to Cattlemen Road. Left on Cattlemen. Cross over Bee Ridge Road and find the restaurant about a block down on the left.

4. Don Pablo's Mexican Restaurant Tel. 378-2262. 5911 Fruitville Road. Local edition of the national chain. Close to the Yoga Center.

Directions: Leaving the Yoga Center, turn right on Apex. Apex becomes Coburn Road. At the traffic light turn left on Fruitville. Just past I-75 look for Don Pablo's on the right.

5. Chutney's Tel. 954-4444. 1944 Hillview Street. Highly rated Greek, Middle Eastern, and Indian food.

Directions: Leaving the Yoga Center, turn right on Apex, left on Palmer, left on Cattlemen, and then right on Bahia Vista. Follow Bahia Vista 5 or 6 miles to Tamiami Trail (U.S. 41). Left on Tamiami Trail a few blocks to Hillview. Right on Hillview and look for the restaurant a block or two down on the left.

6. Tandoor Indian Restaurant Tel. 926-3077. 3440 Clark Road. Complement your yoga with genuine Indian cuisine. "The Vegetarian Specialists".

Directions: Take I-75 South to Clark Road Exit (One exit south of the Bee Ridge Exit). Bear right and follow Clark west to 3440.

7. Natures Way Cafe Tel. 954-3131. 1572 Main Street. "The Healthy Alternative" for breakfast and lunch in Sarasota's wonderful and funky downtown.

Directions: West on Fruitville Road 5 or 6 miles to Washington Street (U.S. 301). Left on Washington one block to right on Main Street.

8. Tommy Bahamas Tel. 388-2888. 300 John Ringling Boulevard. A chance to see the resort side of Sarasota on St. Armands Circle just a block from the Gulf. Exotic Floribbean cuisine and live "island" music. World class shopping surrounds.

Directions: West on Fruitville Road until it dead-ends at the Tamiami Trail (U.S. 41). Left on Tamiami, then a quick right on Gulfstream Ave. Stay straight over the Sarasota Bay bridges to St. Armands Circle. Follow the Lido Beach signs halfway around the circle and find Tommy Bahamas a block down on the left.