

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 \$119, Off-Season \$84

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 \$135, Off-Season \$109
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 \$145, Off-Season \$125

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 \$209, Off-Season \$149

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 \$159, Off-Season \$115

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 \$159, Off Season \$124

RESTAURANTS

The Granary 941-365-3700 1279 Beneva Rd. A health food store with prepared foods. A favorite with the Yoga Center staff. Directions: Follow Bahia Vista St west to the intersection of Beneva Rd. The Granary is on the southwest corner of the intersection in a shopping center.

Bangkok Restaurant 941-922-0703 4792 Swift Rd. Excellent Thai cuisine. Where the Yoga Center folks go to celebrate. Directions: Take Bee Ridge Rd, Bahia Vista St or Fruitville Rd west to Tuttle Ave. Turn south on Tuttle. Tuttle becomes Swift. Look for restaurant on the left.

Mad Fish Grill 941-377-3474 4059 Cattleman Rd Cute little seafood restaurant with moderate prices. Close to the Yoga Center. Directions: Leaving the Yoga Center, turn right on Apex to Palmer Blvd Left on Palmer to Cattlemen Rd. Left on Cattlemen. Cross over Bee Ridge Rd and find the restaurant about a block down on the left.

Café Du Monde 941-355-1114 511 N. Tamiami Trail Owned and Operated by one of our longtime yoga students. Open for breakfast and lunch, closed on Mondays. Directions: Follow Fruitville Rd. west to US41/ Tamiami Trail. Turn north. Restaurant is located 1 block south of the Ringling Museum on the corner of Mecca and 41 next to Rico's Pizza.

Whole Foods 941-955-8500 1451 First St. A natural and organic foods market and large deli where you can eat inside or out. From Fruitville Rd. go west about 5 miles. Turn left on Lemon Ave. Whole Foods is located between 1st and 2nd streets in the heart of downtown Sarasota.

Chutney's 941-954-4444 1944 Hillview St. 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 about 5 miles to Tamiami Trail (US41). Left on Tamiami Tr, right on Hillview. Restaurant is on the left.

Fresh Market 941-355-0417 5251 University Parkway This store conveys the atmosphere of an old world European market, all under one roof. You will find many prepared foods for take out. Directions: From the yoga center go 1 exit north on I75. Follow University Parkway 1.2 miles west and you will find the Kohl's shopping center on your right.

The Serving Spoon 941-907-9101 8215 Lakewood Ranch Blvd Long time server of breakfast and lunch to Sarasota locals. Directions: From the yoga center go 1 exit north on I75. Follow University Parkway east; turn left on Lakewood Ranch Blvd. Turn left into shopping center. Restaurant located near the end by Chili's.

The Broken Egg 941-388-6898 6115 Exchange Way Since 1984 serving breakfast and lunch to beach goers on Siesta Key. Now at their 2nd location in Lakewood Ranch. Directions: From the yoga center go 1 exit north on I75. Follow University Parkway east; turn left on Lakewood Ranch Blvd. Turn left into shopping center. Restaurant located near the end by Chili's.

First Watch 941-907-9800 9027 Town Center Pkwy Known for their fresh ingredients serving breakfast and lunch. Directions: From the yoga center go 1 exit north on I75; follow University Parkway east turn left on Lakewood Ranch Blvd. Turn left into shopping center. Restaurant will be to the left of rotary in shopping center.

Miss JC Garden 941-907-2169 8310 Market St A health conscious Asian Cuisine restaurant. Directions: From the yoga center go 1 exit north on I75. Follow University Parkway east, turn left on Lakewood Ranch Blvd then left into shopping center. Restaurant will be to the left of rotary in shopping center.

Bone Fish Grill 941-360-3171 8101 Cooper Creek Blvd A fresh fish seafood restaurant open for dinner only. Directions: From the yoga center go 1 exit north on I75. Go west 1 light; turn left on Cooper Creek Blvd. Turn right into mall restaurant will be on your right.

Lee Roy Selmon's 941-360-3287 8253 Cooper Creek Blvd A barbeque restaurant that serves wonderful salads and seafood dishes. Directions: From the yoga center go I exit north on I75. Go west I light, turn left on Cooper Creek Blvd., turn right into mall restaurant will be to your left.

Daruma Japanese Steak House and Sushi Lounge 941-342-6600 5459 Fruitville Rd. Traditional dining, Teppan Style and Sushi in a beautiful peaceful setting. Directions: Go west on Fruitville Rd. Turn right into The Crossings Shopping center and restaurant is straight ahead.

Tandoor Indian Restaurant 941-926-3077 3440 Clark Rd "The Vegetarian Specialists" Directions: From the yoga center take I75 South to Clark Rd exit (two exits south of Fruitville Rd) follow Clark Rd west to Beneva Rd and turn left then right into shopping center.

Tommy Bahamas 941-388-2888 300 John Ringling Blvd. Exotic Floribbean cuisine at St. Armands Circle on Lido Key. Directions: West on Fruitville Rd until it dead-ends at Tamiami Trail (US 41). Left on Tamiami, then a quick right on Gulfstream Ave. Stay straight over the Sarasota Bay bridge to St. Armands Circle. Follow the Lido Beach signs halfway around the circle and find the restaurant a block down on the left.

Vibe Cuisine 941-377-6209 4428 Bee Ridge Rd. Formally Veggie Magic using only organic ingredients, serving delicious and healthy gourmet creations including raw foods and smoothies. Directions: Leaving the Yoga Center turn right on Apex, left on Palmer Blvd., left on Cattlemen Rd, right on Bee Ridge Rd 1.8 miles on SE corner in shopping center at McIntosh and Bee Ridge.

Libby's Café & Bar 941-487-7300 1917 South Osprey Showcasing locally grown produce and indigenous ingredients. Directions: Leaving the Yoga Center turn right on Apex, left on Palmer, left on Cattlemen and then right on Bahia Vista. Follow Bahia Vista about 5 miles to Tamiami Trail (US41). Left on Tamiami Tr, right on Hillview, Left on South Osprey Ave. Restaurant is on the left.

Lonjevity Superfood Fusion Café 941-366-3139 1737 S Tamiami Trail/ US 41 Experience the health benefits of superfoods expertly crafted into culinary masterpieces. Directions: Leaving the Yoga Center turn right on Apex, left on Palmer, left on Cattlemen and then right on Bahia Vista. Follow Bahia Vista about 5 miles to Tamiami Trail (US41) left on Tamiami Tr. Restaurant is across the street from the hospital on the left.