



Travel Logistics

Travel Logistics for 2019-2020 Ashaya Yoga® In-Depth Study/200-Hour Teacher Training
Boston University-Tanglewood Institute
45 West Street
Lenox, MA 01240

Click [HERE](#) to return to the Ashaya Yoga website.

Accommodations

Days Inn

194 Pittsfield Rd
Lenox, MA 01240
413-637-3560
www.daysinn.com

\$59 (+tax) per night: September 24-29, 2019 and May 12-17, 2020

\$49 (+tax) per night: December 3-8, 2019 and March 3-8, 2020

To reserve a room, call the hotel directly at least 7 days prior to the start date of the program.
48 hour cancellation policy.
Mention that you are with Todd Norian.

Rooms have two double beds, hair dryer, microwave, refrigerator, iron and ironing board, free wi-fi, all local calls are free, all channels and HBO. Continental breakfast from 7-10 a.m., and consists of bagels, muffins, assorted oatmeal, waffle iron, cereal, tea, juice, coffee. You may share a room to bring the cost down. Please request a roommate at Days Inn upon registering. Laura, the Days Inn manager will do her best to find you a roommate, but there are no guarantees. We recommend reserving a room on the backside of the inn away from the road for more quiet.

Shakespeare & Company

70 Kemble St
Lenox, MA 01240

413-637-1199

Contact for booking: Brittney Holland, Company Manager, reached at: comgr@shakespeare.org

\$40 per night (no additional tax or fees) for one person; \$20 additional per night for a second person in a room. Payment is accepted in advance, and payment by check is preferred.

To reserve a room, contact Company Manager (see above)
Mention you are with Todd Norian's group.

Shakespeare & Company has 5 spaces available for each of the four weeks of this training. These are 5 private rooms in one apartment with living room, kitchen, and 2 baths shared among the five. A second person in a room is also possible. Shakespeare & Company will provide housekeeping before each module, but no daily service; basic television and wi-fi; linens, and basic kitchen equipment. You would need to bring your own towels, toiletries, and groceries. These accommodations are sparse yet inexpensive, and the location is convenient to the training site.

Apple Tree Inn Lodge

10 Richmond Mountain Rd

Lenox, MA 01240

413-637-1477

www.appletree-inn.com

20% discount.

To reserve a room, call the Inn directly.

Mention you are with Ashaya Yoga (Todd Norian).

Rooms may not be available during the week of September 24-29, 2019, due to a wedding. However, there is good availability for the other three weeks of the training.

The lodge is a motel-style building that was built in the 1960's. It has 21 rooms with either 2 double, 1 king, or 1 queen bed(s). All rooms have private baths, TV, and wireless internet. Some rooms have views of the mountains. Coffee maker in lodge lobby, continental breakfast included,, ala carte menu, hairdryer, iron, ironing board.

Brook Farm Inn

15 Hawthorne St

Lenox, MA 01240

413-637-3013

www.brookfarm.com

10% discount on the following rates:

\$189, \$229, \$289 (+tax) per night: September 24-29, 2019
\$179, \$229, \$269 (+tax) per night: Modules 2, 3, 4
Rates subject to availability.

To reserve a room, call the Inn directly.
Mention you are with Todd Norian.

Brook Farm Inn has 15 rooms, several of which are perfect for single occupancy (Cameo, Garden View, Sweet Dreams, Cozy Hideaway, Gilded Age, and Berkshire). Other rooms can accommodate two persons, each in a separate bed. King beds are available in two rooms on the second floor. The library and its extensive poetry collection and the living room are always open for guests and the guest pantry has two refrigerators, an ice machine, and a Keurig machine.

Other Hotels & Motels in the Area:

Howard Johnson Express Inn

462 Pittsfield Rd
Lenox, MA 01240
413-442-4000
www.howardjohnson.com

Hampton Inn & Suites

445 Pittsfield Rd
Lenox, MA 01240
413-499-1111
www.hamptoninn.hilton.com

Yankee Inn

461 Pittsfield Rd
Lenox, MA 01240
413-499-3700
www.yankeeinn.com

Air B&Bs:

Most of the Air B&Bs in the following locations would be within a 20 to 45 minute drive to the training site:

Lenox, Pittsfield, Stockbridge, West Stockbridge, Housatonic, Lee, Great Barrington

Meals

There are many restaurants, a health food store, and a few grocery stores within walking distance or a short drive from the program venue. A list of local restaurants and grocery stores will be available for you at registration.

Travel

Albany International Airport in Albany, NY (60 minutes to Lenox)

Car Services:

- Royale Limousine, 137 Lark St., Albany, NY 12210. Ph: 518-286-4444 | F: 518-426-4609
www.albanycarservice.com
Approximately \$172.50 for an executive sedan seating up to 3 or 4 persons & a few bags
Approximately \$224.25 for a 6 passenger SUV or an 11 passenger Sprinter van.
These One-Way rates are all inclusive of tax and gratuity.
- Tobi's Limousine:
Tobi's Limo Service
ellenlanciano@gmail.com
www.tobislimo.com
413-637-1224
Group shuttles available
Ride shares encouraged
- **Uber or Lyft:** Use the app on your smart phone

Bradley International Airport in Hartford, CT (90 minutes to Lenox)

Car Services:

- Tobi's Limousine: (See above information)
- Lindsey Limousine
info@lindseylimo.com
www.LindseyLimo.com
877-278-5466
One Way all inclusive rate for a sedan from Bradley Airport to Lenox: \$237.60.
- **Uber or Lyft:** (use the app on your smart phone)

If you are interested in carpooling or splitting a limo, contact Stephanie at the Ashaya Office: info@ashayayoga.com or 413-232-7839 after you've made your flight reservations (or before) and she will put you in touch with other participants seeking to share a ride.