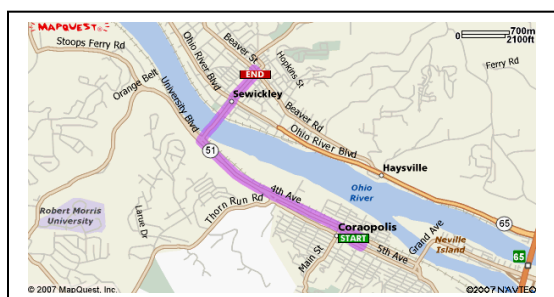


Workshop Information

Restaurants located near Three Rivers Yoga:

Walking Distance – There is a pizza shop on the 1st Floor, Anthony Jr's Pizza on Fifth Avenue across from the municipal parking lot. They offer salads, pizza, or pasta. There is also Cash Market Grocery store where you can purchase yogurt, fruit, etc through the parking lot across from McDonalds on Fourth Avenue . There is a sandwich shop on Fifth Avenue a few doors down from the pizza shop, and a Chinese takeout a block down to the left of the studio.

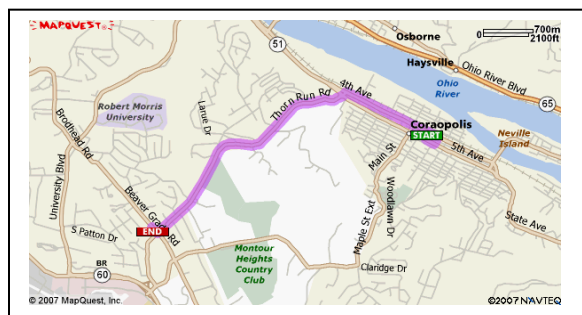
Sewickley – Located across the river driving west toward Route 51. About 7 minutes and 2.75 miles.



- 1) Take first left from Fifth Avenue to get to Fourth Avenue leading out of town.
- 2) Follow Fourth Avenue and go straight onto Route 51. Stay in left hand lane to go over Sewickley Bridge.
- 3) Go through light at end of bridge and follow straight into the town of Sewickley. (2 lights)
- 4) Main street is Beaver Street.

You can park in the municipal lot or on street parking and walk to Starbucks, Little Athens, Pizza Roma, Monte Cellos, Café Des Amis, Sewickley Café, Sweetwater Grill, Naked Grape, or Brueggers Bagels. There are some other local restaurants in addition to those listed.

Moon Township – Located at the top of Thorn Run Road. About 8 minutes. 3.28 miles.



- 1) Take first left from Fifth Avenue to get to Fourth Avenue leading out of town.
- 2) Make left at traffic light at four way intersection leaving town (becomes Route 51) onto Thorn Run Road (steep hill).
- 3) Follow Thorn Run Road to the top of the hill.
- 4) At the light make a right onto Beaver Grade Road, then an immediate left into parking lot.

There is a Brueggers Bagels, Chinese Restaurant, Armstrongs, (pasta, sandwiches, salads, reasonable price) at the top of Thorn Run Road. There is also a homemade ice-cream and yogurt place. If you keep going straight on Beaver Grade Road, instead of turning into the parking lot, you will arrive at a Starbucks at the bottom of the hill at the light (Intersection of Beaver Grade and University Blvd).

Robinson Township (Mall) – If you follow the directions for Moon Township, do not make the right onto Beaver Grade Road. Instead, go through light and follow signs to Route 60 toward Pittsburgh. You will get on the Parkway for a couple of miles toward Pittsburgh, and then you will see The Point and Robinson Town Center. You will find numerous places to eat here, Paneras, Italian, Sandwiches, many choices. About a 20 minute drive.

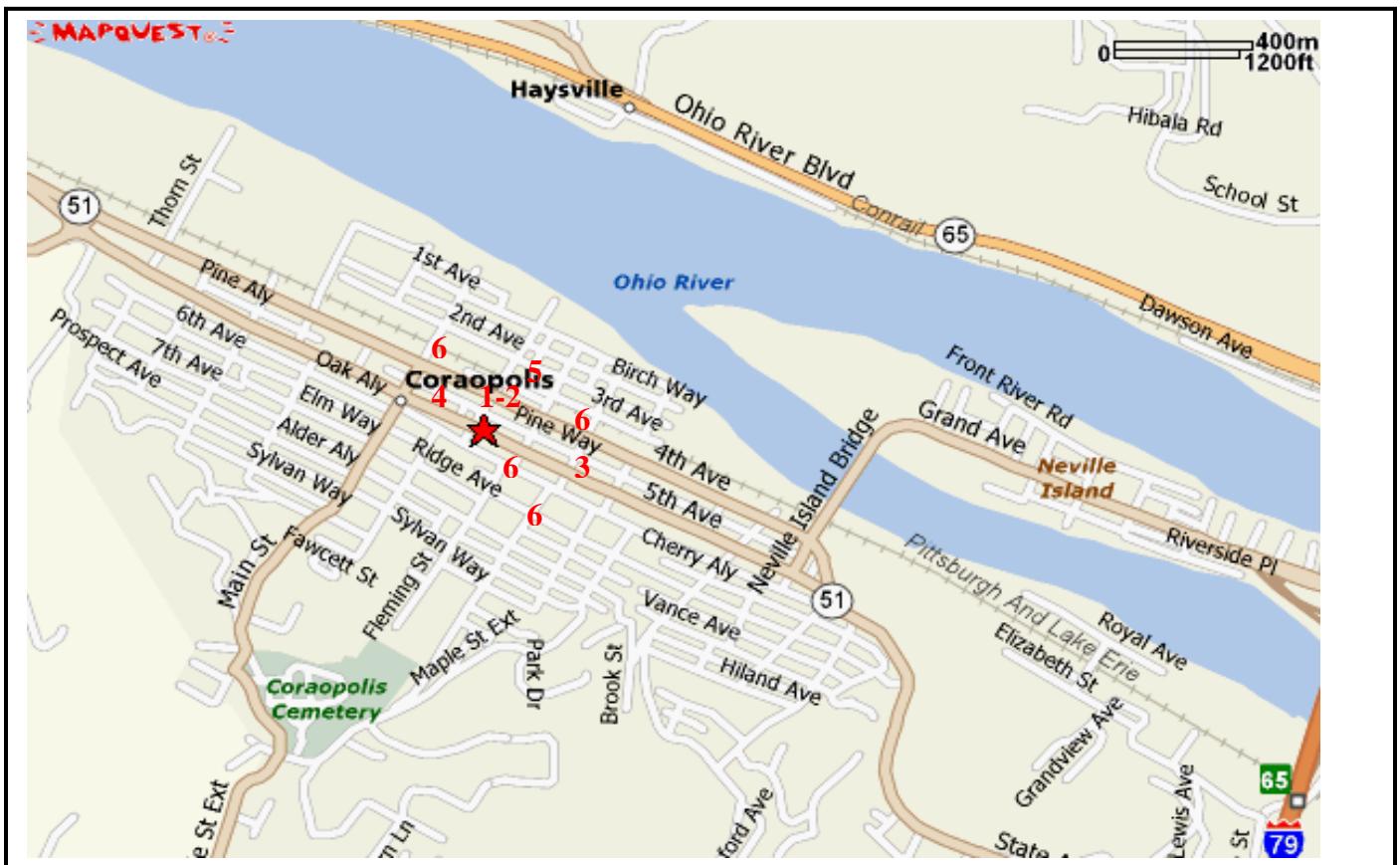
Organic Grocery, Food, Fresh Juice and Smoothies – Giant Eagle Market District, Settlers Ridge Center Drive, Pgh. PA 15205, 412-788-5392 (Keep going straight on 60 toward Pittsburgh. Settlers Park Cabin Exit from Route 60 Parkway, you will see the store on the left hand side. (About 5 minutes from Robinson Town Center Mall)

Parking Options for Workshop_*(Please note the corresponding number on the Map for parking lot location)*

1. There is a municipal parking lot on Fifth Avenue diagonal from the Yoga Studio. Please note that these spots will fill quickly especially on a Friday night when the other businesses will be utilizing the spots.
2. There is some unpaved parking in a small lot right next to the municipal lot on the small side street between McDonalds and the municipal lot.
3. There is a small municipal lot a few blocks down (traveling east out of the town toward Interstate 79) from the studio on Fifth Avenue right before the Rite Aide Drug Store. Make a left onto Mulberry Street into the parking lot.
4. There is another municipal lot located a few blocks down (traveling west into town from Route 51). Some building markers are the Magistrates office and Chips Barber Shop and also an empty building for rent.
5. There may be some spots available in Cash Market on Fourth Avenue across the street from McDonalds.
6. There is on street parking available around the studio on the main street and side streets.

PLEASE NOTE:

- There is quite a bit of activity at the pizza shops and bingo on Friday evening in town which may affect parking. **Please try to arrive a bit early on Friday evening.** Saturday and Sunday should not be a problem.
- The borough does not ticket on the weekends, therefore, you should not have to put any money in the meters.



Fifth Avenue is a **One Way Street** going East toward Interstate 79

Fourth Avenue is a **One Way Street** going West toward Route 51 from Interstate 79

The studio is in the middle of town (McDonalds is on Fourth Avenue, we are across from McDonalds on Fifth Avenue)

THREE RIVERS YOGA
411 Mill Street
Coraopolis, PA 15108
(412) 262-5445
www.threeriversyoga.com

If you are from out of town and have not yet made reservations, this may be helpful. There are hotels in Moon Township and also near Robinson Mall, in fact many in this area. These hotels are near the Organic Grocery (Also prepared Foods, Smoothies, Juices) , The Giant Eagle Market District in Robinson.

We are located about 15 minutes from the Pittsburgh Airport. These hotels are within 10 minutes of the Center. If you need additional information, please do not hesitate to contact us via telephone or e-mail. If you make reservations through an online service, you may be able to get a lesser rate than listed below. There is one upscale listed and one lower end hotel listed at the bottom.

These three hotels are located on the main boulevard (four lane highway) of Coraopolis (Moon Township):

Hampton Inn, 9404 University Blvd, Coraopolis, PA 15108, 264-0020,
Starts at \$99, Continental Breakfast

Holiday Inn, 8256 University Blvd, Coraopolis, PA 15108, (412) 262-3600
Less than 4 miles to the studio. Starts at \$90 (This hotel sets back off of the highway)

La Quinta Inn, 8507 University Blvd, Coraopolis, PA 15108, (412) 269-0400
Less than 4 miles from Three Rivers Yoga, Coraopolis, PA, Starts at \$79

These hotels are located in the town of Moon Township (Coraopolis):

These hotels have a few restaurants within walking distance

Chinese, Bagels, Armstrongs (Italian, Salads, etc), and a homemade IceCream/Yogurt Place :)

Crowne Plaza Hotel, 1160 Thorn Run Road, Coraopolis, PA 15108, (412) 262-2400
Less than 4 miles from Three Rivers Yoga, Coraopolis, PA Starts at \$90

Courtyard by Marriot, 450 Cherrington Parkway, Coraopolis, PA 15108, (412)265-5000
Less than 3 miles from Three Rivers Yoga, Coraopolis, PA. Starts at \$99

Motel 6, 1170 Thorn Run Road, Coraopolis, PA (412) 269-0990
Less than 4 miles from the studio, starts at \$31

Embassy Suites, 550 Cherrington Parkway, Coraopolis, PA 15108 (412) 269-9070
Less than 4 miles from the studio, a more upscale hotel. Starts at \$199

Organic Grocery – Giant Eagle Market District, Settlers Ridge Center Drive, Pgh. PA 15205, 412-788-5392
(About 5 minutes from Robinson Town Center Mall)