



Logistics

Dear Participant,

We would like to take this opportunity to welcome you and congratulate you on your choice to attend an auspicious learning and life-enhancing event with us.

We wish you safe and happy travels to and from here. And we look forward to a wonderful program with you and everyone in your group.

Feel free to contact us if you require any additional information and/or assistance.

Blessings and Namaste,

Your Hosts: Karen Heaven Claffey (Founder-President) and Sylvia Claffey (Vegan-Macrobiotic Chef - Karen's Mom)

PRINT & SAVE - the following pages for important information for your time at our center.

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About Our Center

Heaven on Earth and Integrated Health is situated at the Claffey's beautiful residential retreat center in Stoney Creek "Green Belt" of Hamilton, Ontario, Canada on 2.56 acres of conservation zoned land. We are surrounded by trees and nearby farms, yet minutes from shopping and amenities. You can enjoy the sights and sounds of a great variety of birds, hawks, Canada geese and wild life.

AMENITIES ON-SITE

- Yoga room with radiant-heated floors
- Accommodations and meals (optional/extra)
- Students' kitchen, Dining & Lounge areas
- WIFI

AMENITIES NEARBY

- Hiking: [Bruce Trail](#) [Dofasco Trail](#)
- Golf / Wineries / Shopping
- Restaurants & Health Food Stores (see below)

MATERIALS & PROPS TO BRING

- Bring a pair of slippers or footwear to wear indoors. Wear comfortable clothing.
- You may bring a meditation cushion if you wish for sitting, or use blankets/bolsters provided.
- Bring a water bottle and writing materials for note taking.
- Bring your own yoga-sticky-mat for the morning practices. Props provided: blocks, straps, bolsters and yoga blankets.

Arrival & Departure Times

ARRIVALS

Non-Residential Participants Commuting: arrive at the studio 15 minutes prior to class to allow yourself enough time to get settled, and be ready to start class each morning as scheduled.

Residential Participants: Arrive the day before the program begins between 3:00 and 8:00 PM. If your travel schedule makes it necessary for you to arrive earlier or later than this, please let us know and we will make sure there is someone here to greet and orient you. Allow yourself time to get settled, have a good night's sleep, and be ready to start class the next morning as scheduled.

DEPARTURES

For certification programs, schedule your departure after class on the last day of each module/program. It is necessary to complete the full schedule in order to complete all the hours required for certification.

Travel Information

ARRIVING BY AIR - airports listed in order of proximity to us:

- 20 minutes from Hamilton Airport; 22.4 km/13.91 mi
- 45 minutes from Toronto Airport; 69.7 km/43/30 mi
- 90 minutes from Buffalo, NY; 115 km/71.45 mi

ARRIVING BY BUS: Take the GO train/bus (combo) from Toronto to Stoney Creek: closest GO bus stop is Barton & Nash. Check out GO trains: <http://www.gotransit.com/> From here it is a short 10 minutes taxi ride to our center.

ARRIVING BY TRAIN: Trains from out of town arrive at Toronto Union Station. From Union Station take the GO train/bus (combo) from Toronto to Stoney Creek: closest GO bus stop is Barton & Nash (above). Check out GO trains: <http://www.gotransit.com/>

AIRPORT SHUTTLE SERVICE: There is a shuttle service from Toronto airport for approximately \$87 per person. Contact them directly by phone 905-689-4460 or at: <http://www.airwaystransit.com>

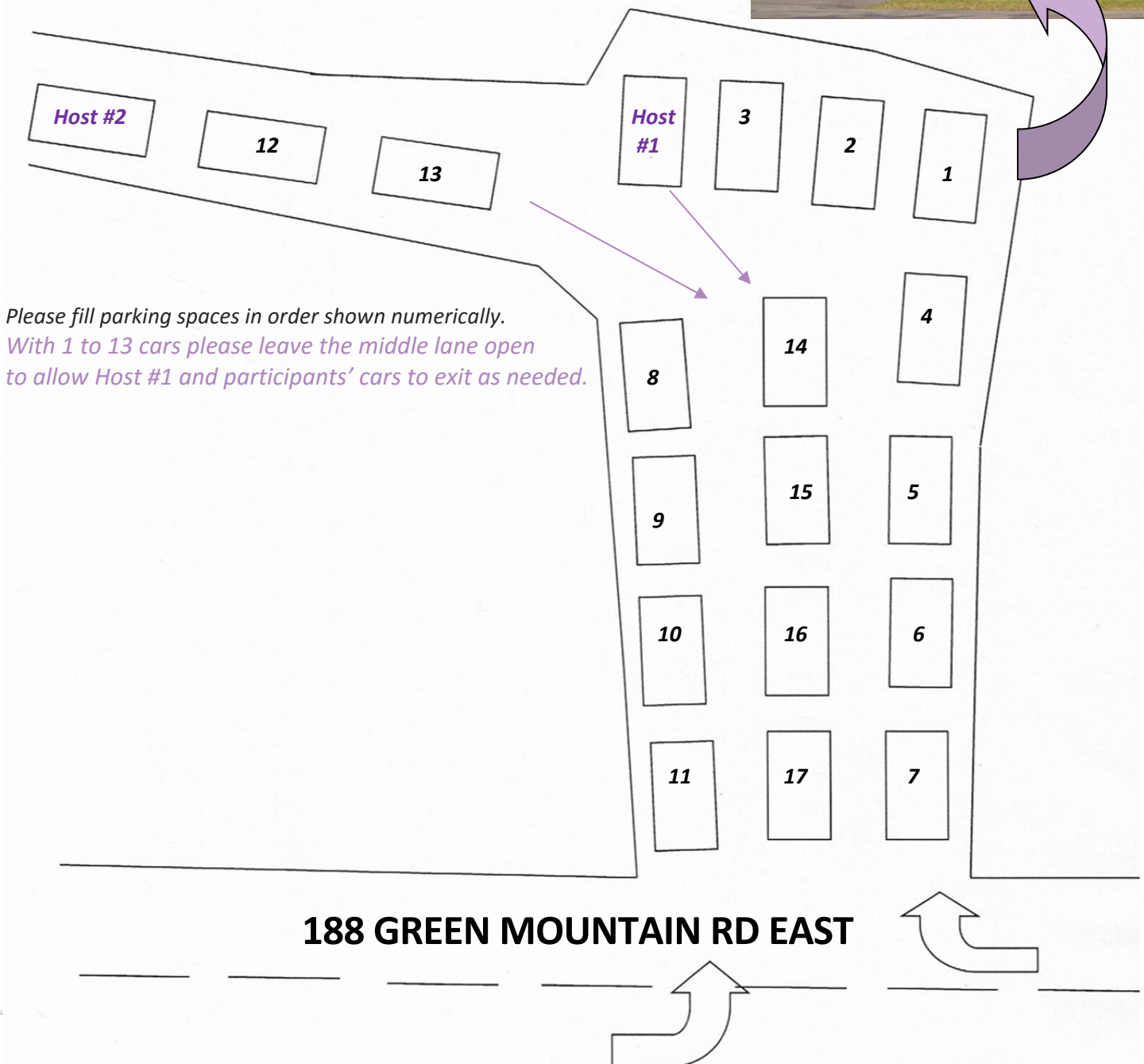
TAXI: Commercial rates depending on traffic to/from Toronto Airport 1-Way range from \$100+ / Hamilton Airport 1-Way \$50+

Parking & Entrance Formation

Please park according to the diagram to allow for ease of entering and exiting and to maximum space capacity:

1. First to arrive please park your cars as far up as possible (positions #1-4)
 2. Next fill up the right side of the driveway (positions #5-8)
 3. Then fill up the left side of the driveway (positions #9-12)
 4. Lastly, fill in the middle of the driveway (positions #13-17)
- PLEASE DO NOT PARK ON THE GRASS.

Studio & Accommodations Entrance is on the right side of the garage.



Driving Directions

FROM DOWNTOWN TORONTO, ON

- Take Gardiner Expy W toward QEW. ➤ Approx. 15 km
- Gardiner Expy W becomes QEW toward Hamilton/East Hamilton/Niagara. ➤ 49.8 km
- EXIT 88 toward RR-20 S/Centennial Parkway South and turn right onto Centennial Parkway. ➤ 6.0 km
- Turn left onto Green Mountain Rd E. ➤ 1.5 km
 - *(Green Mountain Rd E is 0.5 kilometers past Ridge Rd. If you reach Mud St E you've gone about 0.9 kilometers too far.)*
- Destination on right: 188 GREEN MOUNTAIN ROAD E.
 - *(Your destination is 0.6 kilometers past 1st Rd E. If you reach 2nd Rd E you've gone a little too far.)*

FROM NORTH & EAST (KINGSTON, ON/PROVINCES EAST)

- Take HWY-401 W toward Toronto.
- Merge onto QEW toward Hamilton/East Hamilton/Niagara. ➤ 50.8 km
- EXIT 88 toward RR-20 S/Centennial Parkway South and turn right onto Centennial Parkway. ➤ 6.0 km
- Turn left onto Green Mountain Rd E. ➤ 1.5 km
 - *(Green Mountain Rd E is 0.5 kilometers past Ridge Rd. If you reach Mud St E you've gone about 0.9 kilometers too far.)*
- Destination on right: 188 GREEN MOUNTAIN ROAD E.
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FROM WEST (LONDON/WINDSOR, ON/DETROIT, MI)

- TAKE HWY-401 E
- Merge onto HWY-403 E via EXIT 235 toward Brantford/Hamilton/Niagara. ➤ 64.3 km
- Merge onto Lincoln M Alexander Pky E via EXIT 64. ➤ 10.9 km
- Lincoln M Alexander Pky E becomes Red Hill Valley Pky N. ➤ 1.3 km
- Take the Stone Church Road/Mud Street exit. ➤ 0.2 km
- Merge onto Mud St W via the ramp on the left. ➤ 3.9 km
- Turn left onto Upper Centennial Pky/HWY-20/RR-20. ➤ 1.0 km
- Turn right onto Green Mountain Rd E. ➤ 1.5 km
 - *(If you reach Ridge Rd you've gone about 0.5 kilometers too far.)*
- Destination on right: 188 GREEN MOUNTAIN ROAD E.
 - *(Your destination is 0.6 kilometers past 1st Rd E. If you reach 2nd Rd E you've gone a little too far.)*

FROM SOUTH (NIAGARA/BUFFALO, NY)

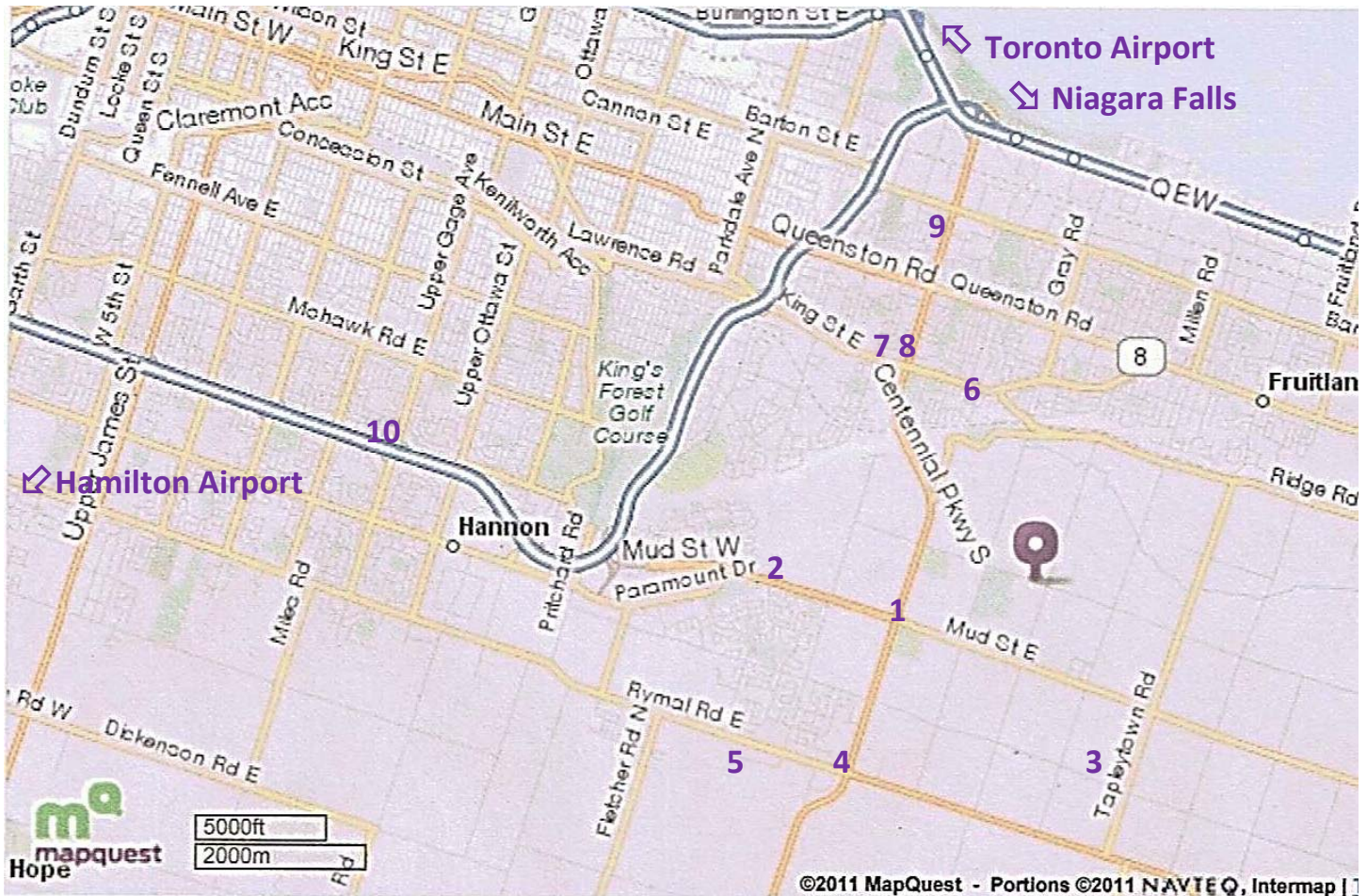
- Niagara St becomes Rainbow Bridge (Portions toll - crossing into Ontario, Canada)
- Rainbow Bridge becomes HWY-420 W. ➤ 5.2 km
- HWY-420 W becomes QEW. ➤ 55.5 km
- Take EXIT 88 toward RR-20/Centennial Parkway. ➤ 1.2 km
- Take the Confederation Dr. Exit on the left toward HWY-20/Centennial Parkway. ➤ 0.04 km
- Turn left onto Confederation Dr. ➤ 0.2 km
- Turn left onto Centennial Pky N/HWY-20 South/RR-20 S. Continue to follow HWY-20 S/RR-20 S. ➤ 5.8 km
 - *(If you are on Van Wagners Beach Rd and reach Nash Rd N you've gone about 0.6 kilometers too far)*
- Turn left onto Green Mountain Rd E. ➤ 1.5 km
 - *(Green Mountain Rd E is 0.5 kilometers past Ridge Rd. If you reach Mud St E you've gone about 0.9 kilometers too far.)*
- Destination on right: 188 GREEN MOUNTAIN ROAD E.
 - *(Your destination is 0.6 kilometers past 1st Rd E. If you reach 2nd Rd E you've gone a little too far.)*

Local Map of Key Locations

Print this page and use this to help you get around during your stay.

Locations numbered in the map below are between 3 and 10 minutes' drive from our location.

Purple Circle-Marker shows our location: 188 Green Mountain Rd E.



#	Description	Location / Directions
1	Tim Hortons & Wendy's / Esso Station with ATM	Corner of Centennial Parkway & Mud
2	Shoppers Drugmart (post office), Mike's Fish & Chips	Go west on Mud pass 2 blocks (corner of Paramount)
3	Highland Market (groceries, local foods)	Highland Road, between 3 rd and 4 th (Tapleystown Rd)
4	Fortinos (groceries, organic section)	Corner of Centennial Parkway & Rymal Rd
5	WalMart, RBC, Scotia Bank, BMO, Staples, Winners	Rymal Rd; 1 block west of Centennial Parkway
6	The Powerhouse Restaurant	2 nd Road N, left on Ridge, down New Mountain Rd, left on King
7	Pho Dau Bo Restaurant (Vietnamese)	800 Queenston Rd across the street from Eastgate mall
8	Eastgate Mall, Shoppers Drugmart, Walmart, Fortinos	Corner of Centennial Parkway and Queenston Rd
9	The Himalaya Restaurant (Indian)	160 Centennial Pkwy N across the street from Eastgate mall
10	Goodness Me organic natural-health food store	1000 Upper Gage. Go west on Mud/becomes Lincoln Alexander Parkway; exit Upper Gage - turn right; first strip-mall on left.

Meals On-Site

RESIDENTIAL STUDENT'S KITCHEN

There is a kitchen on-site for students who stay on-site and would like to prepare their own meals. The kitchen is equipped with: 2 refrigerators, a 4-burner gas stove, toaster oven, toaster, kettle, hand-blender, food processor; cooking utensils; pots and pans; cutlery and/or chopsticks; dishes, glasses, cups. Note: We do not have a microwave for health reasons.

On the last day of a program students are kindly asked to remove all remaining food and leave the kitchen as in the condition that you found it.

There are grocery and health food stores as well as a variety of restaurants within driving distance.

ORGANIC VEGAN MEALS PREPARED FOR YOU (OPTIONAL / EXTRA)*

You have the option to have delicious breakfast and/or lunch skillfully and lovingly prepared by Chef Sylvia Hamilton Claffey, Karen's mother. (Prepared dinners are not available.)

Fees including tax 13% HST:

- Breakfast \$15.00
- Lunch \$20.00

Bountiful Breakfast consists of:

- Orange and/or Fruit Juice
- Fresh fruit (seasonal)
- Hot Oatmeal or Cream of Wheat
 - With EdenSoy Original and/or Almond/Rice Milk
 - Toppings: raisins, chopped nuts, pure maple syrup...
- Cold Cereals: Muesli, Nature's Path Puffed Kamut or Rice, Flakes
- Whole grain toast
 - With various spreads: jam, almond butter or peanut butter

Healthful Lunch consists of:

- Dishes below are prepared in a variety styles and ethnic flavors!*
- Whole grains: brown rice (basmati, short grain), quinoa, millet, cous cous, etc
 - Or Whole Grain Pasta dishes (gluten free brown rice pasta available upon request)
 - May include tomato and/or vegetable based sauces
- Protein dishes: tofu, tempeh, seitan or beans
- Variety of vegetables and/or Green salad with house dressing
- House Blend Chilled Lemonade or Hot Chai



** A minimum number of meals may be required for this service to be available for participants.*

Local Restaurants & Health Food Stores

The following restaurants are Vegan and/or Vegetarian-friendly.

STONEY CREEK

Himalaya, The (see Map page 4)

160 Centennial Parkway North, Stoney Creek
905-578-7400

Pho Dau Bo Restaurant (see Map page 4)

Vietnamese

The Powerhouse (see Map page 4)

21 Jones St. Stoney Creek, ON 905 930-7381
<http://thepowerhouse.ca/>

HAMILTON

http://www.happycow.net/north_america/canada/ontario/hamilton/

Basilique

1065 King Street W, Hamilton (L8S 1L8) 905-524-3444

Bread Bar Earth To Table

258 Locke St S, Hamilton (L8P 4B9) 905-522-2999

Bridges Vegetarian Cafe

1280 Main S W (McMaster University campus),
Hamilton, ON 905-525-9140

Burrito Boys

66 King St E, Hamilton, Ontario L8N 1A6
905-529-2699

Che Burrito and Lounge

38 Hess St South, Hamilton (at Main)
905-524-5555

Democracy

202 Locke St S, Hamilton, Ontario L8P 2B4
289-389-2466

Good To-Go (Vegan, Organic, Juice bar, Raw, Take-out)

256 Dundurn St S, Hamilton, Ontario L8P 4K9
289-541-5885

Goodness Me – Natural food market *(see Map page 4)*

1000 Upper Gage Avenue, Hamilton, Ontario (L8V 4R5)
(at Lincoln M Alexander Pkwy)
905-388-8400

(The) Green Smoothie Bar

236 James Street N, Hamilton, ON L8R 2G2
289-396-2288

Homegrown Hamilton

27 King William Street, Hamilton (L8R 1A1)
905-777-8102

Karma ChaMEALeon - Food Truck

Hamilton & surrounding areas, Hamilton, ON L8H 7A7
905-802-8410

Lemongrass

1300 Garth Street, Hamilton
905-574-3932

(The) Limin' Coconut

829 1/2 King St E, Hamilton, ON
905-549-8331

(The) Mustard Seed - Health Food Store

460 York Blvd, Hamilton, ON L8R 3J8
289-492-2667

Rawlicious

1044 King St W, Hamilton, Ontario
289-389-9997

Sall Sweet and Curry

216 Barton St, Hamilton, Ontario L8E 2K2
905-662-7822

Wass Ethiopian Restaurant

207 James Street South, Hamilton
289-389-5294

Ya Man

315 King St E, Hamilton, Ontario
905-546-1177

BURLINGTON

http://www.happycow.net/north_america/canada/ontario/burlington/

My Thai

399 Elizabeth St, Burlington
905-631-8373

Goodness Me - Natural food market

3455 Fairview Street, Burlington (L7N 2R4)
905-637-8404

Lettuce Love Cafe - Kindfood

399 John Street (at Lakeshore), Burlington, ON L7R 2K3
905-637-2700

Kelly's Bake Shoppe - Bakery Vegan

401 Brant St (at downtown), Burlington, ON L7R 2E9
905-333-1400

Accommodations On-Site & Local Lodging

ACCOMMODATIONS ON-SITE

Rates are including taxes 13% HST (rates subject to change)

Type:	Total Per Night	Special Rate for 300-Hour Yoga Therapy Training Per 14-Day Semester
Studio-Dorm/Camping	30.00	365.00
Shared Room (2 single beds) per/person	40.00	490.00
Compact Private	55.00	615.00
Private Room	60.00	745.00
Deluxe Private	70.00	870.00

Private and semi-private rooms fill up early. Register in advance to ensure availability.

Special Rates begin from arrival the night before the training begins, and include up to the night before the last day of the semester / program. Additional nights may be reserved according to the Per Night rate above.

Semi & Private Accommodations: we give room priority to students attending full semesters and summer intensives. For participants attending by module we are able to confirm if a room is still available for you two days prior. Otherwise, the studio-dorm option is always available. Or if you prefer please see local lodging below.

Accommodations Area includes:

- Student-kitchen, dining area, lounge area, satellite TV, WI-FI
- 2 bathrooms with shower (1 in A/C area, 1 on studio level)
- Laundry room, access to back-yard, deck and hot-tub

About the Rooms – Includes/What to Bring:

- Private and Semi-Private Rooms include single bed(s), sheets, pillow, and blankets. Bring your own bath towels and wash cloths.
- Deluxe Private Rooms (are equipped similar to Private Rooms) and have a bright window, and are larger than the regular private rooms.
- Studio-Dorm is on the floor of the yoga studio which becomes dorm by night. There is a space provided for your luggage and to store your blow-up mattress during the day. Bring your own: sleeping mat or blow up mattress, sheets and/or sleeping bag, pillow, bath towels and wash cloths, etc. Blankets are provided.

****Note:** We offer accommodations at very affordable rates to our participants. In order to maintain our inexpensive rates, participants are kindly asked to clean up after themselves and contribute to maintaining the cleanliness of the space during their stay. **

SERVICES ON-SITE

Laundry Self-Serve

The fee is \$6 for a load of wash (eco-friendly soap and fabric softener included); and \$4 for a load of drying.

Alternative: there are several laundromats in Stoney Creek at commercial rates where you will need to supply your own soap.

LOCAL LODGING (LISTED IN ORDER OF PROXIMITY)

Hotels:

Comfort Inn / Distance 5.8 km
183 Centennial Parkway North, Stoney Creek, ON L8E 1H8
www.choicehotels.ca / (905) 560-4500
Comfort Inn gives our participants special rates \$89+tax (Reg \$109+tax)

Holiday Inn Express Hotel Hamilton / Distance 7.5 km
51 Keefer Court, Hamilton, ON L8E 4V4
www.hiexpress.com / (905) 578-1212

For more hotels nearby contact us or go to:

http://www.google.ca/search?q=stoney+creek+hotels&rls=com.microsoft:en-ca:IE-Address&ie=UTF-8&oe=UTF-8&sourceid=ie7&rlz=117ADFA_enCA447&redir_esc=&ei=vofKTbRleTs0gHKorWOBg

B & B's:

Rose Arden Bed & Breakfast / Distance 13.3 km
266 Mountain Park Avenue, Hamilton, SK L8V 1A5
www.rosearden.com / (905) 387-2000

Rutherford House Bed & Breakfast / Distance 18.3 km
293 Park Street South, Hamilton, ON L8P 3G5
www.rutherfordbb.com / (905) 525-2422

A Tranquility Base Bed & Breakfast / Distance 26.1 km
110 Abbey Close, Ancaster, ON L9G 4K7
www.tranquilitybase.on.ca / (905) 648-1506 / (877) 649-9290

Ridgemoor Bed & Breakfast / Distance 27.4 km
902 Shaver Road, Ancaster, Hamilton, ON L9G 3K9
www.ridgemoor.ca / (905) 648-0116

Hamilton Yearly Temperatures

