



Welcome to Heaven on Earth & Integrated Health!

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 (Karen’s Mom)

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

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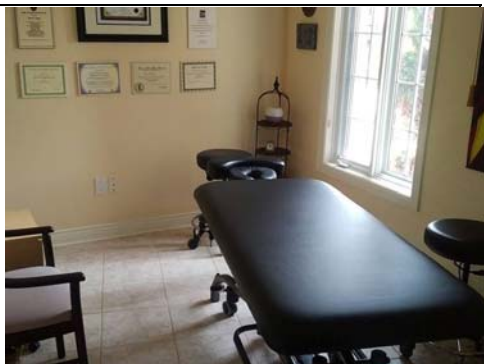
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Country-setting within minutes of highways and amenities



Yoga Classes & Yoga Teacher Certification Programs



Osteopathy & Manual Therapy Treatments & Training

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 (optional/extra)
- Students' kitchen, dining and 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.gotrains.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.gotrains.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 this diagram to allow for ease of entering and exiting and for maximum space capacity:

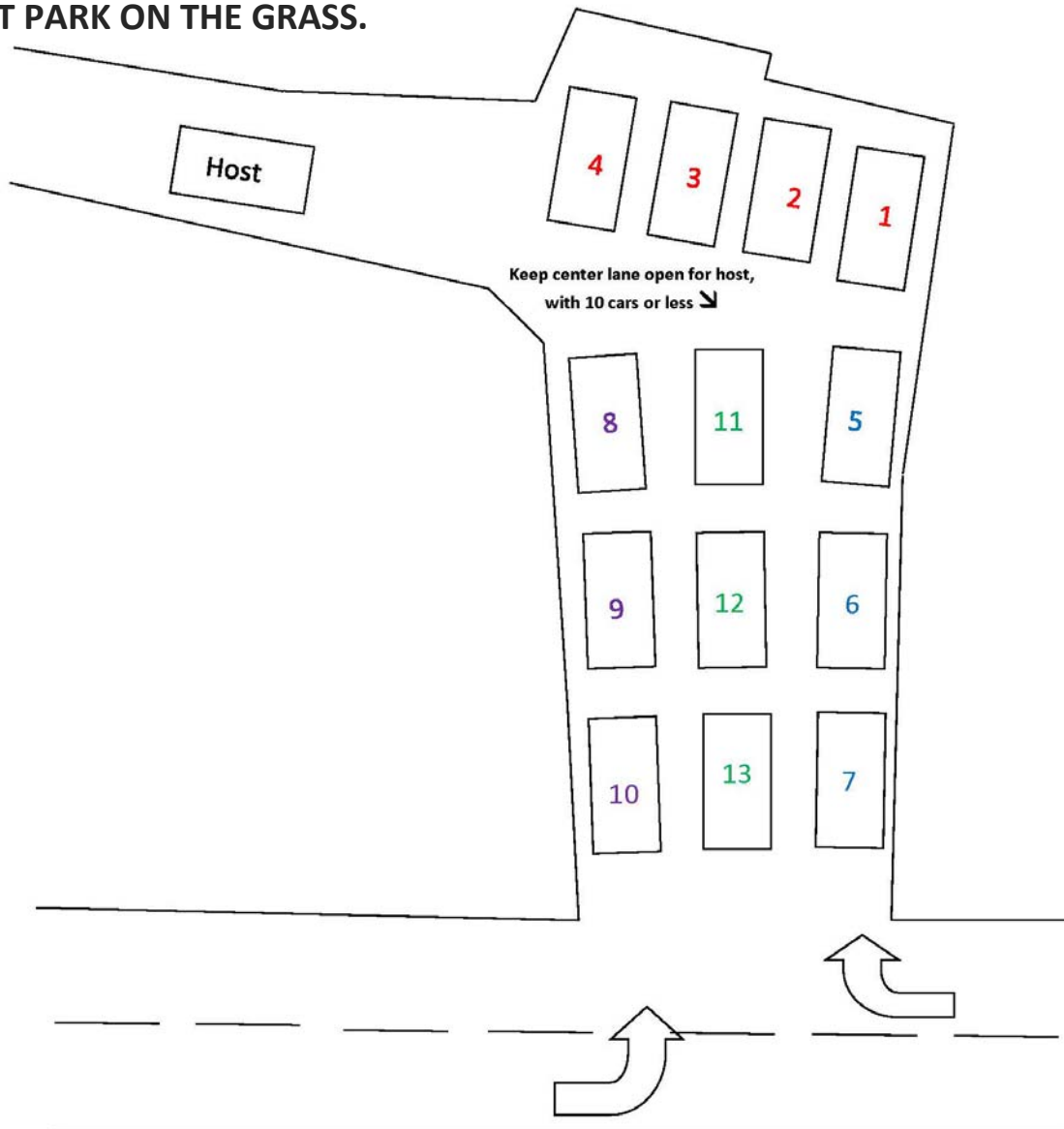
1. First to arrive park as far up as possible; **positions # 1-4**
2. Next fill up the right side of the driveway; **positions # 5-7**
3. Then fill up the left side of the driveway; **positions # 8-10**
4. Lastly, fill in the middle of the driveway; **positions #11-13**

If necessary, parking on the street is permitted.

DO NOT PARK ON THE GRASS.



Enter on the right side of the garage.



**Heaven on Earth & Integrated Health
188 Green Mountain Rd East**

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.)*
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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.)*

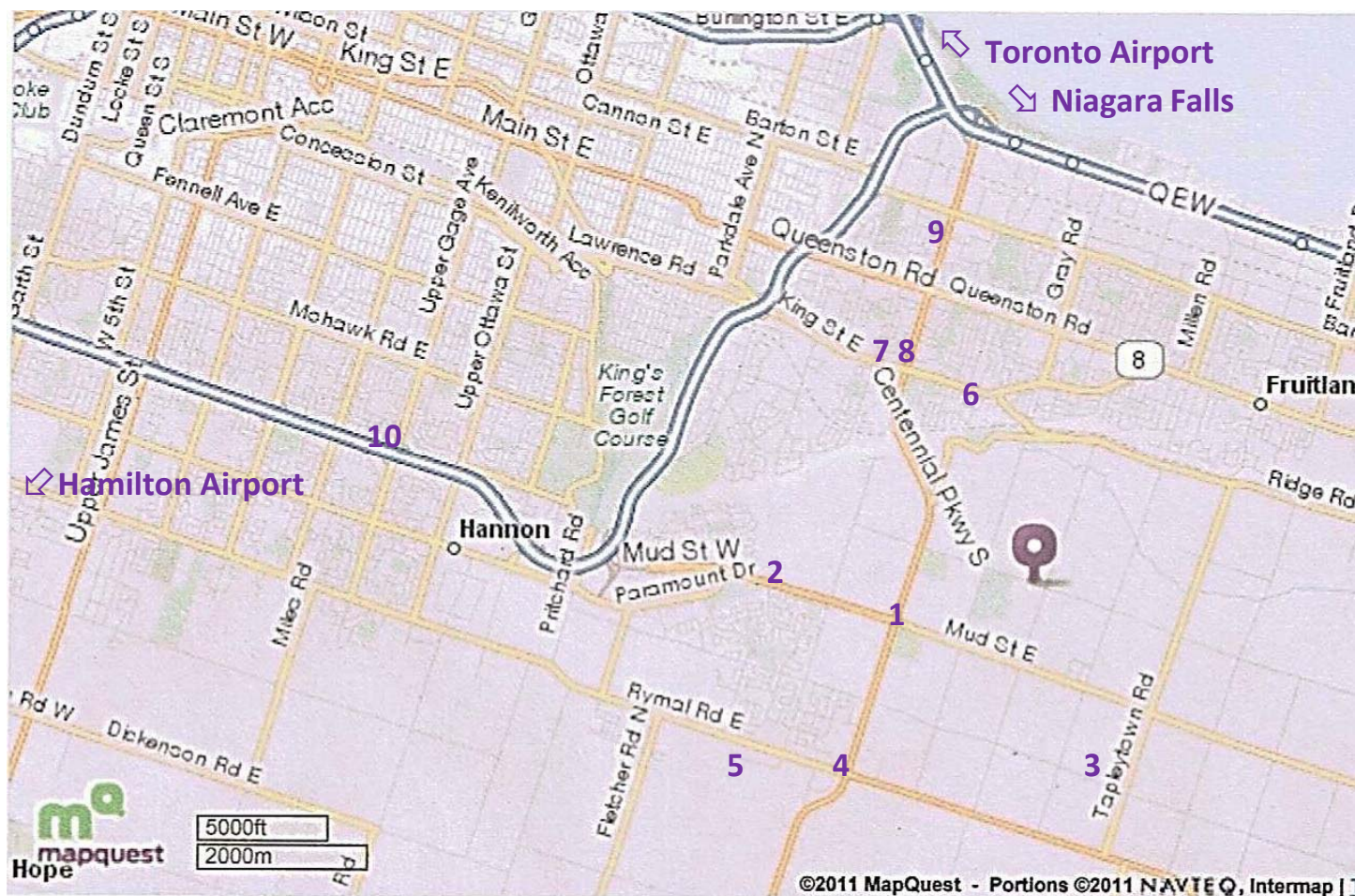
FROM SOUTH (NIAGARA/BUFFALO, NY)

- 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 (Tapleytown 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

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.

Local Restaurants & Health Food Stores

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

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

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

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 Café - 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

Optional Accommodations On-Site & Local Lodging

ACCOMMODATIONS ON-SITE (optional/extra)

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

Type:	Total Per Night
Private Room	60.00
Compact Private	55.00
Shared Room (2 single beds) per/person	40.00
Studio-Dorm (B Y O Bed)	35.00

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

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

Average Temperature (°C) Graph for Hamilton

