

Accommodations and Transportation for Yoga Warriors Trainings at Headquarters: West Boylston, MA

Central Mass Yoga and Wellness is located at: 45 Sterling St, West Boylston, MA
It is located in the Causeway Crossing strip mall on Rt.12 along with Cheoy Lee's Chinese Restaurant.

Places to Stay Near Central Mass Yoga and Wellness, Inc.

Chocksett Inn

59 Laurelwood Road
Sterling, MA 01564

Phone: (978) 422-3355
Toll Free: (800) 331-7829
www.chocksettinn.com

Distance from CMY: 6 miles

The Chocksett Inn is a beautiful place to stay.

Hotels in City of Worcester

Courtyard Marriot	(508) 363-0300	www.marriott.com
Hilton Garden	(508) 753-5700	www.hiltongardeninn.com
Hampton Inn	(508) 757-0400	www.hamptoninn.com
Holiday Inn	(800) 464-4329	www.holidayinn.com

Distance from CMY: 6 -7 miles (about 15 a minute drive)

Airports Closest to Central Mass Yoga and Wellness, Inc.

Logan International Airport (BOS)
Boston, MA

T.F. Green Airport (PVD) (regional)
Providence, RI

Ground Transportation

Knight's Airport Limousine Service (van ride) from the airport in Boston or Providence to your hotel : Contact www.knightslimo.com

Driving Directions and Drive Time From Logan Airport

From : Logan International [BOS]

To : 45 Sterling St, West Boylston, MA

1. You are at Logan International [BOS]

2. Go Northeast on Control Tower < 0.1 miles

3. Continue onto Logan International Airport Rds 0.3 miles

4. Continue onto Logan International Airport Rds 0.2 miles

5. Continue onto Logan International Airport Rds (toll required for some segments) 0.5 miles

6. Take I-90 W (Mass Pike, Massachusetts Tpk, Ted Williams Tunnel) ramp (toll required for some segments) 30.7 miles

7. Take Exit 11A (I-495, NH-Maine, Cape Cod) on right 0.1 miles

8. Take I-495 N (Marlborough, NH-Maine) ramp on left (toll required for some segments) 8.0 miles

9. Take Exit 25B (I-290 W, Worcester) on right 7.5 miles

10. Take Exit 19 (I-190N) 6 miles

11. Take Exit 4 (West Boylston – Rt. 12)

12. Bear left off exit (Rt. 12 N)

13. Take a Left at the light at the bottom of the exit. This is West Boylston Street (Rt. 12 N, It will turn into Sterling Street)

14. Follow this road for 3 miles (You will pass many shops including Walmart)

15. Once you pass the reservoir (water on both sides), the plaza will be on your left.

16. Go through the light, take a left into Causeway Crossing Plaza.

We are located on the second floor, #28. Go left at the top of the stairs, second door on the left.

Driving Directions and Drive Time From T.F. Green Airport

From : T.F. Green State Airport [PVD] To : 45 Sterling St, West Boylston, MA

1. You are at T.F. Green State Airport [PVD]

2. Go East on Airport Connector Rd E < 0.1 miles

3. Continue onto TF Green State Airport Rds 0.1 miles

4. Turn right onto TF Green State Airport Rds < 0.1 miles

5. Make a U-turn onto TF Green State Airport Rds < 0.1 miles

6. Turn left onto TF Green State Airport Rds 0.1 miles

7. Continue onto Airport Connector Rd W 0.9 miles

8. Take I-95 N (Providence) ramp on right 8.6 miles

9. Continue onto RI-146 N 16.2 miles

10. Continue onto RT-146 N (Worcester-Providence Tpk) 18.1 miles

11. Continue onto RT-146 N 2.4 miles

12. Take I-290 E (Shrewsbury, Marlboro) ramp on right 3.0 miles

13. Take Exit 19-20 (I-190 N, RT-12, RT-70, Burncoat St, Holden, Fitchburg, Lincoln St) on right 0.2 miles

14. Take Exit 19 (I-190 N, RT-12, Holden, Fitchburg) on left 3.6 miles

15. Take Exit 4 (RT-12, W Boylston) on right 0.2 miles

16. Take RT-12 N (W Boylston St) ramp 0.3 miles

17. Turn left onto RT-12 N (W Boylston St) 2.9 miles

18. You are at 45 Sterling St, West Boylston, MA 01583-1200

EST. DRIVE TIME: 1 hour, 15
minutes

EST. DISTANCE: 57 miles