

Travel Logistics

Shine Yoga Center 2010 Immersion and Teacher Training

We are so happy to welcome you to Cincinnati for Sianna's Immersion or Teacher Training this year. Here is some travel information to help you plan your trip:

FLIGHTS

If you are flying, your first choice would be Covington International Airport in KY (CVG) which is a hub for Delta. The Dayton, Ohio airport (DAY) sometimes has cheaper flights, but it's about an hour drive. Cheaper flights are also often available to Columbus (1.5 hour drive), Indianapolis (2 hour drive) and Louisville (1.5 hour drive).

The address of the studio is "Shine Yoga Center, 3330 Erie Ave., #15, Cincinnati, OH 45208." The phone number is 513-533-9642. We are located in Hyde Park.

HOTELS

There aren't many hotels right by the studio so you should expect about a 10-15 minute drive from hotel to studio. Here are a few options for you:

Hannaford Suites: The drive to the studio should be less than 15 minutes. A queen studio is \$79, and the cost is \$85 for a studio with two double beds, or for a king bed suite which has a separate room with foldout couch. They also serve a nice complementary breakfast in the morning and have free wifi. It's near Kenwood Towne Centre and lots of dining options. Please let them know you are with the "Shine Yoga" block and please reserve by February 13. The website is <http://www.hannafordsuites.com/>, but you can't get these rates on-line. Please call 877-847-1945 to reserve a room.

Quality Hotel and Suites: This hotel is much closer (only about 8 minutes to Shine) and much more affordable. The manager has offered us a very generous rate of \$50 per night if you tell them you are with the "Shine Yoga" block when you reserve your room by calling 800-292-2079. Here is the website: <http://www.qualityhotelsandsuites.com/>

Extended Stay America: This is another option which is just a 15 minute drive with a kitchenette in your room. The rate is \$55-60 per night with a pull-out sofa so 2 could share. It's in a safe neighborhood and right off the highway: the website is <http://www.extendedstayamerica.com>; it's the Blue Ash south hotel at 4260 Hunt Road and the phone number is 513-793-6750.

There are several reasonable hotels in Blue Ash which are about 1/2 hour from the airport and 15-20 minutes from Shine.

You could also look for hotels in downtown Cincinnati, or in Covington, KY or Newport, KY which would be much closer to the airport (15 minutes) and also just 15-20 minutes from Shine.