

MINDFUL SCHOOLS: New York Level Two Training Logistics

**For October 14 – 16, 2011
Level 2: Elementary School Curriculum Training**

**Deloitte
1633 Broadway
New York, NY 10019**

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Driving Directions

From LaGuardia Airport

1. Begin at LaGuardia on Central Terminal and go West for 700 feet.
2. Turn right on Arrivals and go Northwest for 60 feet.
3. Bear right on Arrivals/Central Terminal and go West for 700 feet.
4. Continue on Central Terminal and go West for 200 feet.
5. Continue on Terminal A B C and D and go West for 800 feet.
6. Continue on Airport Exit at sign reading “Airport Exit” and go South for 300 feet.
7. Turn right on ramp and go Southwest for 900 feet.
8. Continue on Grand Central Pky and go Southwest for 0.6 miles.
9. Exit Grant Central Pky via ramp at sign reading “Exit 4 Bklyn-Qns Expy to Verrazano Narrows BR. And I-2/8 W and go Southwest for 0.4 miles.
10. Bear right on Brooklyn Queens Expy E, BQE E and go Southwest for 0.5 miles.
11. Exit Brooklyn Queens Expy E, BQE E via ramp at sign reading I-278 W and go South for 500 feet.
12. Bear left on Brooklyn Queens Expy I-278 BQE and go Southeast for 300 feet.
13. Exit Brooklyn Queens Expy, I-278, QE via ramp at sign reading “Exit 38 RT-25A Northern Blvd” and go Southeast for 600 feet.
14. Turn right on Northern Blvd, RT-25A and go West for 2.1 miles.
15. Turn right on Queens Plz N, Bridge Plz N and go West for 400 miles.
16. Continue on Queensboro Brg and go Northwest for 0.2 miles.
17. Continue on ramp and go Northwest for 600 feet.
18. Continue on Queensboro Brg-Lower Level, 59th St Brg and go Northwest for 1.1 miles.
19. Continue on ramp at sign reading 2 Ave-South and go Northwest for 0.2 miles.
20. Turn left on E 60th St and go Northwest for 0.3 miles.
21. Turn left on Park Ave and go Southwest for 0.5 miles.
22. Turn right on E 51st St and go Northwest for 0.6 miles.
23. Turn left on Broadway and go Southwest for 120 feet to 1633 Broadway.

From Kennedy Airport

1. Begin at John F Kennedy Internation on Terminal 4W Departures and go Northeast for 90 feet.
2. Bear left on ramp and go Northwest for 0.6 miles.
3. Bear right on Van Wyck Expy, I-678 and go Northwest for 6 miles.
4. Bear left on ramp at sign reading “Exit 10 Grand Central Pkwy to La Guardia Airport/Triboro BR” and go Northwest for 0.4 miles.
5. Continue on Grand Central Pky and go Northwest for 1.6 miles.
6. Exit Grant Central Pky via ramp at sign reading “Exit 10 I-495 Li Expy to Long Island/Midtown Tun” and go Northwest for 0.8 miles.
7. Bear right on I-495 and go West for 7 miles.
8. Exit I-495 via ramp to Tunnel Exit St, Queens Midtown Tunnel Exit and go West for 0.2 miles.

9. Continue on Tunnel Exit St, Queens Midtown Tunnel Exist and go Southwest for 300 feet.
10. Turn right on E 34th St and go Northwest for 300 feet.
11. Turn right on 3rd Ave and go Northeast for 0.8 miles.
12. Turn left on E 51st St and go Northwest for 0.8 miles.
13. Turn left on Broadway and go Southwest for 120 feet to 1633.

From Newark Airport:

1. Begin at Newark Internation on Newark International Aiport Exit and go North for 0.4 miles.
2. Continue on ramp at sign reading I-78 and go Northeast for 1.4 miles.
3. Continue on I-78 and go East for 0.7 miles.
4. Exit I-78 via ramp at sign reading I-95 N NJ Turnpike North and go Northeast for 1.2 miles.
5. Continue on I-95, New Jersey Tpkce at sign reading “Lincoln Tunnel and US-46” and go Northeast for 7 miles.
6. Exit I-95, New Jersey Tpkce via ramp at sign reading “Exist 16E RT-3 to Lincoln Tunnel” and go East for 0.6 miles.
7. Continue on I-495 and go Southeast for 3.7 miles.
8. Exit I-495 via ramp at sign reading “100 Ave/Points North/West Side Hwy” and go East for 500 feet.
9. Continue on Dyer Ave and go Northeast for 800 feet.
10. Turn right on W 42nd St and go Southeast for 0.2 miles.
11. Turn left on 8th Ave and go Northeast for 0.5 miles.
12. Turn right on W 52nd St and go Southeast for 600 feet.
13. Turn right on Broadway and go Southwest for 400 feet to 1633 Broadway.

From Wilton

1. Begin at 10 Westport Rd on Poplar Plains Rd and go West for 100 feet.
2. Turn left on CT-33 and go Southeast for 0.7 miles.
3. Turn right on ramp at sign reading “CT-15 S to New York” and go South for 400 feet.
4. Turn right on CT-15, Merritt Pky and go Southwest for 21 miles.
5. Continue on Hutchinson River Pky S and go Southwest for 11 miles.
6. Continue on Cross County Pky at sign reading “Exit 15 Cross County Pkwy to George Washington BR” and go West for 4.7 miles.
7. Exit Cross County Pky via ramp to RT-9A and go South for 0.4 miles.
8. Turn right on RT-9A and go Southwest for 12 miles.
9. Exit RT-9A via ramp at sign reading “79 St to Boat Basic” and go Southwest for 1000 feet.
10. Turn right on W 79th St and go Southeast for 0.2 miles.
11. Turn right on Broadway and go South for 1.1 miles.
12. Turn left on Columbus Cir and go East for 160 feet.
13. Turn right on Broadway and go South for 0.4 miles to 1633 Broadway.

From Stamford

1. Start out going West on Ludlow Street toward Canal Street.
2. Turn right onto Canal St for 0.6 miles.
3. Turn left onto N State St. for 0.2 miles.
4. Merge onto I-95 S toward N.Y. City (Crossing into New York) for 29.9 miles.
5. Keep right to take I-95 S/Cross Bronx Expressway/US-1 S toward G W Bridge/Lower Level/Last NY Exit for 0.6 miles.
6. Take the H Hudson Pkwy/RT-9A exit, Exit 1, toward W 181 St. for 0.1 miles.
7. Merge onto NY-9A S via the exit on the left toward downtown for 6.3 miles.
8. Turn slight left toward W 56th Street.
9. Stay straight to go onto W 56th Street for 0.7 miles.
10. Turn right onto Broadway for 0.3 miles.
11. End at 1633 Broadway.

Public Transportation & Nearby Subway Stops Info

Public Transportation Info:

New York City has several different public transportation options such as subway, the bus and railroads. With the most comprehensive, up-to-date information and to route your trip, please refer to the following New York City metro website:

<http://www.mta.info/>

Nearby Subway Stops:

1 & 2 – 50th St. & Broadway
C & E – 50th St. & Eight Ave.
N, R & W – 49th & Broadway

Parking

Here are some nearby parking options:

Central Parking Systems

350 W 50th Street, New York, NY (between 8th & 9th Ave)
Telephone: (212)265-5035

Quik Park Garage Triple Eight Garage LLC

1633 Broadway, New York, NY (on the corner of 50th & Broadway)
Telephone: (212) 333-4988

This website has approximate parking rates (just enter the address, date and time to figure rates):

<http://nyc.bestparking.com/index.php>

Hotels Nearby Deloitte New York:

The sooner you can make your reservation the better. Hotel prices range high in downtown New York, so it's a good idea to get the deals early. We suggest contacting your hotel directly to see if they can offer you a lower price than what is being offered on a discount website.

Discount websites that offer good deals:

www.hotels.com
www.booking.com

There are several hotels near 1633 Broadway, New York, NY. Here are just a few that are nearby with some great rates and ratings provided by Hotels.com. We cannot endorse the quality of these hotels, so please make sure to do your own research.

Hotel Name Address	Contact Information Distance from Deloitte	Price Range and Notes
The Manhattan at Times Square 790 7 th Ave New York, NY	Phone : 212-581-3300 www.themanhattanattimesquarehotel.com .1 mile distance	\$\$\$ - hotels.com offers ~\$297/night during time of training (3.8/5 rating)
Yotel New York at Times Square 570 10 th Ave New York, NY 10036	Phone: 877-449-7700 www.yotel.com .9 mile distance	\$\$ - hotels.com offers ~\$254/night during time of training (4.4/5 rating)
Hilton New York 1355 Avenue of the Americas New York, NY	Phone: 212-586-7000 http://www1.hilton.com/en_US/hi/hotel/NYCNHHH-Hilton-New-York-New-York/index.do .4 mile distance	\$\$ - hotels.com offers ~279/night during time of training (4.3/5 rating)
Mildford Plaza at Times Square 700 8 th Ave New York, NY	Phone: 888-352-3650 www.milfordplaza.com/ .4 mile distance	\$\$ - hotels.com offers ~279/night during time of training (3.4/5 rating)
Hotel St. James 109 W. 45 th Street New York, NY	Phone: 212-730-9444 www.hotelstjames.net .4 mile distance	\$\$ - hotels.com offers ~229/night during time of training (3.7/5 rating)

For any questions or further assistance, please call (510) 535-6746 or email training@mindfulschools.org