

Directions to Shree Yoga Studio, Saddle River, NJ

The Saddle River studio is located at Barnstable Court in the heart of Saddle River between East and West Saddle River Roads. It is across from Waterford Gardens and next to the Saddle River Inn.

PARKING: Use the Barnstable Court parking lot off West Saddle River Road. From parking lot, take steps down to the Saddle River Inn; studio is on your right. **Please do not use the small lot off East Allendale Road.**

From Rockland County, Tappan Zee Bridge and the North:

- Take 287/87 to Exit 14a, Garden State Parkway South
- Get off at first exit 'School House Road' and make LEFT off ramp
- Follow Schoolhouse Rd to second traffic light and turn RIGHT onto Grand Ave
- Continue for 2.5 miles to 6th traffic light and turn LEFT onto West Saddle River Rd
- Follow road 1.8 miles; 100 ft before traffic light turn LEFT into Barnstable Court parking lot

From the North via Route 17 South:

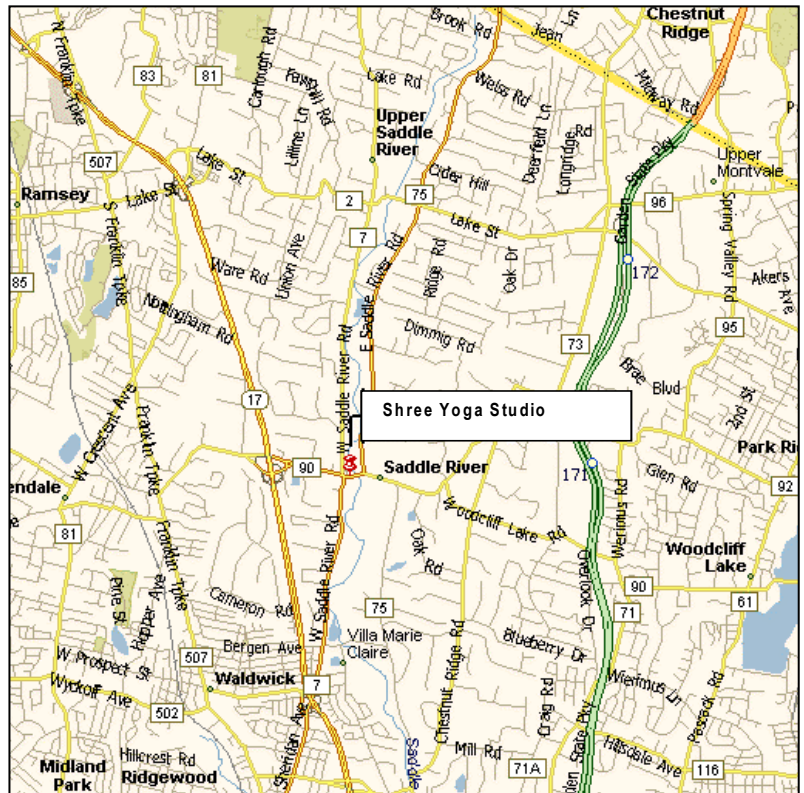
- Exit "Saddle River/Woodcliff Lake"
- Stay in LEFT lane of exit ramp
- LEFT at first light onto West Saddle River Rd.
- Second driveway on RIGHT is the Barnstable Court parking lot.

From the South via Rte 80, Garden State Parkway and Route 17 North:

- Route 80 West to Garden State Pkwy North
- Garden State Pkwy North exit 163 to Route 17 North
- Exit Route 17 N at 'Saddle River/Woodcliff Lake'
- Proceed to first traffic light, turn LEFT onto West Saddle River Road
- Second driveway on RIGHT is the Barnstable Court parking lot.

From Grand Avenue in Montvale:

- Grand Ave turn LEFT onto West Saddle River Rd
- Follow road 1.8 miles; 100 ft before traffic light turn LEFT into Barnstable Court parking lot



From Maple Avenue in Ridgewood:

- Heading north, proceed towards Saddle River.
- As you pass through Ho-Ho-Kus, Waldwick and Saddle River 'Maple Avenue' turns into 'Sheridan Avenue' then 'West Saddle River Road'
- Proceed straight past the intersection with East Allendale Rd
- Take second driveway on RIGHT after light for Barnstable Court parking lot.

From the Barn or Green Meadow Waldorf School:

- The new studio is 10 minutes from the Barn. Drive south on Chestnut Ridge Road.
- Turn RIGHT at third light onto Grand Avenue
- Turn LEFT at second light onto West Saddle River Rd.
- 100ft before traffic light, turn LEFT into Barnstable Court parking