

# RA MA YOGA

Victory



## RA MA INSTITUTE NEW YORK

### RESOURCE GUIDE

917.261.6228

[RAMAYOGANEWYORK.COM](http://RAMAYOGANEWYORK.COM)

125 STANTON STREET NEW YORK, NEW YORK 10002





## GETTING HERE

John F. Kennedy international Airport (JFK)  
Laguardia Airport (LGA)  
Newark Airport (EWR)

## TAXIS

By far the easiest transportation to and from the airport and costs about \$50-\$65 USD each way. There is a taxi stand directly at the airport arrivals curbside and once in New York, taxis can be called or hailed easily.

## UBER

Using the app, request an UBER when you're ready to walk outside the airport. Head outside from baggage claim or the arrivals level. This is where all UBER drivers at JFK meet travelers for pickup.

## BUS/TRAIN

Additional public transportation options are available from the local airports to Grand Central Station, Penn Station or Port Authority

## SUBWAY

RA MA Institute New York is within short walking distance of the subway stops for the JZM trains (at Essex/Delancey) and the F train (2nd Avenue).

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## WHERE TO STAY

The Lower East Side is the neighborhood of RA MA Institute in NEW YORK CITY. RA MA Institute is located in one of Manhattan's most fashionable neighborhoods and exudes an uncanny charm. With streets lined with trendy restaurants, vintage boutiques, indie music stores, and contemporary art galleries, the Lower East Side has a charm unto its own.

The Lower East Side neighborhood is full of accommodations ranging from Four Star Hotels to cute Airbnb's.



## ACCOMMODATIONS

Hotel on Rivington  
107 Rivington Street  
[hotelonrivington.com](http://hotelonrivington.com)  
212.475.2600

The Ludlow  
180 Ludlow Street  
[ludlowhotel.com](http://ludlowhotel.com)  
212.432.1818

Sixty LES  
190 Allen Street  
[sixtyhotels.com](http://sixtyhotels.com)

Airbnb  
[airbnb.com](http://airbnb.com)

Hotel Indigo  
171 Ludlow Street  
[hotelindigolowereastside.com](http://hotelindigolowereastside.com)

The Bowery Hotel  
335 Bowery  
[theboweryhotel.com](http://theboweryhotel.com)

James Nomad  
22 East 29th Street  
[jameshotels.com/new-york](http://jameshotels.com/new-york)

James Soho  
27 Grand Street  
[jameshotels.com/new-york](http://jameshotels.com/new-york)





## GROCERY

Whole Food Market  
95 E Houston Street  
New York, NY 10002

Union Market  
240 E Houston Street  
New York, NY 10002

## RESTAURANTS

Souvlaki GR  
*Gorgeous little Greek Taverna*  
116 Stanton Street  
souvlakigr.com  
212.777.0116

Ten Bells  
*Tapas Bar*  
247 Broome Street  
tenbellsnyc.com  
212.228.4450

Tiny Giant  
129 Rivington Street  
212.228.4919  
facebook.com/tinysgiantnyc

El Rey  
*Cafe, Coffee Bar, Luncheonette*  
100 Stanton Street  
elreynyc.com  
.212.260.3950

The Fat Radish  
*Farm-to-Table*  
17 Orchard Street  
thefatradishnyc.com  
212.300.4053

Dudleys  
*Cafe, Coffee Bar, Seasonal Bites*  
85 Orchard Street  
dudleysnyc.com  
212.925.7355

Dimes  
*Healthy, California-style*  
49 Canal Street  
dimesnyc.com  
212.925.1300

Serafina Ludlow  
*Italian, Pizza*  
98 Rivington Street  
serafinarestaurant.com  
646.484-5002

Dirt Candy  
*Vegetarian Cuisine*  
86 Allen Street  
dirtcandynyc.com  
. 212.228.7732





## COFFEE

Ludlow Coffee Supply  
176 Ludlow St  
ludlowcoffeesupply.com  
917.472.7632

Irving Farm  
88 Orchard Street  
irvingfarm.com  
212.228.8880

Konditori  
182 Allen Street  
konditori.com  
646.350.3973

Zenchai Matcha Cafe  
94 Rivington St  
zenchai.co  
347.508-3518

The Hideout Chai Bar  
42 Rivington St  
thehideoutnyc.com  
646.649.5868

Spreadhouse Cafe  
116 Suffolk St  
646.524.6353

Black Cat LES  
172 Rivington St  
646.918.7711

Chillhouse  
149 Essex St  
646.678.3501  
chillhouse.com

## JUICE

Juice Press  
105 Rivington  
646.918.7711

Dr. Smood  
183 E Houston St  
drsmood.com/cafes