

## SHADOW YOGA IN MONTREAL

Workshops will be held in the 'Plateau Mont Royal' district, east of Downtown. If you choose to stay elsewhere it is a very easy metro ride and short walk to get to the studio. Laurier metro on the orange line will be your stop.

Metro MAP: <http://www.stm.info/English/Metro/a-mapmet.htm>

\*I have not stayed in any of the following places and therefore am unable to confirm their states. There is an abundance of places to stay in Montreal. This selection is just what's close-by!

### Nearby Accommodation:

<http://www.appartements-montreal.net>

<http://urbanhaven.ca> (cheapest)

[http://www.petit-sejour.com/english/plateau\\_1.html](http://www.petit-sejour.com/english/plateau_1.html)

<http://plateausuites.com>

<http://www.homeaway.com/vacation-rental/p252507>

<http://www.selogeramontreal.com/plateau.htm>

<http://www.dolcevitamontreal.com/index-fl.html>

<http://www.lecitadin.ca/AN/intro.html>

### Hostels:

<http://www.aubergemaeva.com/hostelmontreal/index.htm>

<http://www.hostelmontreal.com/>

### Hotels and B&Bs:

[http://www.annemasoeuranne.com/hotel/hotel\\_information\\_en.html](http://www.annemasoeuranne.com/hotel/hotel_information_en.html)

<http://www.hotelplateauroyale.com/index.html>

<http://hotelstaymontroyal.com/>

<http://www.casabianca.ca/>

<http://www.bbassin.com/index.htm>

<http://www.bienvenuebb.com/EN/index.html>

### Craig's List Montreal vacation rentals:

<http://montreal.en.craigslist.ca/search/apa?query=Plateau&catAbb=vac&srchType=A&minAsk=&maxAsk=&bedrooms=>

### Tourist sites:

<http://www.vrbo.com/vacation-rentals/canada/quebec/montreal>

[http://www.vacationrentals411.com/city/montreal\\_vacation\\_rentals.php3](http://www.vacationrentals411.com/city/montreal_vacation_rentals.php3)

<http://www.mystudiomontreal.com/Plateau-mount-royal-Apartments-en-2.html>