



Lodging Information

If this is your first visit to Portland, you'll be happy to find our downtown area very pedestrian friendly, with many fine restaurants, shops and museums nearby. Our studio is located just south of downtown, either a short bus ride (10 minutes or so), or if you're feeling energetic perhaps a brisk walk (approximate distance is 2 miles from downtown). We've selected just a few that are convenient and moderately priced. All are within walking distance of the downtown bus mall. You may want to have a car or plan to ride the bus, especially if you are bringing props.

University Place	310 SW Lincoln St.	(503) 221-0140	www.uplacehotel.com
Hotel Modera	515 SW Clay St	(503) 484-1084	www.hotelmodera.com
Rivers Edge Hotel & Spa	0455 SW Hamilton Ct	(503) 802-5800	www.riversedgehotel.com
Mark Spencer Hotel	409 SW 11 th Avenue	(503) 224-3293	www.markspencer.com
Ace Hotel	1022 SW Stark	(503) 228-2277	www.acehotel.com
Hotel Lucia	400 SW Broadway	(503) 225-1717	www.hotellucia.com

Several of our past attendees have been really happy with a **bed and breakfast** located right around the corner from our studio that is most convenient. Check it out @ www.bellaterrabnb.com.

Another option is through airbnb.com. We know of one small home in Sellwood, which is a short drive from the studio. You'll find it at www.airbnb.com/rooms/692606

Of course, this is just a sampling, and there are many choices.

To check on bus routes, max and scheduling, transportation from the airport to your lodging, etc., go to: www.trimet.org. Our studio is located at the corner of SW Abernethy & Kelly.

Please let us know if you have any questions concerning lodging or transportation during your week here. Our e-mail address is: info@gudmestadyoga.com or phone: (503) 223-8157. See you in August!

Namaste,
Janice Gega
Yoga Coordinator
Gudmestad Yoga Studio