

HOW TO GET TO SCHOOL OF LIFE / SHANTI YOGA
4217 and 4209 East West Highway

Public Transportation: **Metro – red line, Bethesda station**, 10 minute walk. See below.

The **J2 bus** travels East-West Highway from downtown Silver Spring out to Montgomery Mall passing right by us; disembark near BCC High School.

From Rt. 495 (the Beltway), Connecticut Avenue Exit #33 South is preferred; Wisconsin Ave South is also an option.

From Washington, DC, go North on either Wisconsin Avenue or Connecticut Avenue.

From Northern Virginia, favorite route is beltway exit River Road and take Goldsboro to Bradley Blvd to Wisconsin Ave into downtown Bethesda; or from Arlington/Roslyn area, Key Bridge to Canal Road to Foxhall Rd, to Nebraska Ave to Wisconsin Ave North.

Traveling south on Connecticut, East-West Highway is 1.2 miles (or 6 traffic lights) inside the Beltway. Turn right onto East-West Highway, Rt. 410. Stay in the right lane. As the road starts going up hill, go very slow....

4209 is on the right just before the bridge; turn in at the mailbox out by the road

4217 is on the right, immediately after the bridge, turn in at the fire hydrant.

If you miss both houses, continue on to the second light, turn left onto Pearl Street, left onto Montgomery Avenue and follow directions as from downtown Bethesda.

Going north on Connecticut Ave. from Washington, DC, go through Chevy Chase Circle at the Washington, DC/Maryland border. Go 1.5 miles and turn left at Rt 410 East-West Highway, stay in the right lane and follow directions above.

From downtown Bethesda, Wisconsin Avenue Turn onto Montgomery Ave which is a 1 way street going east. (It is near the metro station, 1 block south of East-West Highway). Stay in the middle lane as it will bear right and merge onto East-West Highway heading east. You will now be in the left lane and will see a bridge.

For #4217, turn left into the last house before the bridge, see the fire hydrant.

For #4209, turn left into the first house after the bridge, see mailbox out by the road

PARKING

Parking is available at both houses. (You may park at either house and walk to the other.)

See separate page of parking suggestions to maximize use of space, and for alternatives if the house lots are full.

By METRO

On the red line, exit at the Bethesda station. At the top of the long escalator, turn right and walk through the tunnel, then up the short escalator and out the glass doors. Turn right to walk east down East-West Highway going away from Wisconsin Ave. Cross the street at one of the lights. Pass the high school. We are the last house before the bridge (#4217) and the first house after the bridge (#4209). The walk is a pleasant 4 long blocks, approximately 10 minutes. [After hours or on weekends, if the tunnel is closed, take the escalator straight ahead up to street level and, using the crosswalks, cross Old Georgetown Road, then Wisconsin Avenue and walk down the left side of East-West Highway towards the house.]

Where East meets West is where you'll find us