

Sun and Moon Yoga

Gotanda Yamakatsu Bldg. 201, 3-16-44 Higashi-Gotanda Shinagawa-ku Tokyo 114-0022

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Tel: 03-3280-6383



DIRECTIONS:

From JR Gotanda/Tokyu-line Gotanda

Take East Exit of Gotanda Station and head out. Cross the overpass, heading towards BIG ECHO and walk straight on the left side of the street (opposite of REMY building). Walk two long blocks and one short block. Before you see Origin Bento on the corner and Maruetsu Petit in front of you there is a small street before MARUETSU. Take a left and walk on that street for two blocks. You will hit a corner, and see Cafe Urbano on the first floor. We are on the 2nd floor.

From Toei-Chikatetsu (Metro) Gotanda station:

Take A6 Exit of Metro Gotanda station. You see Nippon Rent-A-Car on the corner diagonally in front of you and there is a small street before Nippon Rent-A-Car. Take a right and walk on that street and you pass Lawson and Familymart. Walk straight until you see Cafe Urbano on the first floor on your left. We are on the 2nd floor.

Hit 201 followed by the BELL signal to be buzzed in.

Make sure to close the door completely after entering the building. But please close it quietly.

Please arrive at least 15 minutes prior to class start time so as not to be late and disturb others.