

**Directions to INNER SAGE HEALING ARTS CENTER
The Pickle Factory Building
1 Grove Street, Suite 103, Pittsford, NY 14534**

Look for the hanging sign that says Inner Sage Healing Arts Center and Koga Yoga.

There is a separate walkway and entrance.

Please Do Not enter building through the green awning.

- If you don't have a GPS we recommend using **Google Maps** or **Waze**.
- **Grove Street is located off of French Road** in Pittsford, NY and it is also behind the DelMonte Spa.
- **French Road** runs between Route 96 (Main Street/East Avenue in Pittsford) and Monroe Avenue (Near Pittsford Plaza) but continues all the way to Winton Road in Brighton.
- The Parking lot is in the back of The Pickle Factory near the Loading Dock.

From North or West

1. **Take 490 East to Exit 23 (Linden Avenue) (Route 441)**
2. Bear Right off the ramp and make a **Left onto East Avenue (Route 96)**
3. **Follow Route 96 into Pittsford.** You will pass Nazareth College on your right
4. **Turn Right on French Road.** It is at a light next to a cemetery
5. Make your first **Left on Grove Street**
6. You will see The Old Pickle Factory building. **Bear right to the parking lot**
7. When pulling into the parking lot, on the left of the building if you see a **loading dock** and an **American Flag** know that is the right end of the parking lot to park.
8. Look for the hanging sign that says Inner Sage Healing Arts Center and Koga Yoga. There is a separate walkway and entrance. **Please Do Not enter building through the green awning.**

From Buffalo or Syracuse

1. **Take I-90 to Exit 45 (Rochester)**
2. Take 490 West to **Exit 26** (Pittsford/Route 31)
3. **Turn Right off the ramp** (West) onto Pittsford/Palmyra Road (Route 31)
4. Follow into the village of Pittsford approximately 4 minutes.
5. **Turn Right at the light onto Main Street**
6. Go over the canal bridge and past the "Del Monte Spa"
7. At your second light turn **Left on French Road**
8. Make your first **Left on Grove Street**
9. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
10. When pulling into the parking lot, on the left of the building if you see a **loading dock** and an **American Flag** know that is the right end of the parking lot to park.
11. Look for the hanging sign that says Inner Sage Healing Arts Center and Koga Yoga. There is a separate walkway and entrance. **Please Do Not enter building through the green awning.**

Pittsford Village via Washington Road (Route 153) from Fairport and Penfield

1. Take Route 153 into Pittsford
2. Turn **Right on Main Street**
3. **Left on French Road**
4. **Left on Grove Street**
5. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
6. When pulling into the parking lot, on the left of the building if you see a **loading dock** and an **American Flag** know that is the right end of the parking lot to park.
7. Look for the hanging sign that says Inner Sage Healing Arts Center and Koga Yoga. There is a separate walkway and entrance. Please **Do Not** enter building through the green awning.

Pittsford Village via Pittsford/Mendon Rd (Route 64) from Mendon and South

1. Follow Route 64 into the village of Pittsford
2. Go over the canal bridge and past the “Del Monte Spa”
3. At your second light turn **Left on French Road**
4. Make your first **Left on Grove Street**
5. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
6. When pulling into the parking lot, on the left of the building if you see a **loading dock** and an **American Flag** know that is the right end of the parking lot to park.
7. Look for the hanging sign that says Inner Sage Healing Arts Center and Koga Yoga. There is a separate walkway and entrance. Please **Do Not** enter building through the green awning.

From West via Monroe Avenue (Route 31)

1. Follow Route 31 into Pittsford Plaza/Pittsford Colony area.
2. At the light, turn **Left onto French Road** and take almost to the end
3. Turn **Right on Grove Street** (located close to the end of the street)
4. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
5. When pulling into the parking lot, on the left of the building if you see a **loading dock** and an **American Flag** know that is the right end of the parking lot to park.
6. Look for the hanging sign that says Inner Sage Healing Arts Center and Koga Yoga. There is a separate walkway and entrance. Please **Do Not** enter building through the green awning.

From East via Pittsford/Palmyra Road (Route 31)

1. Follow Route 31 into Pittsford Village
2. **Turn Right at the light onto Main Street**
3. Go over the canal bridge and past the “Del Monte Spa”
4. At your second light turn **Left on French Road**
5. Make your first **Left on Grove Street**
6. You will see The Old Pickle Factory building. **Bear right to the parking lot.**
7. When pulling into the parking lot, on the left of the building if you see a **loading dock** and an **American Flag** know that is the right end of the parking lot to park.
8. Look for the hanging sign that says Inner Sage Healing Arts Center and Koga Yoga. There is a separate walkway and entrance. Please **Do Not** enter building through the green awning.