



AUSTRALIA KRIYA YOGA ASSOCIATION

## Accommodation Information Guide for Kriya Yoga Ashram at Lisarow

Paramahansa Prajnanananda, together with Swami Gurupriyananda and Swami Sarvatmananda and many other monks and teachers will be present to inaugurate our Kriya Yoga Ashram on 18 April at [226 Macdonalds Road, Lisarow](#). Full details of this event will be available soon.

Additional programs may also be organised between **16-17 April** and **19-25 April**. Details of these events and programs will follow.

If you require accommodation after the retreat to attend the inauguration of the Kriya Yoga Ashram at Lisarow, we suggest that you stay close to the ashram property in either Lisarow or North Gosford. Accommodation in these areas is limited so you may need to book early.

### Accommodation Options near Kriya Yoga Ashram at Lisarow

Motels		
	Gosford Inn Motel 733 Pacific Highway, Narara NSW 2250 <a href="http://gosfordinnmotel.com/">http://gosfordinnmotel.com/</a>	From \$85 per night 3 stars, north of Gosford and is two train stops south of Lisarow. 8 mins by car/taxi to Ashram
	Bellbird Rest Bed and Breakfast 9 The Rise, Lisarow	From \$140 per night <b>NOTE: Now fully booked-out for 15-25 April</b>
	Ibis Gosford 63 Central Coast Hwy, West Gosford (02) 4325 7693 <a href="http://ibgosford.com.au/wp/">http://ibgosford.com.au/wp/</a>	From \$99 per night A premium budget hotel 16 mins by car/taxi to Ashram
	The Willows Motor Inn 512 Pacific Hwy, North Gosford (02) 4328 4666 <a href="http://www.thewillows.net.au/">http://www.thewillows.net.au/</a>	From \$119 per night 3.5 star AAA-rated rooms in a tropical garden setting 2.5 km from Gosford city. 11 mins by car/taxi to Ashram
	Waterview Gosford Motor Inn 23 Central Coast Hwy, West Gosford (02) 4323 1333 <a href="http://gosfordmotorinn.com.au/">http://gosfordmotorinn.com.au/</a>	From \$130 per night 3.5 star located close to Gosford, overlooking Brisbane Waters and Fagans Bay. 16 mins by car/taxi to Ashram
	Gosford Palms Motor Inn 7 Moore St, West Gosford NSW 2250 (02) 4323 1211 <a href="http://www.gosfordpalms.com.au/">http://www.gosfordpalms.com.au/</a>	From \$124 per night Located in tranquil bushland area between Waterview Nature Reserve and Brisbane Waters. 16 mins by car/taxi to Ashram



AUSTRALIA KRIYA YOGA ASSOCIATION

## Accommodation Options near Kriya Yoga Ashram at Lisarow

<b>Home Stay with a Kriyavan in Sydney</b>	<p>Galaxy Motel 26 Central Coast Hwy, West Gosford (02) 4323 1711 <a href="http://galaxymotel.com.au/">http://galaxymotel.com.au/</a></p> <p>From \$151 per night 18mins from ashram</p> <p>Australia Kriya Yoga Association (AKYA) will assist with home stay matching where required, subject to availability.</p> <p><b>To register for home stay (either as a Host or Guest)</b></p> <p>Please register by contacting Athena (AKYA): Mobile: 0416 146 937 Email: <a href="mailto: blessingsxox@gmail.com">blessingsxox@gmail.com</a></p> <p><u>If you have a spare bed, please provide the following details to Athena:</u></p> <ol style="list-style-type: none"><li>1. Your Name</li><li>2. Your Address</li><li>3. Email</li><li>4. Telephone</li><li>5. Room for 1? 2? More?</li><li>6. Prefer male? Female? Either?</li><li>7. Other comments?</li></ol> <p><u>If you need a place to stay, please provide the following details to Athena:</u></p> <ol style="list-style-type: none"><li>1. Your Name</li><li>2. Male/female</li><li>3. Email</li><li>4. How many nights accommodation?</li><li>5. One person? Two?</li><li>6. Prefer to stay with female? Male? Either?</li><li>7. Other comments?</li></ol>
--------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## Transport Options to/from Kriya Yoga Ashram at Lisarow

<b>Train</b>	<ol style="list-style-type: none"><li>1. Catch train on Central Coast &amp; Newcastle Line to Lisarow Train Station</li><li>2. From Lisarow Train Station, you can either:<ul style="list-style-type: none"><li>• Catch a taxi/uber – estimated cost \$9-13, estimated time 5 minutes</li><li>• Walk – estimated distance 2.5 km via The Ridgeway, estimated time 32 mins (see map below)</li></ul></li></ol>
<b>Uber or Taxi from Gosford</b>	<p>Travel time: Approx. 16 mins, 10 km</p> <p>To arrange, contact either:</p> <ul style="list-style-type: none"><li>• Uber – Estimated cost: \$20-30, website: <a href="https://www.uber.com/en-AU/">https://www.uber.com/en-AU/</a></li><li>• Central Coast Taxis – Estimate cost: \$25-40, phone 131 008, website: <a href="http://centralcoasttaxis.com.au/">http://centralcoasttaxis.com.au/</a></li></ul>



AUSTRALIA KRIYA YOGA ASSOCIATION

**Location Map of Kriya Yoga Ashram – [226 Macdonalds Road, Lisarow](#)**

