



Directions to Physique 57—Bridgehampton

From Southampton:

Head East on Montauk Highway, go past the Bridgehampton Commons Shopping Center.

Take the second left which is Butter Lane.

Go North 1/4 mile or so, and underneath the Rail Road Bridge, stay Right on Butter Lane.

About 100 yards up is 264 Butter Lane on your Left.

One Ocean Yoga - Drive to the Rear on the Right.

From East Hampton:

Head West on Montauk Highway, go through Bridgehampton and past the Bridgehampton Post Office on your Right.

The next Right is Butter Lane.

Go North 1/4 mile or so, and underneath the Rail Road Bridge, stay Right on Butter Lane.

About 100 yards up is 264 Butter Lane on your Left.

One Ocean Yoga - Drive to the Rear on the Right.

From New York City:

Queens Midtown Tunnel to LIE (Long Island Expressway)

495 East to exit 70 South - Go 2 Miles to Sunrise Highway East Route 27.

Follow route 27 EAST.

Heading East on Montauk Highway go past the Bridgehampton Commons Shopping Center.

Take the second left which is Butter Lane.

Go North 1/4 mile or so, and underneath the Rail Road Bridge, stay Right on Butter Lane.

About 100 yards up is 264 Butter Lane on your Left.

One Ocean Yoga - Drive to the Rear on the Right.