

Guests best suited for lodging in The Nook or The Studio will appreciate the quiet nature of the facility, and that there is a shoes off policy, no smoking permitted in or on the premises, and that pets can not be accommodated.

Check-in time 4 PM (most of the time sooner, text us if you want to come earlier), check-out 11 AM.

Weekday classes are free for guests, which may include: yoga, stretch,



meditation, and tai chi. The current schedule is posted in the entryway and on our website. Wellness packages are



available by adding any of the following services: private yoga and/or meditation session, yoga therapy, or bodywork. Check our website for details: innerquestyoga.com

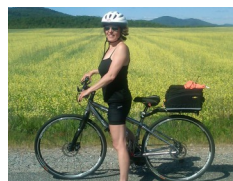
Your hosts, Mary and Kevin Bartel, reside in the lower level. They honor their guests privacy and are only a phone call away to assist in making your visit comfortable.



Our location - conveniently located a short walk from Saranac Lakes' downtown shops, restaurants and artist galleries. Behind us is BluSeed Studios, featuring art exhibitions, workshops and live music performances. Across the street kitty corner is a small park with tennis court and basketball courts. Less than a mile away is the towns' municipal beach, park and picnic area at Lake Colby (always a lovely spot to watch the sunset) and lower Saranac Lake boat launch, which gives access to the spectacular Saranac chain of lakes.



The town of Saranac Lake serves as a great vacation spot for outdoor enthusiasts, no matter the time of year! Enjoy road or mountain biking, canoeing, hiking, fishing, snow shoeing and x-c skiing. Downhill skiers may explore Titus, Big Tupper and Whiteface Mountains each approximately 30 minutes away.



Saranac Lake's history continues as a health and wellness getaway location. Come see why Saranac Lake is one of the Northeast's pioneering health resorts and why a get away here in the Great North Woods is good for the soul.

Breath, relax, feel and be.

The Nook & The Studio at Inner Quest



A unique, peaceful and comfortable place to stay, in Saranac Lake

Adirondacks' Coolest Place.

238 Broadway
Saranac Lake, NY 12983

Phone: (518) 891-9944

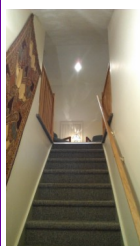
Cell: (518) 354-2425 call or text

mary@innerquestyoga.com

www.innerquestyoga.com

The Nook & The Studio

Two different lodging experiences.



The Nook - a cozy place to stay for one or two people. Enjoy having the second floor all to yourself in the house where Inner Quest Yoga & Wellness Center operates on the main floor.

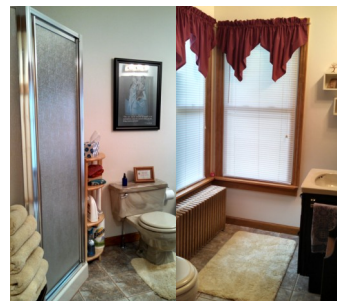


The Nook has its own entrance separate from the owner's apartment. The main room has a comfortable queen sized bed (linens, blankets and comforters provided), night stand, dresser, loveseat, secretary's desk, Morris chair and A/C.

The Nook has a kitchenette equipped with a compact refrigerator, microwave, toaster, Keurig coffee maker and other kitchen essentials.



The Nook includes a private half bath and the use of a full bath with shower on the main floor / studio level (the shower is shared if there are guests staying in The Studio).



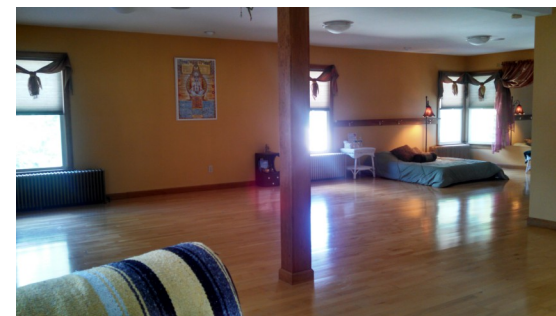
We call the upstairs of our home 'The Nook' as it is two floors above where we dwell and it just has a special good feeling to take refuge. The slanted lower ceilings, the lighting, the feng shui gives us that sense.

For all guests:

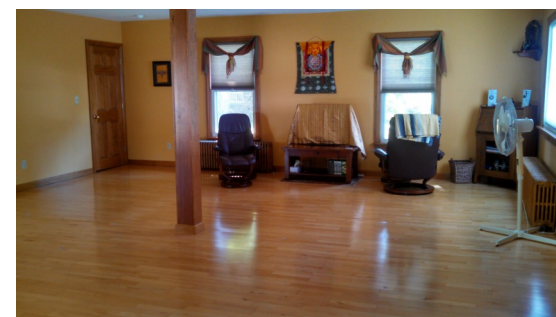
- Bath essentials - soap, shampoo, body lotion and hair dryers.
- The front deck with a bistro table and chairs during the warmer months.
- Parking in our lot out back.
- Wifi

We wish to share our home with visitors, friends, and family. Perhaps when you come, you'll share in your words how The Nook or The Studio provided shelter following your excursions whether business, pleasure or a stop over night. Mary & Kevin

The Studio - a unique place to stay for one or two weekend guests - available Fri/Sat/Sun; stay one, two or three nights. A large open, beautiful space with hardwood floors that classes, workshops, and private yoga therapy sessions are held during the week.



The room is set up with an queen size aerobed with extra padding (linens, blanket and comforter provided), floor lamp, side table and fans. There are two Stressless chairs and a flat screen TV with a DVD player (no cable). Bring movies if you like or watch one of ours. Studio guests may use studio props for exercising. A full bath with shower is shared only if there are guests staying in The Nook.



The Studio has a private entrance off of the front deck apart from The Nook and the owner's apartment.



For more information or to book The Nook or The Studio call Mary & Kevin Bartel 518-891-9944 or 518-354-2425 (cell). We are listed on www.airbnb.com.