

Dharma Yoga Studio West Grocery/Laundry/Drugstores

Grocery Stores/ Larger Bodegas

Whole Foods Chelsea

260 7th Avenue NY NY 10001 (between 24th and 25th St)
(excellent salad bar and veggie options hot bar)

Trader Joes

675 6th Ave NY NY 10001 (between 21st and 22nd st)
(less expensive option than whole foods packaged nuts and fresh foods no salad bar hot food bar)

Sumac Bodega

6th ave between 25th and 26th st
(can get custom salads)

Drug Stores

Duane Reade

71 West 23rd St NY NY 10001(between 6th and 7th ave)
(place to get bath items + toiletries)

Banks

Bank of America

670 6th Ave + 21st St

Citibank

717 6th Ave (Ave Americas) + 23rd St

Chase Bank

71 West 23rd St + 6th Ave

Laundry

Symphony Cleaners

763 6th Ave between 25th and 26th
(drop off services only for laundry) hours: 7am-7pm