



NASHVILLE ACADEMY OF REFLEXOLOGY

4825 Trousdale Dr. Suite 222

Nashville, TN 37220

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Directions to our location

From I-65 Southbound – Take Exit 78-B Harding Place East. Turn right onto Harding Place and continue straight to the second light. Move into the right turn lane in front of the CVS Pharmacy and turn right onto Trousdale Drive. Continue straight for approximately .3 mile, passing a Mapco station and the Rebel Hill Florist. The next two driveways go into the Trousdale Business Center and NAR is located in Suite 222, at the back of the U-shaped building.

From I-65 Northbound – Take Exit 78 Harding Place exit and turn right onto Harding Place. Move into the right turn lane in front of the CVS Pharmacy and turn right onto Trousdale Drive. Continue straight for approximately .3 mile, passing a Mapco station and the Rebel Hill Florist. The next two driveways go into the Trousdale Business Center and NAR is located in Suite 222, at the back of the U-shaped building.

From I-40 Eastbound – Take I-440 East to I-65 South and then follow the instructions above for I-65 Southbound.

From I-40 Westbound – Take I-440 West to I-65 South and then follow the instructions above for I-65 Southbound.

From I-24 Eastbound – I-24 merges with I-65 north of downtown Nashville, then you will continue on I-65 rather than I-24 and follow the instructions above for I-65 Southbound.

From I-24 Westbound – Take I-440 West to I-65 South and then follow the instructions above for I-65 Southbound.