

**DIRECTIONS TO THE NASHVILLE ACADEMY OF REFLEXOLOGY
LOCATED WITHIN THE MIND BODY INSTITUTE
1556 CRESTVIEW DRIVE, MADISON, TN 37115**

Parking is in the back parking area of the Mind Body Institute and the entrance to the classroom is also at the back entrance.

Coming from the north on I-65, take the Rivergate Parkway, Exit 96, toward Hendersonville/Goodlettsville. Keep left to take the ramp toward Hendersonville. Turn left onto Rivergate Parkway that becomes Two Mile Parkway, keeping right at the fork to continue on Two Mile Parkway. Just before you reach Gallatin Pike (US 31 E S), turn right on Gleaves Ave, at the Thai Phooket restaurant. Continue across Alta Loma Rd where the name changes to Crestview Drive and continue to the end and turn right into the Mind Body Institute.

Coming from the south on I-65, take the Rivergate Parkway Exit, staying to the left for the **next exit after** the Vietnam Veterans Parkway. Just before you reach Gallatin Pike (US 31 E S), turn right on Gleaves Ave, at the Thai Phooket restaurant. Continue across Alta Loma Rd where the name changes to Crestview Drive and continue to the end and turn right into the Mind Body Institute. **OR, to avoid traffic on I-65**, Exit at Harding Place exit south of town. Turn right at the light onto Harding Place going east. Continue on Harding Place until the road turns left onto Donelson Pike. Continue north on Donelson Pike past the airport in the left lane. Turn left onto I-40 west towards town. Take the Briley Parkway exit going North. Continue past Opryland, and then the parkway turns to the west. Take Exit 14A onto Gallatin Pike (US 31E N) toward Madison and go about 4 miles north. Turn left on Altus Ave, although there is no name on this road. It's next to the Nissan dealership. Look for the green and white sign that reads Mind Body Institute with a big **arrow** ←. Turn right onto Crestview Drive and left into the MBI parking lot.

Coming from the northwest on I-24, , take the TN-45 Old Hickory Blvd Exit 40 and turn left. Turn left onto Dickerson Pike (US-41N) and continue for 2.52 miles. Turn right onto Dry Creek Lane which becomes Alta Loma Rd. Turn right onto Crestview Drive and come to the end, turn right into MBI parking lot.

Coming from the southeast on I-24, take the TN-155 Briley Parkway Exit 54 toward Opryland to avoid heavy traffic on I-65 N. Continue on I-155 Briley Parkway until Exit 14A onto Gallatin Pike (US 31E N) toward Madison and continue north about 4 miles. Turn left on Altus Ave, although there is no name on this road. It's next to the Nissan dealership. Look for the green and white sign that reads Mind Body Institute with a big **arrow** ←. Turn right onto Crestview Drive and left into the MBI parking lot.

Coming from the east on I-40, after passing the airport exit, take the Briley Parkway exit going North. Continue past Opryland, and then the parkway turns to the west. Take Exit 14A onto Gallatin Pike (US 31E N) toward Madison and go about 4 miles north. Turn left on Altus Ave, although there is no name on this road. It's next to the Nissan dealership. Look for the green and white sign that reads Mind Body Institute with a big **arrow** ←. Turn right onto Crestview Drive and left into the MBI parking lot.

Coming from the west on I-40, take I-65 N at Exit 205N toward Louisville. Take the Rivergate Parkway Exit 96 toward Goodlettsville. Turn right at the fork on the ramp. Merge into Rivergate Parkway that becomes Two Mile Parkway. Just before you reach Gallatin Pike (US 31 E S), turn right on Gleaves Ave, at the Thai Phooket restaurant. Continue across Alta Loma Rd where the name changes to Crestview Drive and continue to the end and turn right into the Mind Body Institute. **OR, to avoid the I-65 traffic altogether**, you can take the TN-155 N Briley Parkway at Exit 204A and take it all around going north, and then east until you reach Gallatin Pike Exit 14A. Turn left onto Gallatin Pike (US-31E N) and continue north (approximately 4 miles), then turn left onto Altus Ave.. There is no street name on this street. Turn between the Nissan dealership and look for the green and white sign that reads Mind Body Institute with a big **arrow** ← . and then right onto Crestview Drive and left into the MBI parking lot.