

## Directions to Lakulish Yoga & Health Retreat

### **1. From Raleigh**

- Travelling West on I-40
- Take Exit 266
- Take NC HWY 86 North
- Travel 28.9 miles
- Turn Left on NC HWY 119 S
- Travel 3 miles and Yoga Retreat is on your right.

### **2. From Durham Area**

- Travelling South on I-85
- Take Exit 165
- Take NC HWY 86 North
- Travel 26.6 miles
- Turn Left on NC HWY 119 S
- Travel 3 miles and Yoga Retreat is on your Right.

### **3. From Greensboro / Winston Salem**

- Travelling North on I-85 or East on I-40
- Take Exit 150 Haw River
- Make a Left at the ramp on Jimmie Kerr Rd.
- Make a Right on NC HWY 49 North
- Continue on NC HWY 49 and NC HWY 62 towards Yanceyville
- Turn Right on Pleasant Grove Church Union School
- Turn Left on NC HWY 119 N and proceed north approx. 6 miles past the Intersection to the Retreat on your Left

### **4. From Mebane:**

- Take NC Hwy 119 North
- Travel about 17 miles and you will see Yoga retreat on your left.

### **5. From RDU Airport**

- Take 40 W
- Take NC-147 N
- Take US-70 W
- Take NC-86 N
- Left on 119 South