

Directions to Retreat

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.

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.

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