

## Directions to Life In Balance Ayurvedic Rejuvenation Center on Vashon

### From Seattle:

Take the Fauntleroy Ferry from West Seattle to Vashon. The crossing is 20 minutes. Once on Vashon, follow the cars along Vashon Hwy for about 10 minutes into the heart of town. Just past the Thriftway sign you will take a right on Bank Rd. After the first cross street, you will see a bank of mailboxes on the left side. There is a ceramic sign (which can be obscured by trees) for Vashon Co-housing. Turn here and park in the Visitor Parking. There is also handicap parking further along on the left. From the Visitor Parking, walk along the dirt path for a few minutes until you see the 'Foot Traffic Only' sign. Follow around to the left, past the carts and you will see the large Common House on the left. My office is upstairs on the 2<sup>nd</sup> landing on the right. If the doors are locked, the code is 2020.

### From Tacoma:

Take the Pt. Defiance/Tahlequah Ferry from Tacoma. The crossing is about 15 minutes. Once on Vashon, follow the cars along Vashon Hwy for about 20 minutes into the heart of town. The next street past the Giraffe you will take a left on Bank Rd. After the first cross street, you will see a bank of mailboxes on the left side. There is a ceramic sign (which can be obscured by trees) for Vashon Co-housing. Turn here and park in the Visitor Parking. There is also handicap parking further along on the left. From the Visitor Parking, walk along the dirt path for a few minutes until you see the 'Foot Traffic Only' sign. Follow around to the left, past the carts and you will see the large Common House on the left. My office is upstairs on the 2<sup>nd</sup> landing on the right. If the outside doors are locked, the code is 2020.

### What to bring for your treatment:

Bring socks (even in the summer,) and a scarf or hat to cover your ears when you leave. Dress in comfortable clothes you do not mind getting a little oil on. Showering after your session is optional. All toiletries are provided.

### Overnight Guests:

If staying the night and need to unload luggage, you can drive up to the load/unload sign and unload your belongings here. There are carts to the left to transport your belongings if needed. Then return and park in Visitor Parking. If the outside doors are locked, which can be the case in the morning, the code is 2020.

The building is a no shoe space (unless needed for support.) There are wood floors, which can be cold. Bring slippers or socks to pad around and after treatments. There is a beautiful kitchen which is well stocked with spices, pots, dishes etc. You can leave food in the fridge and feel free to use the kitchen. Please clean up after yourself.

There are many lovely sitting and eating areas throughout the Common House and outside grounds. You can follow the gate in back to the gardens and field to walk, lounge and nibble.

My Center is located in a wonderful community. Don't be surprised if the people you meet ask what brought you here. The community is very welcoming of guests and as would be expected of people choosing to live in community, are genuinely interested in people.