



DIRECTIONS FROM OTTAWA #1

Take Hwy 417 towards Montreal, then it becomes Hwy 40 in Quebec. Stay on Hwy40 all the way through Montreal, off the island and then towards Quebec city.

Continue on Highway 40 EST(40 EST) until you reach Trois-Rivières. From Trois-Rivières take Highway 55 NORTH(NORD), heading towards Shawinigan.

On Highway 55 NORD, exit Sortie 217 – Saint-Mathieu-du-Parc. After taking the exit, you will come to a stop sign -- turn left onto the road 351 SUD, towards Saint-Mathieu-du-Parc.

Continue straight ahead. You will pass Saint-Gérard-des-Laurentides -- continue on the 351 SUD until you reach Saint-Mathieu-du-Parc.

Turn left at the flashing light in the village.

Continue on 351 SUD.

After 4 km , you'll see the “Fondation l'Art de Vivre” sign (blue sign) on your left.

Turn onto the road and continue following the L'ART DE VIVRE signs, until you reach the Center.

DIRECTIONS FROM OTTAWA #2

(do no take if it's snowing)

- Take Hwy 417 towards Montreal, then it becomes Hwy 40 in Quebec. Stay on Hwy40 all the way through Montreal, off the island and then towards Quebec city.
- Continue on Highway 40 EST(40 EST).
- Take Exit 166 Louisville.
- Drive for 4.3 Km until you reach the 138 East. Turn Right at 138 East.
- Keep going on the 138 East towards Louisville. Cross the village.
- Turn Left at the 3rd traffic light after 3.5 Km and take the 349 North (after the church)
- Keep going straight (you will pass through St-Paulin et St-Elie de Caxton) for 33 Km until you reach a dead end.
- Turn Left on the 351 North and follow the signs for St-Mathieu-du-Parc.

- Turn Right (always 351 N) after 400m.
- Keep going for 1 Km until the dead end. Turn Left.
- Drive for 7.9Km until you see the “YOGA” and “Art of Living” signs on your right.
- Turn Right until you reach the Ashram.

WELCOME HOME!