



DIRECTIONS FROM TORONTO/SOUTHERN ONTARIO #1

Take 401 east (about 5 hour's drive) towards Montreal. When you cross the Quebec border, the highway number changes to 20. Before Dorion, Take Highway 540 North (direction Ottawa) about 5 KM, then Hwy 40 (direction Montreal). Stay on 40 all the way through Montreal, off the island and then towards Quebec.

Continue on Highway 40 EAST(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 2 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.

WELCOME HOME!

DIRECTIONS FROM TORONTO/SOUTHERN ONTARIO #2

(do not take if it's snowing)

Take 401 east (about 5 hour's drive) towards Montreal. When you cross the Quebec border, the highway number changes to 20. Before Dorion, Take Highway 540 North (direction Ottawa) about 5 KM, then Hwy 40 (direction Montreal). Stay on 40 all the way through Montreal, off the island and then towards Quebec.

Continue on Highway 40 EAST(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!