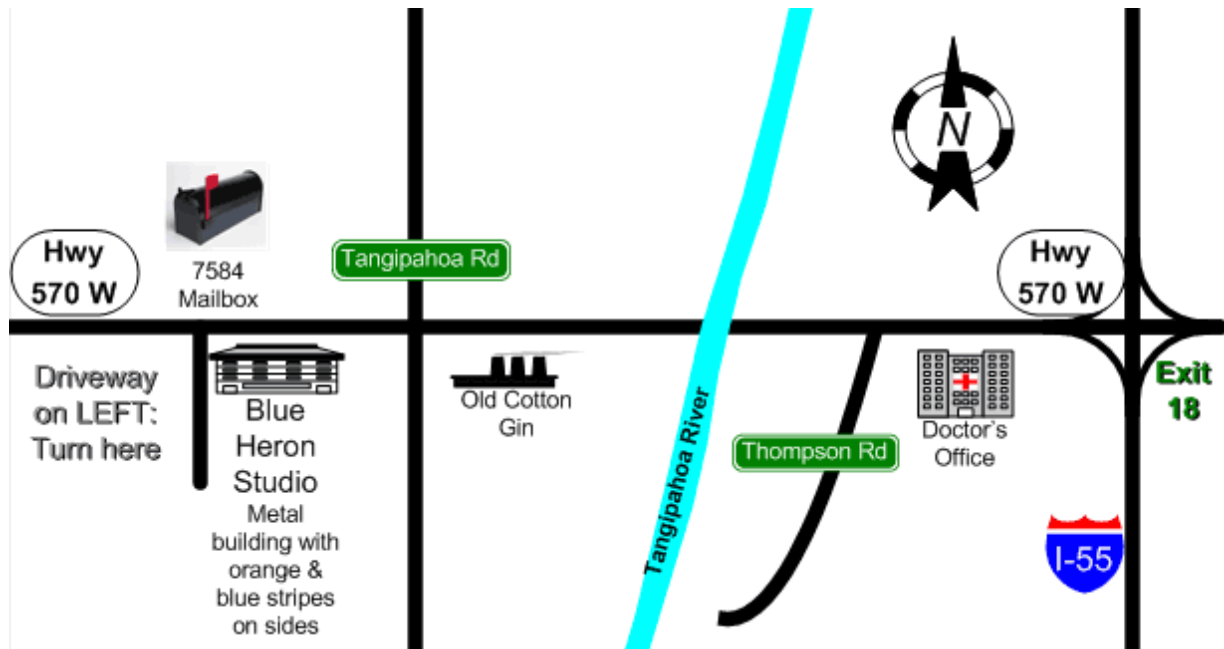


BLUE HERON YOGA, a studio in the country



- From I-55, take **EXIT 18** and head **WEST** on **HIGHWAY 570** (also called Veterans Blvd.). **Total distance from this exit to the studio is (+/-) 6.2 miles.**
- On route, you'll pass Dr. Smith's office at **THOMPSON ROAD** and then cross the **TANGIPAHOA RIVER.**
- Continue to **TANGIPAHOA ROAD.** An old cotton gin will be on the left. **LOOK AHEAD TO SEE THE WHITE METAL ROOF OF THE STUDIO.**
- Continue for about $\frac{1}{4}$ mile, until you see the **MAILBOX** for "7584" on the **right side of the highway** and the **DRIVEWAY** marked with an **AMERICAN FLAG on the left.** Also look for "**Blue Heron Yoga**" sign.
- Turn left at the driveway and park at the studio, a **TAN METAL BUILDING WITH ORANGE & BLUE STRIPES ON THE SIDES, SITTING CLOSE TO THE HIGHWAY.**
- Enter at the south end of the building (orange with blue French doors).