

## Directions:

Liberty Centre I, Suite 210  
1230 Liberty Bank Lane  
Louisville, KY 40222

If you know the intersection of Hurstbourne Pkwy and I-64, Liberty Centre 1 is just beyond (north of) Olive Garden Restaurant and just behind McDonald's Restaurant. Liberty Center 1 is the building farthest from Hurstbourne Parkway.

There are traffic signals into Olive Garden and into McDonald's. These create a 'horseshoe' shaped access to Liberty Centre 1.

**If you do not know the intersection of Hurstbourne and I-64:**

Coming from downtown on I-64 and traveling east:

Merge onto S. Hurstbourne Pkwy/KY 1747 N via **Exit 15** toward University of Louisville's Shelby Campus and Middletown. Look for McDonald's and turn Left onto Linn Station Road, and Left onto Liberty Bank Lane.

Coming from Shelbyville on I-64 and traveling west:

Exit onto KY 1747/Hurstbourne Pkwy via **Exit 15** toward Jeffersontown/Middletown. Turn right onto S. Hurstbourne Pkwy/KY 1747. Look for McDonald's and turn Left onto Linn Station Road, and Left onto Liberty Bank Lane.

502 412-1141 and E-mail – [visionary5@mac.com](mailto:visionary5@mac.com)  
emergency # 502-432-9735

# Visionary CranioSacral Work® Classes/Family Constellations/Hotels/Motels within walking distance:

Days Inn Hurstbourne	502 425-8010
Red Roof Inn Louisville East	502 426-7621
Courtyard Marriott Louisville East	502 429-0006
Baymont Inn	502 339-1900
Drury Inn & Suites	502 326-4170
Holiday Inn Hurstbourne	502 426-2600

Restaurants within walking include: Bob Evans, Waffle House, McDonald's, Olive Garden, Panda Express, Kroger Grocery Store,

Health food stores:

At Hurstbourne Parkway, turn Left and drive several miles to Shelbyville Road. Turning Left onto Shelbyville Rd, drive several miles, passing Oxmoor Mall and Mall St. Matthews. At the second entrance to Mall St. Matthews, turn Left. Just opposite the mall is **Whole Foods**. 502 899-5545. A little farther down from Whole Foods is a Trader Joes.

Same directions, continuing another 3 miles or so on Shelbyville Rd to **Rainbow Blossom**. This is a locally-owned store and respected for its large stock of herbal teas, bulk herbs and supplements. Shelbyville Rd. will fork; take the Left fork and look on the left for Rainbow Blossom. It's a white building. 502 896-0189.

Some places to eat within walking distance to the classroom:

McDonald's – Located across the street from the classroom

Panda Express – Located ½ block from class

Olive Garden – Just across the street from Panda Express (best food found in short distance and does have carry out.)

Bob Evans – Just about 100 yards from Olive Garden

Waffle House – Across the street from Bob Evans

Within a short 5-10 minute drive you have a wide variety of places to eat including Panera's, Shiraz, & Chipolte.