



Take 5 Bodywork

with Suzanna Young, LMT

State-Certified & Licensed Massage Therapy

Located on the corner of Alvarado & Mission Ridge

By appointment only

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Directions from Hwy 101

1. From the 101, exit Mission Street.
2. Drive east on Mission (toward mountains), crossing over State Street, and continue on until Mission Street ends at Laguna Street.
3. Turn Left on Laguna toward the historical Mission.
4. Turn Right onto Los Olivos, driving past the Mission.
5. Veer to the Right to get onto Alameda Padre Serra (APS).
(If you see Rocky Nook Park on the right, you've gone too far.)
6. Drive about 1/2 mile on APS until you see the Riviera Business Park & Theater sign on the left. Just past this is Lasuen Road.
7. Turn Left on Lasuen.
8. Turn Left on Alvarado. (You'll be looking at the building. On the right is the El Encanto construction site.)
9. Head up to the parking lot on the corner of Alvarado & Mission Ridge. Park anywhere in the lot.
(If this lot is full, there is additional parking just below the building, also accessible from Alvarado.)
10. For assistance locating my office, text or phone me from the lot and I'll come out to meet you. Or enter the building from the Alvarado side and turn left to enter the hallway. Suite 104 is the first office on the right.