



Take 5 Bodywork

with Suzanna Young

State Certified & Licensed Massage Therapy

2020 Alameda Padre Serra, Suite 104

(corner of Alvarado & Mission Ridge)

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By appointment only

Directions from South

(The ocean is on the left, the mountains on the right)

1. From 101-North, exit Salinas. Take Salinas all the way to the roundabout.
2. Yielding to the left, continue through the exact opposite side of the roundabout to find yourself on Alameda Padre Serra (APS).
3. Continue on APS as if heading toward the Mission. (Drive about 5 mins.)
4. Turn Right on Moreno Road (a 4-way stop).
5. Turn Left on Lasuen.
6. Turn Right on Alvarado. You'll be looking at the building. (On the right is the El Encanto construction site.)
7. 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.)
8. 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.

Directions from North

(The mountains are on the left, the ocean on the right)

1. From the 101, exit Mission Street.
2. Drive east on Mission (toward mountains), crossing over State Street, and continue on until Mission St. dead ends at Laguna St.
3. Turn Left on Laguna toward the Mission.
4. Turn Right onto Los Olivos, driving past the Mission.
5. Veer to the Right to get onto 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. Follow steps 7 & 8 above.