

San Antonio Ashiatsu Training Site

@ Heeling Sole
Barefoot Massage & Yoga
1864 Nacogdoches, San Antonio,
78209.

*In the Carousel Court shopping center of the
Alamo Heights neighborhood*

Accommodations

We are located in the 78209 zip code, known as the "Alamo Heights" area of San Antonio. There are many hotels located along the 410 freeway near the airport, all of which are 2-5 miles away. The Airport Drury Inn & Suites is a favorite. Check online deals at your favorite hotel listing website, such as Hotels.com or AirBnB.com, for deals and availability nearby.

Eat

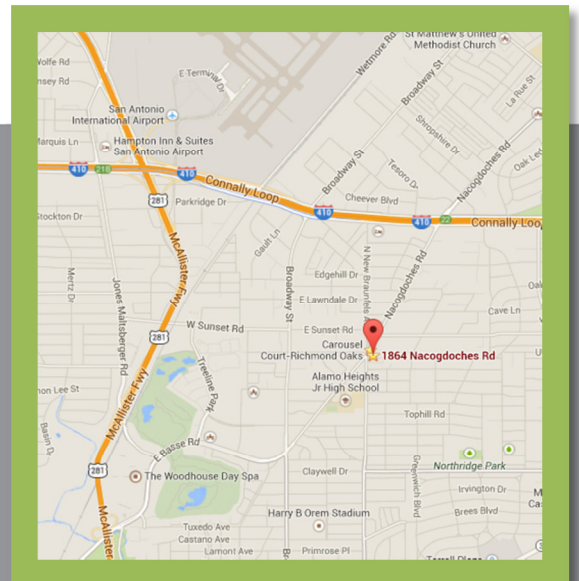
Lunch breaks are 1 hour long, usually starting at noon or 12:30pm. There is time each morning for you to enjoy your breakfast & coffee during our group discussion before we start massaging, and plenty of time to eat quick snacks throughout the day. A fridge and microwave are onsite at our center— feel free to bring your own food and snacks! There is a Starbucks, Subway, Mexican restaurant, Italian restaurant, another sub sandwich & smoothy shop, as well as a grocery store within walking distance. Many more choices of food within a 5 minute drive.

Play

If you aren't too pooped after class, downtown San Antonio to see the Alamo and the Riverwalk - only 15 minutes away! It's beautiful, relaxing, and there is always something going on! See a giant pair of cowboy boots and shop at the North Star Mall or Quarry Market, each just 2 miles away! San Antonio also has a Sea World, 6 Flags Fiesta Texas, and the Spurs!

Directions

See the next page



Plan.

Make sure you have plenty of travel time both into and out of town. Driving time from the San Antonio Airport to the training site with traffic is 10-15 minutes. If possible, arrive the night prior to class and stay close to the seminar site for an easy commute. Please get a good night's rest before class starts each morning.

You will be put in touch with the whole class so that you all can coordinate carpooling and room-share if you wish.

Certain guidelines must be adhered to in accordance with the National Certification Board of Therapeutic Massage & Bodywork, and with the State of Texas. Punctuality is a must! You will only receive full credit hours on your transcript if **you are on time each day**. We will be working in teams each day, so if one person is late, it will affect the entire team. Make your travel and hotel plans with this in mind.

Directions

Heeling Sole Barefoot Massage & Yoga 1864 Nacogdoches, San Antonio, 78209 Carousel Court Shopping Center

Directions:

(All info gathered from Google Maps)

From San Antonio Airport (2.8 mi/10 min) or North / West San Antonio

1. From either the I-410 Loop, or the access road, head East
2. Exit Nacogdoches Avenue exit #23
3. Turn Right onto Nacogdoches at the light
4. You'll drive through what looks like residential area, and will pass an "HEB" Grocery store on your right.
5. After the 1st light, continue straight for only ¼ of a block, then turn LEFT in the Carousel Court parking lot. (You'll see a La Posada Del Rey Mexican restaurant and a Subway.) Heeling Sole is dead center in the back. If you go through a 2nd stop light (at New Braunfels) you've gone too far.

From Downtown (6 mi/15 min) or South San Antonio

1. Head North on 281
2. Exit Basse Road EAST, (watch for "Alamo Quarry Market" signs)
3. Continue straight on Basse for appx 2 miles, this road becomes Nacogdoches. You'll pass the mall, golf course, another shopping center, Broadway road, and a middle school football field.
4. When you come to the light of Basse/Nacogdoches and N. New Braunfels, you'll want to go straight into the shopping center dead ahead. It's called "Carousel Court" – you can't miss the yellow awnings. Heeling Sole is dead center in the back.

From Austin (65 mi/1 hr) or North of San Antonio:

1. From I-35 South, take exit 166 to merge onto I-410 West
2. Exit Nacogdoches exit #24
3. Merge one lane over to the right to veer Right and stay straight on the access/feeder road. Turn Left onto Nacogdoches at the light by Bill Miller BBQ.
4. You'll drive through what looks like residential area, and will pass an "HEB" Grocery store on your right.
5. After the 1st light, continue straight for only ¼ of a block, then turn LEFT in the Carousel Court parking lot. (You'll see a La Posada Del Rey Mexican restaurant and a Subway.) Heeling Sole is dead center in the back. If you go through a 2nd stop light (at New Braunfels) you've gone too far.

From Houston (199 mi/3 hrs) or East of San Antonio:

1. Take I-10 West
2. Take exit 581 and merge onto I-410 North
3. Take exit 166 for I-410 Loop, keep left to stay onto I-410 W
4. Exit Nacogdoches exit #24
5. Merge one lane over to the right to veer Right and stay straight on the access/feeder road. Turn Left onto Nacogdoches at the light by Bill Miller BBQ.
6. You'll drive through what looks like residential area, and will pass an "HEB" Grocery store on your right.
7. After the 1st light, continue straight for only ¼ of a block, then turn LEFT in the Carousel Court parking lot. (You'll see a La Posada Del Rey Mexican restaurant and a Subway.) Heeling Sole is dead center in the back. If you go through a 2nd stop light (at New Braunfels) you've gone too far.

Lost? Call the office at 210.560.1992, or text Jeni at 210.623.0026!