

THE EGOSCUE METHOD NASHVILLE DIRECTIONS

LOCATED SOUTH OF NASHVILLE IN THE FRANKLIN/COOL SPRINGS AREA OFF OF I-65

From Points North/Louisville:

- >Take I-65 South toward Nashville
- >Merge onto I-24 East toward Chattanooga
- >Merge onto I-40 West toward Memphis
- >Merge onto I-65 South toward Huntsville
- >Exit #68 B (Cool Springs Blvd. West)
- >Go to the 3rd light and go left on Aspen Grove Dr.
- >Once on Aspen Grove, turn into the second driveway on the left (red brick office condos)
- >After turning into the complex, take the first hard right (almost like making a u-turn)
- >After making the hard right, The Egoscue Method Nashville is the first suite on the left-**#600**
- >The main entrance is in the left hand corner of the building, so the front door is difficult to see from the parking lot.

From Points East/Knoxville:

- >I-40 West
- >Merge onto I-24 East (signs for I-440 W/Chattanooga/Memphis/I-24 E)
- >Merge onto I-440 West toward Memphis
- >Merge onto I-65 South toward Huntsville
- >Exit #68 B (Cool Springs Blvd. West)
- >Go to the 3rd light and go left on Aspen Grove Dr.
- >Once on Aspen Grove, turn into the second driveway on the left (red brick office condos)
- >After turning into the complex, take the first hard right (almost like making a u-turn)
- >After making the hard right, The Egoscue Method Nashville is the first suite on the left-**#600**
- >The main entrance is in the left hand corner of the building, so the front door is difficult to see from the parking lot.

From Points Southeast/Chattanooga:

- >I-24 West
- >Merge onto TN-840 West (via Exit #74A) toward Franklin
- >Merge onto I-65 North toward Nashville
- >Exit #68 B (Cool Springs Blvd. West)
- >Go to the 3rd light and go left on Aspen Grove Dr.
- >Once on Aspen Grove, turn into the second driveway on the left (red brick office condos)
- >After turning into the complex, take the first hard right (almost like making a u-turn)
- >After making the hard right, The Egoscue Method Nashville is the first suite on the left-**#600**
- >The main entrance is in the left hand corner of the building, so the front door is difficult to see from the parking lot.

From Points South/Birmingham:

- >I-65 North toward Nashville
- >Exit #68 B (Cool Springs Blvd. West)
- >Go to the 3rd light and go left on Aspen Grove Dr.
- >Once on Aspen Grove, turn into the second driveway on the left (red brick office condos)
- >After turning into the complex, take the first hard right (almost like making a u-turn)
- >After making the hard right, The Egoscue Method Nashville is the first suite on the left-**#600**
- >The main entrance is in the left hand corner of the building, so the front door is difficult to see from the parking lot.

From Points West/Memphis:

- >I-40 East toward Nashville
- >Merge onto I-440 East toward Knoxville
- >Merge onto I-65 South toward Huntsville
- >Exit #68 B (Cool Springs Blvd. West)
- >Go to the 3rd light and go left on Aspen Grove Dr.
- >Once on Aspen Grove, turn into the second driveway on the left (red brick office condos)
- >After turning into the complex, take the first hard right (almost like making a u-turn)
- >After making the hard right, The Egoscue Method Nashville is the first suite on the left-**#600**
- >The main entrance is in the left hand corner of the building, so the front door is difficult to see from the parking lot.

From Points Northwest/Clarksville:

- >I-24 East toward Nashville
- >Merge onto I-40 West toward Memphis
- >Merge onto I-65 South toward Huntsville
- >Exit #68 B (Cool Springs Blvd. West)
- >Go to the 3rd light and go left on Aspen Grove Dr.
- >Once on Aspen Grove, turn into the second driveway on the left (red brick office condos)
- >After turning into the complex, take the first hard right (almost like making a u-turn)
- >After making the hard right, The Egoscue Method Nashville is the first suite on the left-**#600**
- >The main entrance is in the left hand corner of the building, so the front door is difficult to see from the parking lot.