

The address is:
Les Galleries Kirkland suite #28
3608 St. Charles Blvd.
Kirkland.
QC H9H 3C3

Here are directions.
Exit the TCan (highway 40) at St. Charles Blvd going north.
Get into the left lane as soon as you can.
At the second light turn left into Les Galleries Kirkland.
Park immediately in the area between the restaurant to the left (Le Vieux Four Manago) and the TD Bank to the right.

The door to the building is located in the alley between the restaurant and the body of the mall, roughly in the centre of the strip mall. Be careful as there are several entrances with the number 3608 but only one with a keypad. Entrance to the building in the evenings and weekends is only available via keypad entry.

To gain entry push **#028** on the keypad and I will buzz you in.
Take the elevator to the second floor and turn left.
The office is the third door on the left.

The classroom is also used for yoga sessions so please be prepared to remove your shoes immediately prior to entering the room and place them on the trays provided. Woolen slippers are available if required.

Please note that food and drinks, other than bottled water, are not allowed in the room.

In case of difficulty please call me on 514-622-3397. This phone will be turned off promptly at 7pm so as not to disturb the class.