

## Directions to Feldenkrais Within, 4124 Hamilton Ave, Cincinnati, OH

### From Downtown Cincinnati / Northern KY

- Take I-75 North
- Exit at Exit #4 to I-74 West / US 52 N towards Indianapolis
  - After exiting I-75, keep moving over into the right lanes as they become available.
- Take the first exit off I-74, Exit #19, Elmore St./Spring Grove Ave., and then get in the left lane.
  - *If you miss this exit, take next exit, Colerain Ave, turn Right on Colerain, go through 1 light then turn left at flashing light onto Blue Rock St.*
- Turn Left at the light at the end of the exit ramp
- Go straight through the next light
- At the flashing light, turn Right onto Blue Rock St.
- At the next light, turn Left onto Hamilton Ave.
- The studio will be on your right in the first block of buildings at the corner of Moline St.
  - Look for the Feldenkrais Within logo on the window (yellow and orange)
  - Our address is 4124 Hamilton Ave.
  - If you get to the light at Knowlton St. you've gone too far.

### From the North or Northeastern Areas

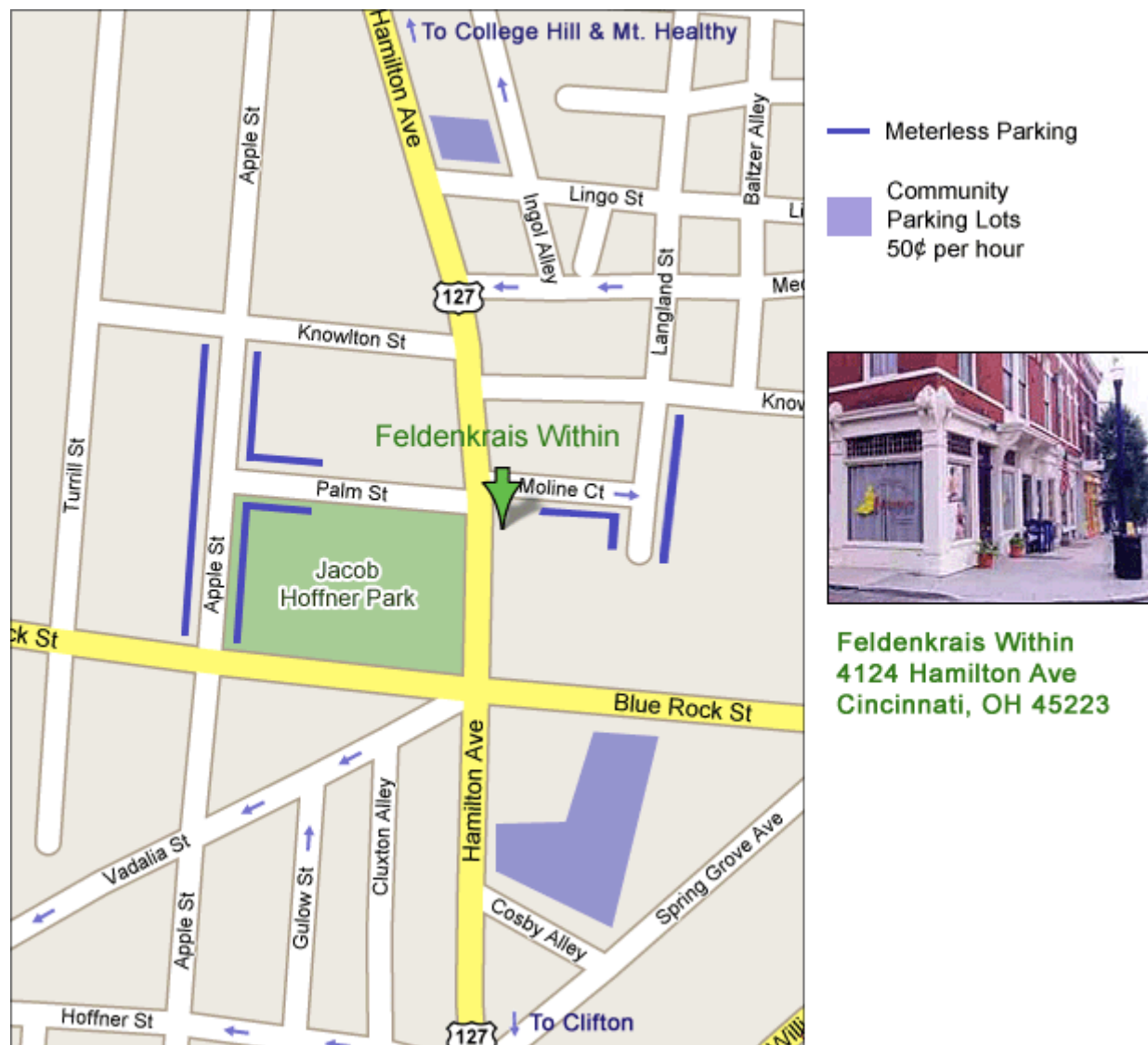
- Take I-75 South from I-275, the Ronald Reagan Expy, or the Norwood Lateral
- Exit at Exit #6, Mitchell Ave. / St. Bernard (exit signs for Cincinnati Zoo and Xavier University)
  - Stay in the right lane of the exit ramp, and yield onto Mitchell Ave.
- Merge left into the center lane and continue through the 1<sup>st</sup> light.
- Just after going underneath the train tracks, turn Left at the light onto Spring Grove Ave.
  - While on Spring Grove Ave., you will go through 3 lights, and also go past some ball fields (on your left) and Spring Grove Cemetery (on your right).
  - Stay in the right lane because the road eventually splits in two.
- Go Right at the "Y" in the road, which keeps you on Spring Grove Ave., and follow the signs to Downtown Northside / Cummingsville
- Stay in the right lane, and at the bend in the road, continue straight ahead onto Blue Rock St.
- Turn Right at the 1<sup>st</sup> light onto Hamilton Ave. / US 127
- The studio will be on your right in the first block of buildings at the corner of Moline St.
  - Look for the Feldenkrais Within logo on the window (yellow and orange)
  - Our address is 4124 Hamilton Ave.
  - If you get to the light at Knowlton St. you've gone too far.

Or

- Take I-75 South from I-275, the Ronald Reagan Expy, or the Norwood Lateral
- Exit at Exit #4, to I-74 West / US 52 N towards Indianapolis
  - Stay in the right lane
- Take the first exit off I-74, Exit #19, Elmore St./Spring Grove Ave., and then get in the left lane.
- Turn Left at the light at the end of the exit ramp. This is Colerain Ave.
- Go straight through the next light, and at the flashing light, turn Right onto Blue Rock St.
- At next light, turn Left onto Hamilton Ave.
- The studio will be on your right in the first block of buildings at the corner of Moline St.
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## From Western Areas

- Take I-74 East / US 52 East towards Cincinnati
- Exit at Beekman Street, Exit #18
  - Take the exit ramp to US 27 N / Colerain Ave.
- Turn Left onto Beekman St. and merge to the right lane
- Turn Right at the light onto Colerain Ave.
- Stay in left lane and turn left at the “Y” intersection (flashing light) onto Blue Rock St.
- At the next light, turn left onto Hamilton Ave.
- The studio will be on your right in the first block of buildings at the corner of Moline St.
  - Look for the Feldenkrais Within logo on the window (yellow and orange)
  - Our address is 4124 Hamilton Ave.
  - If you get to the light at Knowlton St. you’ve gone too far.



The best parking is on Moline Ct., right next to the building, or at the end of Moline Ct. on Langland. There is also a 2 hour handicap parking spot directly in front of the studio available until 3:00 p.m. or after 6:00 p.m.