

Welcome to Red River Gorge Natural Health Center

The yurt is located on our private property and the working property of Red River Outdoors. When attending a class please adhere to the following rules.

1. Do not arrive for a class more than 15 minutes prior to the beginning of class.
2. Do not come onto the property outside of a scheduled class. No “checking the yurt out”.
3. Park in designated parking areas only (signed as visitor parking). If these spots are full, park on the opposite side of the bridge, next to the dumpster. Do not park in our garden or on the grass adjacent to the garden.
4. Do not drive over the 10-mph speed limit.
5. Do not drive up the hill, past the yurt.
6. Do not wander around on the property, hike the trails, or eat from the garden. Thank you!!!

Directions:

- Take **exit 33** (Slade) off of the Bert T. Combs **Mountain Parkway**
- Drive **0.3** miles South on **Hwy 11** towards Natural Bridge State Park
- Turn **RIGHT** into the gravel parking area in front of the big brown building



- At the end of the parking area, the road splits, stay to the **RIGHT**.
- You will see a “yoga in the red” or “pound” sign. If you see a private property sign, unfortunately the class has been cancelled. Please turn around. You can keep updated on the schedule at www.rrgnhc.com



- Drive down the hill and over the bridge.
- Drive to the end of the field and follow the road as it curves to the left.
- Park in the parking area to the left of the guide shop or in the area in front of the acupuncture clinic. **Please leave 1 spot open for acupuncture clients (labeled with a sign).**
- The yurt is in the green circular building in front of you.

Please do not continue straight up the hill towards the rental cabins. Out of safety and respect to our guests, access to that area is for our cabin guests only. Thank you

Thank you for your cooperation and understanding.

