

Take Route 93 N into Vermont, then 91 N to the Canadian border, and continue north. It's called 55 now. You'll see signs for 10 W to Montreal, but continue on 55 N as it goes east towards Sherbrooke and then northwest towards Drummondville (don't slip up and go to Montreal!).

At Drummondville take 20 E (it may also be called 55 N) towards Quebec.

Watch for signs for "Trois Rivieres" and exit to go north. Follow "Trois Rivieres" signs to rejoin 55 N again. On 55 N you'll cross over the St. Lawrence River and pass exits for Trois Rivieres. Follow signs "Shawinigan", stay left and continue north (right fork goes to Trois Rivieres) and take Exit #217, "Shawinigan".

Turn left onto Rte. 351. Follow this country road for about 10 minutes to the blinking light in the tiny town of St. Mathieu-du-Parc (a white and green sign on left says "Caisse Populaire St. Mathieu"). Turn left (onto Rue Principal). After less than a mile you will see a sign on the left: "Fondation L'Art de Vivre" (Art of Living Foundation). Follow signs to the building and parking.

Welcome Home!!!

On the way back be sure to watch carefully after Sherbrooke for the sign for Rte 55, "To 91 Vermont", or before you know it you'll find yourself in Montreal!