

## Travel Considerations

Make sure you have plenty of travel time both into and out of the state your workshop will be held. Therapists who rush in the morning of the seminar and/or try to rush out directly after the seminar feel drained and overwhelmed. **Arrive the night before and stay close to the seminar site for an easy commute and a good night's rest.** You may be able to obtain your study manual before class if prior arrangements have been made with your instructor. Certain guidelines must be adhered to in accordance with the National Certification Board of Therapeutic Massage & Bodywork. You will only receive full credit hours on your transcript if **you are on time each day.** We will be working in teams of two each day, so if one person is late, it will affect the entire team. Make your travel and hotel plans with this in mind.

### Hotel Information & Training Facility Directions



**RED ROOF INN**  
1915 North Pointe Drive  
(Next door to training facility)  
Rates: \$49.99 - \$65.99 + tax

[Click here to book Travel](#)

(If you are staying at the Red Roof Inn, mention that Jamila, at the front desk, recommended them to receive a special discount)



**HOLIDAY INN EXPRESS**  
2516 Guess Road  
(0.8 miles – 2 minutes from training facility)  
Rates: \$90-\$99 + tax

[Click here to book Travel](#)



**MARRIOTT COURTYARD**  
1815 Front Street  
(1.1 miles - 2 minutes from training)  
Rates: \$ +tax

[Click here to book Travel](#)

Unfortunately neither of these hotels has airport shuttle service. However, there are a number of other options available. Taxi service is available from the airport for about \$40.00. More information is listed below to assist you in your selection.

[Durham Best Cab](#) 866-680-3330  
[RDU Airport Taxi Service](#) (919)840-7277

[RDU Airport Taxi](#) (919)847-1009  
[On Time Taxi](#) (919) 493-5050

### Directions to the Training Studio

The Training studio is about 25 Minutes/18 miles from RDU airport. Go southwest on Terminal Boulevard toward Departure Drive. Take the ramp toward I-540 / Aviation parkway north. Merge onto Aviation Parkway then merge onto I-540 E toward US-70. Travel for about 2.7 miles. Take Exit 4B / US-70W toward Durham for about 8 miles. US-70W. becomes US-70W Bypass. Stay in the left lane and US-70W Bypass will merge with I-85S/US-15S. Take Exit 175/Guess Road. Turn right at the end of the ramp onto Guess Road. Turn right at the stoplight onto North Pointe Drive. The Training studio-North Pointe Body Therapies will be 0.3 miles down on the right above and behind Chez Bay Gourmet Cooking School. **There are other therapists working in the office, so please park in the rear of the parking lot so as to allow our patrons easy access to the office entrance.**