Driving Directions to our Intuitive Exercise Studio

Our Studio is located at:
10245 E. Via Linda, Suite 208
Scottsdale, AZ 85258

**Do NOT rely on your GPS to find the studio; it will route you to an apartment complex next to the business plaza where the studio is located.**

Driving Directions from A New Beginning or Loop 101
Take Shea to 96th Street (apprx. 1 mile east of the 101). Travel south on 96th Street and drive to the second stoplight, which is Via Linda. Turn left (east) onto Via Linda. Drive appx. ½ mile; you will pass a white shopping plaza on your right, then drive under a crosswalk bridge, and then a small side street will be on your right with a business complex numbered 10245 (there is no street sign). Turn right onto this side street. On your left is a 2-story Spanish-style business plaza (see photo below). Make your first left into the parking lot and park in any uncovered parking space (disregard the signs that read ‘Tenant Parking Only’). From the center of the plaza, follow the stairs up to suite 208 (northwest corner of the second floor).

The elevator is in the southeast corner of the building. Parking on the east side of the building is closest to the elevator.

If you need assistance finding our studio, please call (480) 941-6999.