



## Tibetan Healing Center

*TIBETAN ACADEMY, a California Nonprofit Public Benefit Corporation*

### **SAN DIEGO DIRECTIONS**

**From North 15 take 15 South to 163 south.** Once you have crossed Highway 8 look for the exit for Washington West. Take Washington West to Third Ave. At Third Avenue turn right and go to end of first block and turn right onto Lewis Ave. Then take an immediate left back onto Third Ave. We are the second building on the right hand side. Our address is 4115 Third Ave. Parking during the weekend is alright on the street. **NO PARKING ON STREET DURING THE HOURS OF 7:00 am TO 7:00 PM MONDAY THROUGH FRIDAY.** There are three parking spaces in front off street in front of the garages where marked with Tibetan Healing signs. Our address is 4115 Third Ave.

**From 5 North, take 5 south to 8 East.** Take 8 East to 163 South.

**From 5 North , to 805 South to 163 South.** Look for the exit Washington West. Take Washington West to Third Ave. At Third Avenue turn right and go to end of first block and turn right onto Lewis Ave. Then take an immediate left back onto Third Ave. We are the second building on the right hand side. Our address is 4115 Third Ave. Parking during the weekend is alright on the street. There are three parking spaces off street in front of the garages where marked with Tibetan Healing signs. **NO PARKING ON STREET DURING THE HOURS OF 7:00 am TO 7:00 pm MONDAY THROUGH FRIDAY.**

**From 8 East take 8 West to 163 South.** Look for the exit Washington West. Take Washington West to Third Ave. At Third Avenue turn right and go to end of first block and turn right onto Lewis Ave. Then take an immediate left back onto Third Ave. We are the second building on the right hand side. Our address is 4115 Third Ave. Parking during the weekend is alright on the street. There are three parking spaces off street in front of the garages where marked with Tibetan Healing signs. **NO PARKING ON STREET DURING THE HOURS OF 7:00 am TO 7:00 pm MONDAY THROUGH FRIDAY.**

**From 5 South: Take 5 North to 163 North.** Take Washington East turn off. Once onto Washington East at next street make a U turn and go West on Washington to Third Ave. At Third Avenue turn right and go to end of first block and turn right onto Lewis Ave. Then take an immediate left back onto Third Ave. We are the second building on the right hand side. Our address is 4115 Third Ave. Parking during the weekend is alright on the street. There are three parking spaces off street in front of the garages where marked with Tibetan Healing signs. **NO PARKING ON STREET DURING THE HOURS OF 7:00 am TO 7:00 pm MONDAY THROUGH FRIDAY.**

#### **Corporate Office**

4115 3<sup>rd</sup> Avenue ♦ San Diego, CA 92103

619-325-0992 ♦ fax: 619-692-1788 ♦ e-mail: Sondrab@tibetanacademy.org

♦ 2400 Bridgeway, #200, Sausalito, CA 94965 ♦ 2488 Newport Blvd, Costa Mesa, CA 92697