



Tibetan Healing Center

TIBETAN HEALTH ACADEMY, a California Nonprofit Public Benefit Corporation

SAN DIEGO DIRECTIONS

From North - take 5 South to 8 East to 163 South:

From North - take 805 South to 163 South:

From North - take 5 South to 805 South to 163 South:

From North - take 15 South to 163 South:

Once you have crossed over Highway 8, look for the Washington West Exit. Take Washington West to Third Ave. At Third Avenue turn Right and go to end of first block and turn Right onto Lewis Ave. Than take an immediate left back onto Third Ave. We are the second building on the right hand side. Our address is 4115 Third Ave. On the weekend it is ok to park on the street. There are two (2) parking spaces off street in front of the garages marked with Tibetan Healing Center signs. **MONDAY THROUGH FRIDAY NO PARKING ON STREET DURING THE HOURS OF 7:00 am TO 7:00 pm**

Alternate Route From North - Take 5 South:

Take 5 South all the way to San Diego. Past the Old Town Area, look for Washington Street Exit. Exit Washington Street, make a Left going East up the hill. Mission Hills neighborhood is at the top of the hill. Past Mission Hills look for First Avenue. Make a Left on First Avenue. Make a Right on Lewis (Stop Sign). Make a Left on Third Avenue. We are the second building on the right hand side. Our address is 4115 Third Ave. On the weekend it is ok to park on the street. There are two (2) parking spaces off street in front of the garages marked with Tibetan Healing Center signs. **MONDAY THROUGH FRIDAY NO PARKING ON STREET DURING THE HOURS OF 7:00 am TO 7:00 pm**

From 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. Than take an immediate left back onto Third Ave. We are the second building on the right hand side. Our address is 4115 Third Ave. On the weekend it is ok to park on the street. There are two (2) parking spaces off street in front of the garages marked with Tibetan Healing Center signs. **MONDAY THROUGH FRIDAY NO PARKING ON STREET DURING THE HOURS OF 7:00 am TO 7:00 pm**

From 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. Than take an immediate left back onto Third Ave. We are the second building on the right hand side. Our address is 4115 Third Ave. On the weekend it is ok to park on the street. There are two (2) parking spaces off street in front of the garages marked with Tibetan Healing Center signs. **MONDAY THROUGH FRIDAY NO PARKING ON STREET DURING THE HOURS OF 7:00 am TO 7:00 pm**

Corporate Office

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