

Parking and Driving Directions Center for Spirituality & Healing

Map of Mayo Building: <http://www1.umn.edu/twincities/maps/Mayo/>

Map of East Bank: <https://campusmaps.umn.edu/>

Number to the Center for Spirituality & Healing: 612-624-9459 (the mainline is answered 8am-4:30pm M-F)

There are several parking ramps on campus, but we recommend parking at the **East River Road Garage:** <http://www1.umn.edu/twincities/maps/ERivRdGar/>. Please park close to the elevators; it makes it much easier to find your car afterward! Note that there are two entrances to the East River Road; one on Delaware Street and one on East River Road (see below map for directions*).

From 35W and I-94

Northbound on I-35W:

Continue on I-35W past downtown Minneapolis. Exit at East Bank exit. Proceed to cross the Washington Avenue Bridge. Veer right around the curve. Turn left at the stop sign onto Delaware Ave SE. The East River Road Garage entrance will be on your right.

Southbound on I-35W:

Exit at University Avenue/4th Street (Exit 18). Turn left at the second traffic signal onto University Avenue and head east a few blocks to campus. Continue down University Avenue and make a right onto Oak Street. Take Oak Street to East River Road and make a right. Follow East River Road until you are at the East River Road Parking Ramp on the right.

East and westbound on I-94:

Exit at Huron Boulevard (Exit 235B). Make an immediate left turn at the first traffic signal (Fulton Street). Take Fulton Street to the intersection of East River Road. Follow East River Road until you arrive at the East River Road Parking Ramp on the right.

Directions to the Meditation Space from the East River Road Ramp (refer to below map)*

From the elevators in the East River Ramp, go to level 1 (plaza). This will bring you outside into the courtyard of Coffman Union. Walk north to Delaware Street SE, the street that runs in front of Coffman Union. Head east on Delaware St SE, and then turn right onto Church Street SE. You will enter Mayo Building through the Church Street entrance, which is across the street from Boynton Health Services. Once inside the building continue walking straight (east) to the elevators and take those up to the third floor. Head east out of the elevators (down the tiled floor). There will be a sign for the Meditation Space on the wall to the right just past the women's and men's rest rooms. You have arrived at the Meditation Space!



Walking Escort Service:

The University strives to make our campuses safe and welcoming for everyone. For individuals who would like to be escorted to their cars after class, please call 612-624-WALK (9255), 15-30 minutes before you wish to depart, and a campus escort will arrive to escort you. This service is offered 24 hours a day, 365 days a year to ensure the safety of all university constituents and guests.