

ADAGIO HOLISTIC THERAPIES, LLC

2457 Lyndale Ave South, Minneapolis, MN 55405

(on the NE corner of 25th Street and Lyndale Avenue South)

www.adagioholistic.com info@adagioholistic.com

612-288-0488

DIRECTIONS

For Clients: Please be sure you have downloaded and completed the Client Health History forms as well as the Client Bill of Rights for the specific therapist you will be seeing. Please bring all forms to your first appointment.

For Class Participants: Be sure you have reviewed the items you need to bring to class and the specific location of your class (which may be different than our office).

Directions from the SOUTH: 35W NORTH to the HWY 94 WEST exit. Follow the exit ramp all the way to the Hennepin/Lyndale exit. Follow Lyndale Avenue going south. We are a few blocks past Franklin Avenue (or the Wedge Co-op). We are on the LEFT (east) side of the street, exactly on the corner of 25th Street and Lyndale Avenue South. You will see the "Loon Convenience Store" on the SE corner of 25th Street. Turn LEFT onto 25th Street and park anywhere on the street. Enter our office on the 25th Street side. We occupy the garden level of a two-story duplex, with the entrance on the south side of the building. Look for the green awning and sunny orange stairway.

Directions from the EAST: HWY 94 WEST to the Hennepin/Lyndale exit (just before the Lowry Tunnel) take the Lyndale Avenue exit and go SOUTH. Follow Lyndale Avenue going south. We are a few blocks past Franklin Avenue (or the Wedge Co-op). We are on the LEFT (east) side of the street, exactly on the corner of 25th Street and Lyndale Avenue South. You will see the "Loon Convenience Store" on the SE corner of 25th Street. Turn LEFT onto 25th Street and park anywhere on the street. Enter our office on the 25th Street side. We occupy the garden level of a two-story duplex, with the entrance on the south side of the building. Look for the green awning and sunny orange stairway.

Directions from the NORTH: 35W SOUTH to HWY 94 WEST to the Hennepin/Lyndale exit (just before the Lowry Tunnel). Follow Lyndale Avenue going south. We are a few blocks past Franklin Avenue (or the Wedge Co-op). We are on the LEFT (east) side of the street, exactly on the corner of 25th Street and Lyndale Avenue South. You will see the "Loon Convenience Store" on the SE corner of 25th Street. Turn LEFT onto 25th Street and park anywhere on the street. Enter our office on the 25th Street side. We occupy the garden level of a two-story duplex, with the entrance on the south side of the building. Look for the green awning and sunny orange stairway.

Directions from the WEST: 394 EAST to Dunwoody/Hennepin exit. As you exit and curve east, continue ahead to the Hennepin/Lyndale Avenues intersection. Go RIGHT or SOUTH and follow Lyndale Avenue going south. We are a three blocks past Franklin Avenue (or the Wedge Co-op). We are on the LEFT (east) side of the street, exactly on the corner of 25th Street and Lyndale Avenue South. You will see the "Loon Convenience Store" on the SE corner of 25th Street. Turn LEFT onto 25th Street and park anywhere on the street. Enter our office on the 25th Street side. We occupy the garden level of a two-story duplex, with the entrance on the south side of the building. Look for the green awning and sunny orange stairway.

Directions from the NORTHWEST: HWY 94 EAST to Hennepin/Lyndale exit. Continue ahead (South) on Lyndale Avenue. Follow Lyndale Avenue going south. We are a three blocks past Franklin Avenue (or the Wedge Co-op). We are on the LEFT (east) side of the street, exactly on the corner of 25th Street and Lyndale Avenue South. You will see the "Loon Convenience Store" on the SE corner of 25th Street. Turn LEFT onto 25th Street and park anywhere on the street. Enter our office on the 25th Street side. We occupy the garden level of a two-story duplex, with the entrance on the south side of the building. Look for the green awning and sunny orange stairway.