

How to Find Mind Your Body Oasis

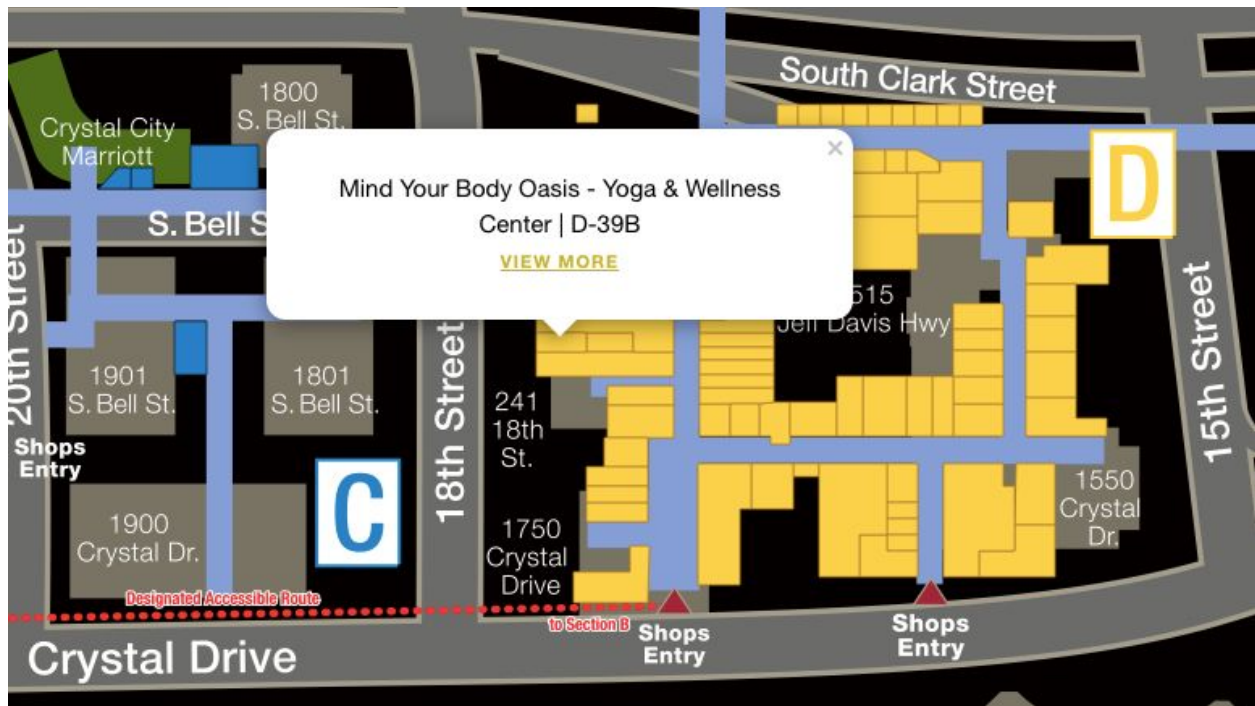
Mind Your Body Oasis is located in the 1750 Crystal City Shops.

-To access the Crystal City Shops at 1750 enter Retail Visitor Parking through the garage entrance located at 241 18th Street S *Crystal City Shops*. Mind Your Body Oasis is just off the elevator and located next to Subway and Pivot Physical Therapy -Public parking is open Monday to Friday and is Free **after** 4pm & all day on weekends. -

MYBO Validates Parking

1st hour of Parking is Free, Free after 4pm on Weekdays & Free All Day on Weekends

<https://www.thecrystalcityshops.com/go/mind-your-body-oasis>



1664 C Crystal Square Arcade Arlington,
VA 22202 Telephone: 703.567.1290

DRIVING DIRECTIONS

From Washington, DC Via I-395 South:

Take the Left Exit to Route 1 South/Alexandria.

Take the 15th St Exit turn left.

Turn Right on Bell St

Turn Left on 18th St S, Immediate Left into Parking Garage

Go straight once in the garage until you have to turn left. Look for the 1st blue building for Elevator. Take those elevators to S level.

Look straight ahead out of elevator for MYBO

From Virginia Via I-395 North: Take Exit 8C (Route 1 South/Alexandria).

Continue on Hayes/18th Street after Bell St make a Left into 18th St Garage.

Go straight once in the garage until you have to turn left. Look for the 1st blue building for Elevator. Take those elevators to S level.

Look straight ahead out of elevator for MYBO

***Via Route 66/East:** Take Exit 75 (Route 1 South/Alexandria). Merge onto Route 110/Route 1 South/Alexandria. Take the 15th St Exit turn left.

Turn Right on Bell St

Turn Left on 18th St S, Immediate Left into Parking Garage

Go straight once in the garage until you have to turn left. Look for the 1st blue building for Elevator. Take those elevators to S level.

Look straight ahead out of elevator for MYBO

From Maryland Via I-495 (Rockville): Take exit 43 for the George Washington Parkway.

Continue South and exit at Ronald Reagan National Airport. Stay in the right lane and turn Right onto Abington Drive. Follow signs for US-1/Crystal City. Take the Right exit ramp onto Crystal Drive. Follow Crystal Drive and Turn Left onto 18th street. Turn Right into 18th St Parking Garage.

Go straight once in the garage until you have to turn left. Look for the 1st blue building for Elevator. Take those elevators to S level.

Look straight ahead out of elevator for MYBO

***Via I-495 (Woodrow Wilson Bridge):** Exit 170B (Route 1 North/Old Town). Continue on Route 1 North through Alexandria. After crossing into Arlington County take Right Exit for Crystal Drive.

Follow Crystal Drive and Turn Left onto 18th street. Turn Right into 18th St Parking Garage.

Go straight once in the garage until you have to turn left. Look for the 1st blue building for Elevator. Take those elevators to S level.

Look straight ahead out of the elevator for MYBO.

Taking the Metro?

Exit the first landing to the right into the 1750 Shops (before the last escalator to outside). Come up the little stairs and immediately take the first little corridor on the right behind the info desk (across from Dunkin Donuts). Take a little zig zag to the left and right and you arrive in the Landing with Mind Your Body Oasis right in front of you (beside Subway).

Walking to MYBO?

GPS to the corner of 18th St S and Bell St. Wells Fargo is right to the left of the courtyard that leads to the glass atrium (1750 Shops is at the top of it). Come down the stairs inside and MYBO is directly your on your right (beside Subway).