



Wisdom of the Whole International Conference: The Art and Science of Coaching: Using Wholeness for Transformation

at Assisi Heights, Rochester MN, September 9 & 10

Here is some information to help make your travel fun and easy!

Training Location:

Assisi Heights Spirituality Center
1001 14th Street, NW
Rochester MN
(507) 282-7441

<https://www.rochesterfranciscan.org/what-we-do/spirituality-center-ahsc.html>

Assisi Heights is nestled on secluded acreage in central Rochester, between highway 52 and North Broadway Ave. A few minutes' drive away are restaurants, groceries, and hotels.

Air-Transportation:

For less expensive air travel, fly into Minneapolis-St. Paul (MSP) and take one of the "Go Rochester" buses that leave from the terminal every 30 minutes. Travel time about 1.5 hours. Click for more information: <http://www.gorochesterdirect.com/>

Rochester International Airport (RST)

For more direct air travel: the Rochester International Airport is about a 20 minute drive to Assisi Heights and the rest of downtown Rochester.

Click here to see transportation services available at Rochester International Airport <http://flyrst.com/>

Driving Instructions:

From the South

US-52 N toward Rochester

Take the ELTON HILLS DR/19TH ST NW exit, EXIT 56C

Near the traffic light merge RIGHT on Assisi Drive

Turn right and right again onto Assisi Drive

Turn LEFT at 14th St/11th Ave NW traffic light

Assisi Heights' entrance is directly on your LEFT: 1001 14th St NW Rochester, MN 55901

From the North

US 52 S toward Rochester

Take the ELTON HILLS DR/19TH ST NW exit, EXIT 56C

Take a LEFT over the bridge Turn RIGHT on Assisi Drive

Turn LEFT at 14th St/11th Ave NW traffic light:

Assisi Heights' entrance is directly on your LEFT: 1001 14th St NW Rochester, MN 55901

From the West

Merge onto US-14 E

US-14 E becomes CIVIC CENTER DR NW.

Turn LEFT onto 11TH AVE NW. Turn RIGHT onto 14TH ST NW.

Assisi Heights' entrance is directly on your LEFT: 1001 14th St NW Rochester, MN 55901

From the East

Merge onto I-90 W.

Merge onto US-52 N via EXIT 218 toward ROCHESTER.

Merge onto CIVIC CENTER DR NW via EXIT 56A toward MAYO CLINIC.

Turn LEFT onto 11TH AVE NW. Turn RIGHT onto 14TH ST NW.

Assisi Heights' entrance is directly on your LEFT: 1001 14th St NW Rochester, MN 55901

Lodging Suggestions with Conference Rates

Assisi Heights Spirituality Center

Assisi Heights through the Sisters of St. Francis: \$35.00/night in a single room with retreat and dormitory-style accommodations.

1001 14th St NW, Rochester, MN 55901

rochesterfranciscan.org

(507) 282-7441

Double Tree by Hilton Rochester – Mayo Clinic

Contemporary hotel offering free WiFi & an indoor pool, plus an upscale restaurant & Starbucks cafe.- Google

150 South Broadway, Rochester, Minnesota, 55904, USA

TEL: +1-507-281 8000 FAX: +1-507-281-4280

[DoubleTree by Hilton Rochester – Mayo Clinic](#)

Hilton Garden Inn Rochester, Downtown

Contemporary hotel with a business center, indoor pool, free WiFi & town car service.

225 South Broadway, Rochester, Minnesota, 55904, USA TEL: +1-507-285-1234 FAX: +1-507-285-2545

[Hilton Garden Inn Rochester, Downtown](#)

Meals:

Saturday lunch is provided for all attendees. If you have opted to NOT attend the dinner/healing on Saturday, here are some nearby options for restaurants and groceries.

Grocery:

Hy-Vee - 1315 6th St NW

Asian Food Store - 1010 7th St NW

Aldi - 2215 Commerce Dr NW

Restaurants:

Nearest to Assisi Heights:

John Hardy's BBQ

Godfather's Pizza

Perkins Restaurant & Bakery – American Chain

Hunan Garden – Modest Chinese standards

Nearest to Downtown:

Mango Thai – Modern Thai

Terza – Classy Italian

Newt's – Burgers & fill bar

Pescara – Fine-Dining, Seafood

At the Conference:

To make your weekend more comfortable, please feel free to bring:

- Your laptop with cord (if you have one) or other note-taking materials
- Your copy of “The Wisdom of the Whole” textbook
- Your copy of “Masterful Questions” book
- A notebook
- A cell phone with charger if you have one
- Layered clothing/gloves/hats etc. for your comfort, please check the local weather when packing.

CNE certificates will be handed out on Sunday afternoon. Details will be provided on site.

We can't wait to see you there!

Dr. Linda Bark & the Wisdom of the Whole Coaching Academy Team