

# Embodying the Embryological Foundations of Movement *with Bonnie Bainbridge Cohen*

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## **DATES**

August 18 - 29, 2018 (days off on August 21, 25, 26)

## **TIMES**

10:00 - 12:30 and 2:00 - 4:30

(Please arrive by 9:15 on the first day so that we can check everyone in and hand out notebooks.)

## **LOCATION**

Rudramandir  
830 Bancroft Way  
Berkeley, CA 94710

## **WORKSHOP TUITION**

\$1,350 if registered and paid in full by February 28, 2018. A \$450 non-refundable deposit is due with registration. Workshop balance is due by February 28, 2017.

\$1,575 if registered on or after March 1, 2018. Full payment is due upon registration. A \$450 non-refundable deposit is included in registration price.

## **TRAVEL INFORMATION**

Berkeley is located 17 miles (27 km) from Oakland International Airport (OAK) and 23 miles (37 km) from San Francisco International Airport (SFO). Both airports are connected to Berkeley via the BART train system. The closest BART station to Rudramandir is the North Berkeley Station on the Richmond train line. It's approximately 1.3 miles (2km) away takes about 25 minutes to walk from the North Berkeley Station to Rudramandir.

[Click here](#) for directions to the Rudramandir studio.

## **PARKING INFORMATION**

Rudramandir is located in a residential area. If you will be driving to the workshop, please be sure to follow the parking rules. [Click here](#) for a map and more information about parking.

## **HOUSING INFORMATION**

There are a few hotels and rooms on AirBnB located within walking distance of Rudramandir. [Click here](#) for more information about local housing.

**[REGISTER HERE](#)**

## **RESTAURANTS AND SUPERMARKETS**

There are a couple of restaurants and a small corner market a few blocks from Rudramandir. There are more restaurants and a larger supermarket that are a 10-20 minute walk from the studio. [Click here](#) for a list of restaurants and supermarket.

## **THE STUDIO**

Please wear loose, comfortable clothing to class.

There is a refrigerator and a small kitchen in the studio. You are welcome to bring food for lunch and snacks.

Please turn the power off on your cell phones before entering the studio.

You are welcome to audio record the workshop. If you need to use your cell phone to audio record, please turn it on airplane/flight mode.

There is a strict policy of no videoing or photographing during the workshop.

## **CANCELLATION POLICY**

If you need to cancel, please let us know as soon as possible. Your tuition is refundable, minus the \$450 non-refundable deposit.

If you have any further questions, please contact us:

Email: [info@bodymindcentering.com](mailto:info@bodymindcentering.com)

Phone: +1 (510) 243-1500

**[REGISTER HERE](#)**