

Engaging Self and Other through Embodiment A Body-Mind Centering® Workshop with Bonnie Bainbridge Cohen

DATES

March 2 – 5, 2019

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

\$660 if registered and paid in full by January 7, 2019. A \$250 non-refundable deposit is due with registration.

\$760 if registered on or after January 8, 2019. Full payment is due upon registration. A \$250 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.

BICYCLE RENTALS

If you would like to rent a bicycle while in Berkeley, you can find a list of bike rental businesses [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 comfortable clothing to class that allows you to move easily and freely. There is a refrigerator and a small kitchen in the studio. You are welcome to bring food for lunch and snacks.

CONNECTING WITH OTHER PARTICIPANTS

We have set up a [Facebook event page](#) for this workshop so that people who have registered or are thinking about registering have an online space to connect. It can be a great place to post questions for other participants, organize ride-shares, and be in community with other participants before and during the workshop.

Please note: This Facebook event page is for participants to connect with each other. Please send any questions you have about the workshop to Bonnie's office by email or phone.

CANCELLATION POLICY

If you need to cancel, please let us know as soon as possible. Your tuition is refundable, minus the \$250 non-refundable deposit.

If you have any further questions, please contact us:

Email: info@bodymindcentering.com

Phone: +1 (510) 243-1500

Website: www.bodymindcentering.com

[REGISTER HERE](#)