

Embodied Touch as Transformative Practice

A Series of Nine Monthly Classes

with Bonnie Bainbridge Cohen

DATES

9 Sunday Afternoons:

September 15, 2019
October 20, 2019
November 24, 2019
December 15, 2019

January 12, 2020
February 2, 2020
March 8, 2020
April 5, 2020
May 17, 2020

TIME

2:00 PM – 5:00 PM

LOCATION

Berkeley Ballet Theater
1370 Tenth Street
Berkeley, CA 94710

WORKSHOP TUITION

\$900 if registered and paid in full by August 15, 2019. A \$300 non-refundable deposit is included in the registration price.

\$1080 if registered on or after August 16, 2019. A \$300 non-refundable deposit is included in the registration price.

ATTENDANCE

This is one workshop held over a period of nine Sunday afternoons. Registration is for the full nine classes and cannot be split up for individual classes. If you are going to miss a class in the series, it's required that you make the missed class up before the next class. This can be done with one of the assistants in the class or another participant. The assistant or participant may have a fee for the private make-up session.

Attendance of the first class on September 15, 2019 is mandatory for all participants.

WHAT TO BRING

Please wear comfortable clothing to class that allows you to move easily and freely. The temperature can fluctuate quite a bit, especially in the colder months, so please wear layers.

Since this is a workshop on touch, there will be a lot of time spent working on partners on the floor. Please bring what you need to be comfortable. This may include a yoga mat, a blanket, pillow, etc.

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 Berkeley Ballet Theater is the North Berkeley Station on the Richmond train line. It's approximately 1 mile (1.6km) away takes about 17 minutes to walk from the North Berkeley Station to Berkeley Ballet Theater.

[Click here](#) for directions to the Berkeley Ballet Theater.

PARKING INFORMATION

2-hour metered parking on 10th Street Monday – Saturday. Free parking on Sundays. Unlimited, free parking in residential area one block away, 7 days a week.

HOUSING INFORMATION

There are some hotels and rooms on AirBnB located within walking distance of Berkeley Ballet Theater.

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 restaurants and markets within close walking distance of Berkeley Ballet Theater. You can find a list of cafes, restaurants, and shops nearby [here](#).

CANCELLATION POLICY

If you need to cancel, please let us know as soon as possible. Your tuition is refundable, minus the \$300 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](#)