

Awakening Patterns of Behavior: Embodying the Autonomic Nervous System

A BODY-MIND CENTERING® WORKSHOP

with Bonnie Bainbridge Cohen

DATES

April 23 – 29, 2020
(day off on April 26)

TIMES

10:00 - 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

\$960 if registered and paid in full by January 15, 2020. A \$450 non-refundable deposit is due with registration. The workshop balance is due by January 15, 2020.

\$1140 if registered on or after January 16, 2020. 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.

BICYCLE RENTALS

If you would like to rent a bicycle while in Berkeley, you can find a list of bike rental businesses [here](#).

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.

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 supermarkets.

THE STUDIO

Please wear clothing that you can move easily in. The temperature can vary in the space so bring layers as you need for your own comfort.

There is a refrigerator and a small kitchen in the studio. You can 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.

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 \$450 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