

I'm so delighted that you're able to join us Saturday, Dec 17, for "Embodied Presence ~ A Day of Meditation & Movement".

Please take a moment to read through this entire email so you have all the info for the day.

TIME:

12-6 pm

Please arrive 5-10 minutes early so that you can check in, put your stuff away and be on the floor ready to go at noon. We create a beautiful container together for this deep day, so it's important that everyone is there at the beginning to set sacred space together. I will have warm up music on for stretching starting at 11:50, so if you want extra time for stretching, please feel free to come then.

LOCATION:

Western Sky Studio
2525 8th St (between Parker and Dwight) #13A
Berkeley, CA

Here's a link to the location on google maps:

<http://maps.google.com/maps?q=2525+8th+Street,+Berkeley,+CA&hl=en&sl=37.0625,-95.677068&sspn=37.871902,79.013672&vpsrc=1&hnear=2525+8th+St,+Berkeley,+California+94710&t=m&z=16>

Go in the entrance that's closest to Dwight. Western Sky studio is at the back and to the left.

PAYMENT:

Please bring cash or check – no credit cards are accepted at the door.

PARKING:

Street parking around the venue is usually pretty easy around there, but leave ample time to find a spot.

LUNCH:

We will take a short lunch/snack break at around 2:30 or 3 pm, so please have a good breakfast/brunch in the morning before you come so you have the energy to dance. There won't be time to go out and get food, so please make sure to bring your lunch.

SPECIAL REQUEST:

Brace yourself...I do ask that you completely turn off your cell phone for the time we are together (including the lunch break if possible). We will be in a deep, meditative space together, and it really makes a difference in our time together if you're able to disconnect from outside distractions. So, please make sure you take care of any business you need to so that you can take a day out for yourself.

WHAT TO BRING:

- Light bag lunch or snacks (We will take a short break, so there will not be time to go out for food)
- Water bottle (there is tap water available for re-fills, but no filtered water)
- Dance shoes if you need them (you can dance barefoot or with dance shoes only--no street shoes)
- Layered clothing (so you are warm when we are sitting)
- Meditation cushion
- Shawl for meditation periods if you need an extra layer
- **2 items for the altar:**
 - **One that represent letting go**
 - **One that represents re-birth (whatever that means to you)**

I think that's it! Please let me know if you have any questions.

If you need to reach me the morning of the workshop, please call me at [415.755.7905](tel:415.755.7905).
I look forward to sharing this special day with you.

Blessings,
Stacey