

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

TIME:

11-6 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 11. We will have warm up music on for stretching starting at 10:45

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&sll=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.

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 lunch break at around 1:30 or 2pm, 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.

WHAT TO BRING:

- Cash or check for payment (no credit cards taken at the door)
- Lunch and snacks if needed
- 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)
- Journal or pad of paper
- Pen
- Have in mind a situation where you have a difference of opinion or conflict with someone in your life. It can be helpful to work with something current in your life, but it doesn't have to be.

Don't pick something that is super traumatic, but something you feel you'd like to get some perspective on. We'll be working with this in the afternoon session.

- An open heart
- A sense of humor

If there's anything you'd like me and my assistants to know for our time together (for example, if you have an injury, just had a death in the family, etc) that will help us better care for you during our time together, please let me know.

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 or text me at [415.755.7905](tel:415.755.7905). I look forward to sharing this special day with you.

Blessings,
Stacey