

## Yoga Therapy for Anxiety and Stress Workshop with Sal Flynn

24 – 25 June 2017

Thank you for registering for Sal Flynn's workshop. We are pleased to have you with us and we look forward to meeting you!

To assist you prepare for the workshop(s), we are providing you with the following information. **Please read it carefully.**

### EVENT DATE

Saturday 24 – Sunday 25 June 2017

### VENUE

The Centre, 14 Frances St, Randwick, NSW 2031

Please note: **The workshops will be held in the Upper Hall.** On arrival, you will enter via the car park on Frances St. Once you have entered the car park, walk to the far end of the car park – to the very left of the buildings. Go through the gate and follow the path to the building at the back. Please enter this building and take the stairs to the top floor. This is our workshop room. It is known as the Upper Hall. The entrance to the Upper Hall is signposted.

The Centre is centrally located in Randwick, in the eastern suburbs of Sydney. The Centre is well serviced by bus and is walking distance to local cafes and restaurants as well as supermarkets. It is close to Centennial Park and Coogee Beach. It is easily accessible from Sydney airport and is well serviced by public transport. The Centre has a number of free, off-street car parking spaces. In addition, The Centre also has clean, comfortable accommodation.

### REGISTRATIONS

Registrations commence at 8.45am. Everyone is required to register. Registrations will take place inside the event room, Upper Hall. Please bring your invoice with you. This is your ticket. Or please bring some Photo ID, such as a drivers licence.

### NAME TAGS

You will be given a name tag when you register. Please wear your name tag during the day.

### WORKSHOP SCHEDULE

The workshop commences at 9.00am and concludes at 5.00pm on both days.

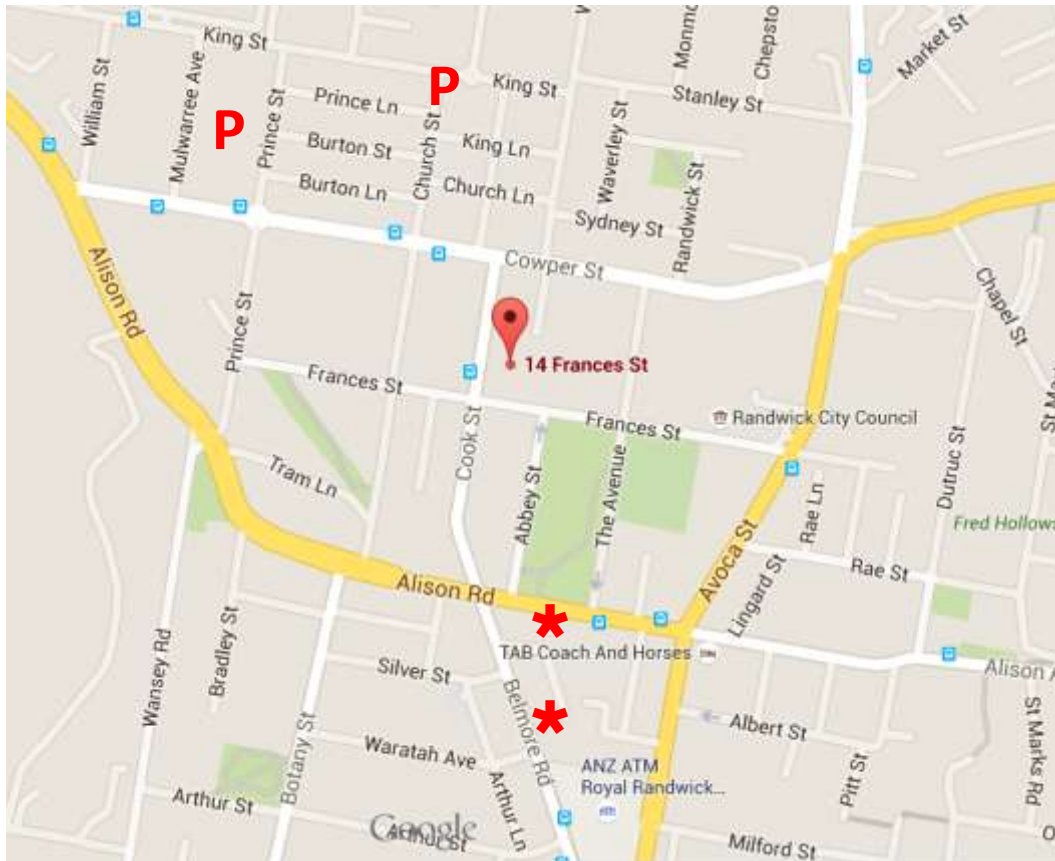
Please ensure you are seated before 9am, as we will be starting on time.

The workshop will include both theory and practical sessions and time for Q&A.

Short breaks will be given for morning and afternoon tea. Lunch break will be one hour and will be held at approximately 12.30pm.

## PRACTICAL SESSIONS

You will be doing various practical Yoga practices during the workshop. Please bring a yoga mat and any props you may require, such as, a bolster, blanket etc. Chairs are available or you may sit on your mat on the floor. Please note: the floor is carpet on concrete and can get cold so you may like to bring a blanket. The room has heating.



The Centre, workshop venue

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Possible free street parking

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Belmore Rd and Alison Rd food outlets

## WHAT TO BRING

Please bring a Yoga mat and any props you require. You may like to bring a note pad and pen. Please bring a small snack for morning and afternoon tea. Lunch can be purchased nearby or you may like to bring your own.

There is a small bar fridge and microwave available should you like to bring your own food. Please place all food in a bag labelled with your name.

## LUNCH OPTIONS

The Centre is conveniently located one block from the main shopping centre in Randwick. On Belmore Road and Alison Road you will find a variety of cuisine within a 5 minute walk.

Some recommended options include -

Tums Thai at 167 Alison Rd

Isabella's Italian at 183 Alison Rd

Café 169 at 169 Alison Rd

Sushi Fusion at 7 Belmore Rd

Mad Mex at 3/73 Belmore Rd

Other options are available in the Royal Randwick shopping arcade on Belmore Road, including a Woolworths and green grocer.

## PARKING

There is some free parking in the car park at the Centre itself.

If it is full, there is unmetered, unlimited parking nearby usually within 5 minutes walk. Please allow extra time to walk to the venue.

Suggested streets include –

Church St and Prince St.

Wentworth St and King St should have some unlimited parking for the day.

There are some spots on Abbey St and The Avenue. These are both one way streets. Some are 2 hour spots and others unlimited.

Please check the signs carefully. Randwick rangers are everywhere!

## TRANSPORT TO VENUE

The venue is easily accessible by car, taxi or government bus.

### From Sydney Airport by taxi

The venue is located approximately 20 - 30 minutes from Sydney airport by taxi or car.

A taxi from the airport is approximately \$35 - \$45. During peak hour, allow extra time.

### From Sydney Airport by Bus

Sydney Buses operates two services from the Domestic Terminal direct to the venue.

The bus routes are the 400 and 410. Please note the 410 bus is a pre-paid service only. Please check the Sydney Buses website for route, ticket and timetable information. <http://www.sydneybuses.info/routes>

Ask the bus driver to drop you off on Cook St, Randwick near the corner with Frances St. The bus stop is almost at the front door of the venue. On the timetable look for Randwick Junction, Belmore Rd. Allow 40 minutes from the airport to reach the venue or more during peak hour.

### From Sydney CBD or Central Station/Railway Square

There are a number of buses that pass right outside the venue. Please see the Sydney Buses website for more details. Look for routes 372 to 377.

Allow about 25 minutes travel time. Note: Some Sydney buses are prepay only. You can purchase tickets from various outlets in the city / Central.

### **ACCOMMODATION**

Clean, simple, 3 star rooms are available at The Centre. At the time of writing, single rooms range from approximately \$100 per night for a single room to \$115 per night for a twin share. Prices are subject to change. Rooms have a bar fridge and tea and coffee making facilities. A share kitchen is available. A light breakfast (toast and cereal) is included in the tariff. Wireless internet is available to guests.

For all accommodation inquiries and bookings please contact The Centre. There are a limited number of rooms available and the rates are very cheap for this area, so please book early.

Phone: 02 9398 2211

Email: [admin@thecentre.com.au](mailto:admin@thecentre.com.au)

Website: <http://www.thecentre.com.au>

There are lots of other accommodation options in Coogee, close to the beach. Coogee Beach is a 30 minute walk or short bus ride away. Everything from backpackers to the Crowne Plaza and serviced apartments is available. You may also like to look at Air BnB.

### **CHILDREN**

Please note children / babies are not permitted to enter the workshop room at any time. This is a condition of the venue and a requirement of our insurance policy. We ask for your understanding in this matter.

### **FURTHER INFORMATION**

As the event room is air-conditioned, you may like to dress in layers and bring a blanket, as we are unable to control the temperature to suit everyone.

### **TOURIST ATTRACTIONS**

Randwick is close to Sydney city, Coogee Beach and the Bondi to Maroubra coastal walk. It is home to the University of NSW. It is also close to Centennial Park, Moore Park, Fox Studios, Randwick Racecourse, Sydney Cricket Ground and Football Stadium.

If you require further information, please contact

Trina Bawden-Smith

Events Director

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