

Travel Information for A BOUNDLESS HEART
with Tergar Instructor TIM OLMSTED
January 19 - 21, 2018
Discovery Yoga
Saint Augustine, Florida

Thank you for your interest in the upcoming weekend workshop A BOUNDLESS HEART with Tim Olmsted hosted by the Tergar Meditation Community of Saint Augustine, Florida.

We look forward to a wonderful weekend. Here are some details we hope are useful. If you have any needs or concerns before or during the weekend, please feel free to contact me.

Sincerely, Karen Keep - Tergar St. Augustine - 904-806-4797 - karenkeep@mac.com

SCHEDULE:

Friday, January 19: 7:00 p.m. to 8:30 p.m.
Registration begins at 6:00 p.m.

Saturday, January 20: 9:00 a.m. to 5:00 p.m.
Doors open at 8:30 a.m.

Sunday, January 21: 9:00 a.m. to 5:00 p.m.
Doors open at 8:30 a.m.

RETREAT LOCATION and PARKING:

All sessions will be at Discovery Yoga, 3 Davis Street, St. Augustine, FL 32084. Phone (904) 824-7454. Website: www.discoveryyoga.com

Directions from US 1: Turn west onto King Street. Take the 2nd left onto Davis Street. The studio is the first two-story building on the left. The parking lot is just beyond the building on the left. If you find that this parking lot is full, see Alternative Parking below.

Alternative Parking: There is public parking across King Street from Discovery. From US 1 going west on King Street, at the intersection of King and Davis St. look to your right (Discovery Yoga is to the left) and you will see a **blue sign** for Public Parking adjacent to Sailors Exchange at 222 West King St.

If you have already turned onto Davis Street and find the Discovery parking lot is full, drive around the block taking right turns until you return to King Street. Turning right/east on King Street look on the left for the **blue PUBLIC PARKING** sign.

If you are local and are able, please car pool, walk, or ride your bike.

REGISTRATION and CHECK-IN:

- Please arrive at least 45 minutes early for registration on Friday night. Thereafter, please arrive 20 minutes early for each session in order to be parked, seated and settled by **10 minutes** prior to the event start time.
- If you are staying overnight at Discovery Yoga please follow their check-in procedures. Discovery Yoga (904) 824-7454

- If you plan to pay at the door, be prepared with your payment on Friday evening. We are only able to take **Checks (made payable to Tergar International) or Cash**. If cash, the exact amount would be helpful.

RETREAT LOGISTICS:

- If you live locally or are driving, you may want to bring your own cushion. There will be a limited number of studio cushions available. Chairs and back jacks will be available.
- The studio is air-conditioned and may feel cool so bring appropriate clothing; perhaps, socks and a jacket or shawl. Shoes are not allowed in the yoga room.
- You may want to bring a pen and journal or notebook for taking notes.
- Tea and snacks will be available in the Lobby. You are welcome to bring a light snack to share for tea breaks on Saturday and Sunday.
- **Please bring a bag lunch for Saturday and Sunday** so that we can stay together during lunch break. Bring your own cooler, or there may be limited storage room in the refrigerator in the upstairs kitchen. Take out orders from local restaurants should be placed during the morning break on Saturday and Sunday.

FOR OUT-OF-TOWN ATTENDEES:

- Airport transportation from Jacksonville (JAX) can be arranged through: www.airportexpresspickup.com OR www.islandairportshuttle.com OR check availability of shuttle service with Discovery Yoga Driver (\$65 one way). Other airports might include Daytona, Sanford, Orlando, but a rental car would probably be needed.

ACCOMMODATIONS: Discovery Yoga offers a limited amount of on-site accommodations. There are also many hotels and B&B's in the St. Augustine area. There may be some sangha housing offered; feel free to contact me.

- <http://www.discoveryyoga.com/accommodations.htm>
- <http://www.oldcity.com/where-to-stay/>

RESTAURANTS/FOOD OPTIONS and OTHER SERVICES:

Close to Discovery Yoga (walking distance):

- The Present Moment Café - www.thepresentmomentcafe.com
- The Bistro at Culinary Outfitters - www.culinaryoutfitters.org
- The Back 40 Urban Café - www.back40cafe.com

On King Street east of US1 (walking distance):

- Theo's - Greek - serves breakfast
- Carmelo's Marketplace - gas station/market, prepared foods, pizza/Italian
- Georgie's Diner - on Malaga St. behind Carmelo's - serves breakfast
- Subway
- Flavors - just before Riberia St.
- Ice Plant Bar - south of King St. on Riberia; our local distillery and restaurant in restored historic Ice Plant building; open late - www.iceplantbar.com

Downtown - off of The Plaza and St. George Street:

- AIA Ale Works - microbrewery/restaurant on King St at the bayfront

- The Floridian - locally sourced ingredients; on Spanish Street
- Columbia Restaurant - Cuban; famous for 1905 salad and great Cuban bread
- Casa Maya - Mexican; on Hypolita St.
- Kookaburra - coffee shop on Cathedral, north side of the Plaza

On the Island across the Bridge of Lions:

- Creative Juices - smoothies, soups, gluten free
- O'Steen's - seafood; very busy may be long line
- Planet Sarbez - funky bar and build your own grilled cheese
- Gypsy Cab - eclectic menu; reliably good
- Mellow Mushroom - pizza

Many chain/fast food restaurants are near the intersection of US 1 and Hwy 312.

Grocery stores:

- Carmelo's (King Street)
- Diane's Health Food (US1 and SR 207)
- Publix at Cobblestone (SR 312)
- Winn Dixie (US 1 and SR 207)

Drugstores:

- CVS (at SR 312 and Old Moultrie)
- Walgreens (US 1 just south of SR 312)

Hospital:

- Flagler Hospital (US1 2nd light south of SR 312)
- Healing Arts Urgent Care (US1 just South of SR 312)