

Somatic Movement Arts™

COURSE LOCATION AND ACCOMMODATIONS

COURSES AT EMBODY LIFE RANCH, CANYON COUNTRY, CA 91390

ACCOMMODATIONS:

Courses held at the Embody Life Center, just 45 minutes north of Santa Monica, will be residential. Overnight stays at the Center during a course are \$45 per night, which covers over-night stay and 3 light and healthy meals created in collaboration together.

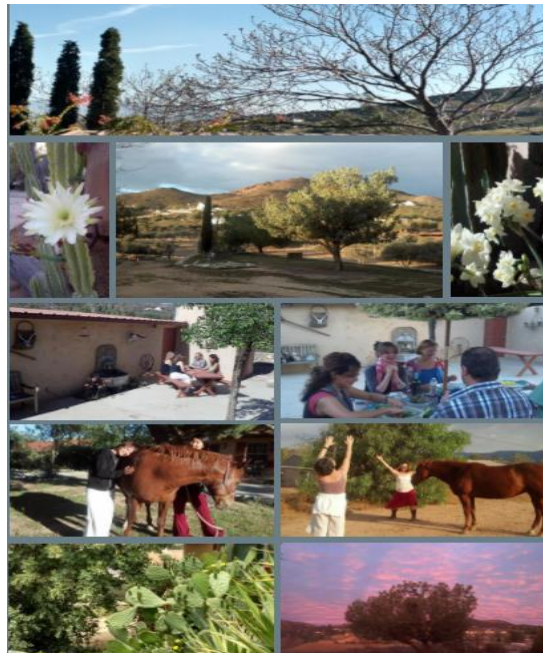
Just meals? Each meal is \$10. We share in a communal preparation of meals.

For those who prefer off-site accommodations during courses at Embody Life Center, a Travel Lodge is located 15 minutes from the retreat center.

Participants who stay off site are responsible for their own transportation. Arrangements to share in group meals are available, \$10 per meal.

STUDY SESSIONS indoors are interspersed with time out in nature, where body, mind & heart can be nourished and renewed - people can go deeply into the sacred quiet that comes when in connection to our real world. Connecting with the course of study can be deeply embodied in this natural environment.

EMBODY LIFE RANCH



COURSES AT CONTINUUM, 18th St Arts Center, SANTA MONICA, CA 90404

ACOMMODATIONS:

- www.airbnb.com This website links people with rooms around the world. Type Santa Monica, CA in the search to find availability. Other areas that are easily accessible to the the Continuum Studio are Venice, Mar Vista, West L.A., Marina Del Rey, Culver City, Westwood, Palisades...
- www.couchsurfing.com This website provides connections with people who are willing to host guests on their couch for free.
- The Santa Monica Gateway Hotel (Best Western) is within walking distance (five blocks) of the studio. They provide discounted rates to Continuum students during the training. (310) 829-9100 and ask for reservations or sales info@gatewayhotel.com
- The Ambrose, hotel is in walking distance: 1255 20th Street, 310-315-1555 www.ambrosehotel.com
- Sea Shore Motel 2637 Main Street Santa Monica, CA 90405 phone (310) 392-2787 fax (310) 392-5167 <http://www.seashoremotel.com/>
- Craigs List vacation rentals, <http://losangeles.craigslist.org/wst/vac/>
- Hotel 508 310-399-4526 Venice Beach www.hotel508.com
- Deidre Lightfoot 310-560-6918 2 Cottages for rent
- Hostelling International 310-393-9913.
- Venice Beach Hostel www.hostels.com
- www.SantaMonicaLuxuryRentals.com
- www.expedia.com is a very good way to find a hotel per price or distance from the studio.

TRAVEL INFORMATION:

Shuttle service from LAX:

Prime Time Airport Shuttle:(800) 262-7433, www.primetimeshuttle.com

Super Shuttle:(800) 258-3826, www.supershuttle.com. Call a week ahead for round-trip discount or reserve your space online.

DIRECTIONS TO CONTINUUM STUDIO:

From LAX Airport take Lincoln Boulevard, right on Colorado Boulevard (about 20 minutes), drive approx. 2 miles, turn right at 19th Street, right on Olympic Boulevard, right on 18th Street, continue to the end of the street, parking and studio on the right hand side.

From Santa Monica Freeway (I-10) going west, take the Cloverfield exit, turn right, turn left on Olympic Boulevard, right on 18th street, continue to the end of the street, parking and studio on the right hand side.

From Pacific Coast Highway and Santa Monica Freeway going east, take the 20th Street off-ramp, turn left on 20th Street, left on Olympic Blvd. right on 18th Street and continue to the end of the street, parking and studio on right.