



Event Information

Thank you for purchasing a ticket to attend the Australian Yoga Therapy Conference. We are excited to have you with us and look forward to meeting you!

To assist you prepare for the conference, we are providing you with the following information. **Please read it carefully.**

Event Date: Saturday 15 – Sunday 16 September 2018.

Venue: The venue is the Amora Hotel Jamison Sydney. The Amora Hotel is located at 11 Jamison Street in the Sydney CBD. AYTC will be held in the Whiteley Ballroom I on Level 2.

Registrations: Registrations commence at 8.15am on both days. All delegates are required to register. Registration will take place outside the conference room, Whiteley I ballroom, on Level 2. Please bring your invoice with you. This is your ticket. Or please bring some photo ID, such as a driver's license.

Name Tags: You will be given a name tag when you register. Please wear your name tag at all times, as it will be required to enter the conference rooms.

Conference Schedule: The event commences at 9am and concludes at 5pm on both days. The conference room will open from 8.45am. Please be seated before 9.00am.

Program: When you register, you will be given a program. The conference will be run as a single stream. There are no workshops to choose from.

This conference does not include sessions on the mat. You do not need to bring a Yoga mat. All practices that you will learn will be done either seated or standing in front of your chair. [The Conference Program is available here.](#)

Morning and afternoon tea: A light morning and afternoon tea will be provided for all delegates during the conference. Morning and afternoon tea will be vegetarian. Food provided will not contain any meat or fish products. Food may contain wheat, gluten, dairy, nuts, or soy.

Special Dietary Requirements: If you have special dietary requirements, please notify us by 1 September 2018 by email so the venue can cater for you. Please email events@enlightenedevents.com.au to notify us if this applies to you.

Enlightened Events Pty Ltd | ABN: 50 134 875 595

PO Box 350, Randwick NSW 2031

Phone: +61.2.9398.1512

Email: info@enlightenedevents.com.au | www.enlightenedevents.com.au

Revised 16/08/18



Lunch Options: Please note, lunch is not included in the conference fee. There are a number of options for lunch. You are welcome to bring lunch or please see other options below. Within the hotel, only the Silo Bar on level 1 is open for lunch.

There are a number of local eateries within a 10 – 15 minute walk, including Circular Quay, the Rocks which are tourist precincts. The shopping precincts of Pitt St Mall and the Queen Victoria Building have cafes and food courts if you walk south along George St.

If you want to stretch your legs and see some Sydney sites, it is a 10 minute walk to Barangaroo Reserve and a 15 minute walk to the Opera House.

Saturday Evening Gathering:

After the last presentation on Saturday, we invite you to join us in Silo Bar, the Amora Hotel bar on first floor for an informal gathering. Food and drinks are available for purchase from the bar. There is no charge to attend.

This is just an opportunity to meet your fellow delegates and some of the speakers.

You are welcome to invite your partners and friends. Children are not permitted, as it is a bar.

Venue: The function will take place in Silo Bar, located on level 1 of the Amora Hotel.

Time: 5.00pm – 7.00pm.

Food and Drinks: Can be purchased at the bar

Cost: Free of charge.

Australian Yoga Therapy Conference Package Inclusions:

The Conference fee includes all keynote presentations / workshop sessions. A light morning and afternoon tea will be provided during the conference.

Not Included: Transfers, Accommodation, Breakfast, Lunch, Flights, Personal Incidentals

How to get to the Venue:

Please note due to the construction of the Light Rail, George St is mostly closed in this area.

Traffic conditions are severely disrupted. We strongly suggest you **use public transport**. Details are below.

Transport: The hotel is well serviced by public transport. Detailed information is available here <http://www.transportnsw.info/>

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Train: The closest train station is Wynyard station. Use the York St exit. Walk right (north) along York St and then turn right into Jamison St.

The venue is also within walking distance from Martin Place train station and it is a little further to Circular Quay station.

Buses: Many government and private buses pass close by to the venue.

Driving Directions:

Due to the closure of George St many roads are closed. Please consult this map carefully if you intend to drive -

<http://mysydneycbd.nsw.gov.au/interactive-maps>

Please [click here](#) to read the driving directions to the hotel.

Note: Jamison St is now two way. You can only access it from the York St end.

Parking: There are a number of parking options within walking distance.

Please consult [Wilson Parking](#) and [Secure Parking](#) for a range of options. Please note that some city car parks only open for limited hours on weekends.

Option 1: Amora Hotel Jamison

The Amora Hotel has very limited parking. **On Sunday this car park may close at 4pm.** There are 80 spaces which are operated by Secure Parking. For details please check <http://www.secureparking.com.au/car-parks/australia/nsw/sydney/amora-hotel> . The cost is \$20 per day or \$15 prebooked online.

Option 2: [Met Centre Car Park](#) – enter car park on Jamison St. Please note there are two car parks on Jamison St. This one is down the hill from the one above. \$20 per day or book early online and pay \$15.

Option 3: [Australia Square Car Park](#). Entry via 31 Bond St. Enter Bond St from Pitt St as it is closed at the George St end.

Option 4: [Secure Parking No. 1 Martin Place, Pitt St, Sydney](#) (below the Westin Hotel)
Weekend parking is approximately \$25 per day. This car park is open all weekend. If you pre-book your parking, parking rates may be cheaper. It is a 500 metre (10 minute walk) to the venue.

Note: Cheaper parking is available in the city at the [Domain car park](#), which is a 20 – 30 minute walk for approximately \$10. The car park opens at 9am on Sunday.

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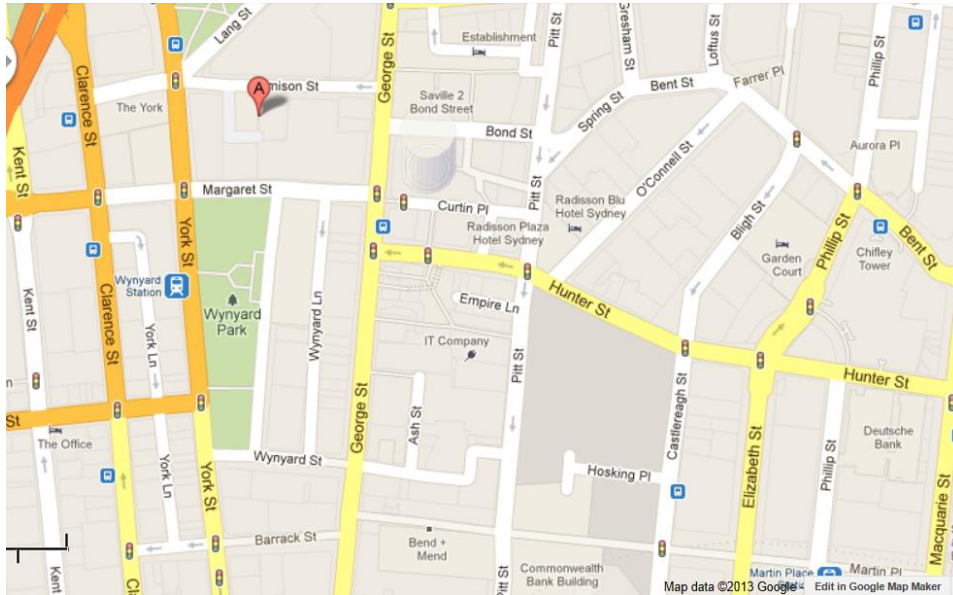
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AUSTRALASIAN YOGA THERAPY CONFERENCE (AYTC)

15 - 16 SEPTEMBER 2018
SYDNEY



The Amora Hotel (Venue)

Accommodation: There are hundreds of places to stay in the Sydney CBD. Below are some suggestions that are within a 10 minute walk of the venue. Cheaper options are available near Central Station or further away from the Sydney CBD.

[Amora Hotel](#) - The venue offers a 10% discount on advertised rates. Please quote ENG150918 and call Reservations on (02) 9696 2500 to obtain this discounted rate. These rooms are subject to availability and prices change regularly.

[Mantra – 2 Bond St Sydney](#)

[Travelodge Wynyard – 7- 9 York St, Sydney](#)

[The York by Swiss-Belhotel – 5 York St, Sydney](#)

[Quay West Suites Sydney – 98 Gloucester Sy, The Rocks, Sydney](#)

[This website has a number of serviced apartments in Sydney CBD](#) if you would prefer somewhere you can prepare food. Some of these might be close to the venue and others not so close!

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Children: Please note children / babies are not permitted to enter the conference 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.

What do you need to bring to AYTC? You are not required to bring anything with you. You may like to bring a notepad. A Yoga mat is not required. Small note pads and pens are provided.

Further Information: As the event room is air-conditioned, you may like to dress in layers, as we are unable to control the temperature to suit everyone.

We look forward to having you join us!

If you require further information, please contact
Trina Bawden-Smith
Events Director
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