



Yoga as Medicine Workshop with Dr. Timothy McCall 9-13 March 2019, MELBOURNE

Thank you for registering for Dr. Timothy McCall'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 9 March – Wednesday 13 March 2019

VENUE

The Abbotsford Convent, 1 St Heliers Street, Abbotsford VIC 3067.

The Abbotsford Convent is a large venue with numerous buildings. If you aren't familiar with the venue, please allow extra time to find the workshop room.

The workshop will be held in a room called **Dorm 1, in the Rosina building**. Please enter the precinct via **Gate 1 / Main Gate** (This gate is opposite the car park). Please note Dorm 1 is on level 1. Access to level 1 is via lift or stairs.

REGISTRATIONS

Registrations commence at 8.30am. Everyone is required to register. Registrations will take place inside the event room, Dorm 1. 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 each day.

WORKSHOP SCHEDULE

The workshop commences at 9.00am and concludes at 4.30pm on both days. The day will be comprised of two 3 hour sessions – 9am – 12pm and 1.30pm to 4.30pm.

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

The workshop will include lectures, yoga practices, writing exercises, guided meditations to complement the group case work.

Lunch break will be one hour and 30 minutes and will be held from approximately 12.00pm to 1.30pm.



DR. TIMOTHY MCCALL YOGA AS MEDICINE WORKSHOP



YOGA PROPS FOR PRACTICAL SESSIONS

You will be doing various Yoga practices during the workshop. **Please bring a yoga mat, cylindrical bolster (not flat), blanket, strap and blocks and if possible, a Yoga chair.**

For those of you coming from interstate and overseas with limited luggage, you might like to join the Facebook group Melbourne Yoga Teachers Unite and post asking if a local Yoga teacher can hire out some props to you for the week.



WHAT ELSE TO BRING:

Yoga props as outlined above. Please bring a note pad and pen. Lunch can be purchased nearby or you may like to bring your own.

LUNCH OPTIONS ON SITE AT THE CONVENT INCLUDE:

Cam's Cafe
Convent Bakery
Kappaya Japanese Soul Food Cafe
Lentil As Anything (vegan) – pay by donation

TRANSPORT TO VENUE

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



DR. TIMOTHY MCCALL
YOGA AS MEDICINE WORKSHOP



Car:

The Abbotsford Convent is located at the end of St Heliers Street, Abbotsford. The easiest way to get there is to go via Johnston Street, turn onto Clarke Street, then turn left onto St Heliers Street. Melways reference 44 G5.

Parking:

Ticketed parking is available in the Convent car park on St Heliers St at a cost of \$12 for 5-12 hours.

Train:

Victoria Park station on the Mernda and Hurstbridge lines is the closest railway station. The train station is a 10 -15 minute walk from the Convent. Please note that some peak hour expresses services don not stop at Victoria Park station.

Bus:

Catch the 200 or 207 bus to Clarke Street, Abbotsford. The bus stop is a 3 – 5 minute walk to the Convent.

For further information please see the Convent website -

<http://abbotsfordconvent.com.au/visitor-information#getting-here>

ACCOMMODATION:

There are many hotels within a 4 kilometre radius of the Abbotsford Convent.

<http://abbotsfordconvent.com.au/site/assets/uploads/b6a3bfa0-nearby-accommodation.pdf>

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.

If you require more information, please contact

Trina Bawden-Smith

Events Director

trina@enlightenedevents.com.au

0406 134 771

Timothy McCall and Enlightened Events are looking forward to sharing a wonderful event with you!