



Year 1:
The Personal Spiritual Journey:
Your Unique Self

December 30th 2009 - January 3rd 2010
Pacific Grove, California | Asilomar



Join us for this incredible journey....

Below you will find important logistical information to aid you in planning and travel.

-Schedule-

Wednesday, December 30th, 2009

3:00-6:00 pm - Participant arrival and registration. If you've reserved a room at Asilomar, you can check in anytime after 3pm. Registration will be held from 3-6pm (location tbd). We require that everyone stop by to register at some point during the 3-hour period to receive important materials for the event. Dinner will be served promptly at 6:00pm. The event will begin at 7:30pm. Please arrive 15 minutes early to be in your seats and ready to begin.

Thursday, December 31st

6:30am-12am – Event in Session (New Year's Eve!)

Friday, January 1st, 2010

6:30am-10pm – Event in Session

Saturday, January 2nd

6:30am-10pm – Event in Session

Sunday, January 3rd

6:30am-3pm – Event in Session

For the full experience, and for the benefit of all your fellow participants, we require that you attend all sessions and meals. It is best to clear your schedule for the entire time, including commitments you have during and after the event hours. This will allow you the time and space to more deeply integrate the experience.

-Venue-



Asilomar Retreat and Conference Center is located on the coast of the Pacific Ocean, on the Monterey Peninsula, in Pacific Grove, California. It is a 107-acre protected retreat that has been part of the California State Parks system since 1956. Asilomar State Beach is adjacent to Sunset Drive in Pacific Grove, and is part of the Pacific Grove Marine Gardens Fish Refuge and the Monterey Bay National Marine Sanctuary.

Acclaimed architect Julia Morgan designed many of the buildings in the Arts and Crafts architectural style. The goal of this style was not only an aesthetic one, but a healthy one: bring people back in touch with nature and help restore balance, health, harmony, and happiness. The buildings have been designed from the inside out, with the main character and expression found in the interiors. Open spaces and natural light dominate, with the craftsmanship of the structures becoming the art of the building.

-Getting There-

- Asilomar Retreat and Conference Center Address:
 - 800 Asilomar Avenue
Pacific Grove, CA 93950
- Local Map:
 - Click [here](#) for a google map of the surrounding area.
- Nearby Airports:
 - [Monterey Peninsula Airport](#) (Closest)
 - [San Jose Airport \(SJC\)](#)
 - [San Francisco \(SFO\)](#) (Farthest)
- Rental Cars:
 - Alamo - (800) 327-9633 - www.alamo.com
 - Avis - (800) 831-2847 - www.avis.com
 - Budget - (800) 527-0700 - www.budget.com
 - Enterprise - (800) 736-8222 - www.enterprise.com
 - Hertz - (800) 654-3131 - www.hertz.com
 - National - (800) 227-7368 - www.nationalcar.com
- Ground Transportation:
 - Monterey Peninsula Airport:
 - Central Coast Taxi - 831-626-3333
 - Monterey Salinas Transit (Local Public Transportation)- 831-899-2555 - www.mst.org
 - SFO and SJC Airport:
 - [Monterey Airbus](#)
 - [Arrow Luxury Limousine Service](#)
- Driving Directions:
 - From San Jose/San Francisco: Take Highway 101 South to Prunedale area. Exit Highway 156 West (The sign will read: To Monterey Peninsula). Continue on Highway 156 West and it will merge to Highway 1 South. Exit at Highway 68 West (Pebble Beach & Pacific Grove). Turn right at the first traffic light. Stay on Highway 68 West, which becomes Forest Avenue. Stay in left lane, pass two traffic lights and turn left at Sunset Drive (Highway 68) turn right at Asilomar Boulevard. Turn left at the 1st stop sign into the Asilomar main entrance.

- From Los Angeles: Take Highway 101 North or (I-5 North to 46 West to 101 North). Take Highway 68 West to Monterey Peninsula. Continue on Highway 68 West to Highway 1 South. Exit at Highway 68 West (Pebble Beach & Pacific Grove). Turn right at the 1st traffic light. Stay on Highway 68 West, which will become Forest Avenue. Stay in left lane, pass two traffic lights and turn left at Sunset Drive (also Highway 68) turn right at Asilomar Boulevard. Turn left at the 1st stop sign into the Asilomar main entrance.
- From Sacramento: Take 80 West to 680 South or (I-5 South to 152 West) to 101 South to Prunedale area. Exit Highway 156 West (Sign reads: To Monterey Peninsula). Continue on Highway 156 West and it merges to Highway 1 South. Exit at Highway 68 West (Pebble Beach & Pacific Grove). Turn right at the 1st traffic light. Stay on Highway 68 which becomes Forest Avenue stay in left lane, pass two traffic lights and turn left at Sunset Drive (also Highway 68) turn right at Asilomar Boulevard. Turn left at the 1st stop sign into Asilomar's main entrance.

-Lodging & Meals-



Due to the hours of the event, and the beautiful property, we highly recommend that you stay at Asilomar. The accommodations are designed to be free from distractions so guests can reflect and focus on the natural wonders that surround them, and on integrating their experience.

The rates reflected below are per person for 4 nights stay, include all taxes, are based on availability and include three delicious group meals per day, beverages and snacks (Beginning with dinner on Wednesday and ending with lunch on Sunday).

- Triple/Quad Occupancy: \$488.90 (standard)
 - Double Occupancy: \$608.34 (standard)
 - Single Occupancy: \$918.34 (standard)
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- Details:
 - All rooms have private baths and are free from the distractions of telephones and televisions. Many of the rooms are in houses with common living rooms where you can spend time socializing with your fellow participants.
 - The staff at Asilomar will help you register for the right room for you. They can help pair you up with others looking to share rooms, as well. Please download the rooming registration form during the registration process. It will also be available for you to download from the registration confirmation email, and on the event [website](#). It can be filled out and faxed, sent or emailed directly to Asilomar. Because some of the sleeping rooms are not accessible to people with disabilities, please make sure to indicate any needs you may have on this form.
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- Lodging & Meal Contact:
 - Kindly direct any lodging or meal questions to the Asilomar staff at 831-642-4222, or email Vivian at garcia-vivian@aramark.com.

-Commuting-

- Commuter Details:
 - For those of you who live in the area, you may commute back and forth to the event from your home.

- Please know that the event hours are long and intensive, and any commuting time will obviously need to be included and considered carefully to ensure that you have the best experience possible.
- Commuter Registration:
 - All commuters must fill out a commuter registration form and pay for meals ahead of time through Asilomar. Meals are an integral part of the experience of the event, so we require that everyone arrange to eat and attend meals together at Asilomar. You will find this downloadable form on the confirmation page during the registration process, contained in the confirmation email you receive after registering, and on our [website](#). Download the form, fill it out, and send/fax/or email it back to Asilomar with payment instructions
- Commuter Meal Cost:
 - The price for commuters, \$221.55, includes dinner on Wednesday, breakfast, lunch and dinner on Thursday-Saturday and breakfast and lunch on Sunday, and all taxes and fees.
- Commuter Contact:
 - Kindly direct any questions about commuting to the Asilomar staff at 831-642-4222, or email Vivian at garcia-vivian@aramark.com.

-Family and Childcare-

- We understand that the holidays are typically a time of year for families to gather together. Part of what we wish to create with this event is an Integral family gathering, and we want to make it possible and enjoyable for all members of the family to attend.
- We do kindly ask that children under 18 years of age do not attend any of the event sessions.
- Please contact [VIP Babysitting](#), the company Asilomar recommends for childcare. Spouses and family members not attending the event may stay at the venue with participants, and will need to pay for lodging and meals through Asilomar.
- Meals will be open time for families to gather with the rest of the group attending the event.
- We are in the process of creating a program for family members that will not be attending the main event. This will be a daily time during the hours that participants are in session when friends, caregivers, spouses and children (only those folks not attending the event) can come together, get to know one another and participate in scheduled activities. More on this to come!

- If you are planning on bringing anyone who is not attending the event, please let us know by sending an email to ise@integrallife.com.

-Weather-

The weather at that time of the year on the Monterey Peninsula ranges from a low of 40 to a high of 60 degrees Fahrenheit.

-What To Bring-

- Essentials:
 - It will be best to pack clothing which you can layer, along with a jacket, raingear, and some comfortable shoes to make your way around the large property and for walks on the beach.
- Event Requirements:
 - Bring clothing for daily exercise and movement, and celebratory attire for the celebration.
 - There is no dress code for the event. We suggest that you wear comfortable, casual clothing.
 - Please bring a meditation cushion and yoga mat.
 - Finally, bring a journal and writing materials as they will be utilized throughout our time together.

-Final Details-

- Confirmation E-mail:
 - Once you have registered, you will receive a confirmation via email. We will be in touch throughout the year with updates and closer to the date with final logistical details.
- Frequently Asked Questions:
 - If you have any questions, please visit our [website](#) for FAQ's.
- Customer Support:
 - Email: Contact our Department, [here](#).

- Phone: Call us domestically at 866.603.9456 or Internationally at +1.303.545.5445 option 2
- Response Time: Our policy is to respond to all requests within two business days.

Thank you so much for your interest in Integral Spiritual Experience: Year 1. We hope to see you there.

With love,

The ISE Team