

Level II: Back to Health
A developmental approach to postural education
April 10-14, 2010 Mechanicville, New York

Name: _____

Address: _____ E-mail _____

Telephone _____ Cell _____

Course Fee: \$500

Check Enclosed _____ check # _____ (check payable to SDI)

Please charge my credit card: \$500 ()

MasterCard or Visa number: _____ Exp: _____

Flight Information:

Arrival Date /Time _____ Airline/Flight # _____ From _____

Departure Date/time: _____

Transportation:

___ I will have a car ___ I will not have a car

___ I will be arriving at the Albany airport and want to share a cab

Accommodations :

___ Upriver House Bed and Breakfast, located next to SDI,
full breakfast and computer access
___ large rooms, shared , \$45/night per person
___ smaller rooms, shared, \$35/night per person
(CASH only for payment)

___ Private room in a home \$25/night

___ Pet Allergies? _____ Additional nights needed ? _____

_____ Making my own arrangements. List of nearby motels attached.

Please return by March 26th to:

Kay Zwirn
Spacial Dynamics Institute
129 Hayes Road
Schuylerville, NY 12871
Fax: 518-695-6955 sdiadmissions@earthlink.net

Practical Information Mechanicville Location

Location: Spacial Dynamics Institute 10 N. Main St. Mechanicville, NY 12118

Taxis: Ricks Taxi (Mechanicville) 518-892-3052

Lighthouse Taxi (Mechanicville): 518-664-3223

Capitaland Taxi (Albany): 518 242-4222.

Directions:

From Airport and South: North on I-87 to Exit 9 to RT 146 East. Follow Hwy. 146 into Mechanicville past

where it joins Central Ave., Hwy.32, and Hwy. 4 going North. Just past the CVS Pharmacy on the right,

take a right on Park Ave. Take a left onto N. Main St.

From North: South on I-87 to Exit 12 to RT. 67 East and South through Malta into Mechanicville where RT 67 turns right and merges with N. Main Street..

From East: South on I-91 to Brattleboro. Hwy 9 west to Bennington. Hwy 67A north to North Bennington.

Hwy 67 west through Hoosick Falls and Schaghticoke before going across the bridge over the Hudson River.

Take 1st left after driving over the bridge, onto N. Main Street.

Recommended Accommodations:

Upriver House Bed and Breakfast 2 S. Main St. Mechanicville (next to SDI) 518-695-6377

\$75 per night single, \$35-\$45 per person shared/twin beds, includes full breakfast

Cottage on the Hudson 93 Hudson Avenue, Stillwater (3 miles) 518-664-8780 or

gcook1@nycap.rr.com

\$70 per night (single or double, you can share), kitchen privileges for breakfast

Stillpoint Interfaith Retreat Center Stillpoint Rd, Stillwater (7 miles) 518-587-4967

www.stillpointretreatcenter.com

- sleeping bag space in meditation room \$15 per night
- small guest rooms and cabins \$ 50-75 per night
- tent camping \$15 per night

Gallardo Apartments Main St. Mechanicville (across from SDI) or 518-361-0905 or davidagallardo@yahoo.com shared apartments with kitchen, \$25 per person per night

Best Western 617 Plank Road Clifton Park (20 minute drive) 518-371-1811

Comfort Inn 41 Fire Road, Clifton Park (20 minute drive) 518-373-0222

Hampton Inn Clifton Park 620 Plank Road, Clifton Park 518-373-2345