

**Level II: Coming to your Senses**  
**February 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 January 25th 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 1<sup>st</sup> 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](mailto: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](http://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](mailto: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