



Spatial Dynamics Institute, Inc.

129 Hayes Road, Schuylerville, NY 12871

Tel: 518-695-6377, Fax: 518-695-6955

sdiadmissions@earthlink.net

www.spatialdynamics.com

September 5, 2009

Dear Spatial Dynamics Student,

We are looking forward to your arrival in late September for the first session of SDI's tenth In-Service Training Program in Spatial Dynamics®. You are registered for the East Coast course which meets at the Spatial Dynamics Institute at Hudson/UpRiver in Mechanicville, New York. This letter will summarize some key information and outlines our recommendations for your travel, housing, and meal arrangements. **A registration form is included and we ask that you return this to us with your payment for dinners no later than September 15th.**

Dates/Location:

The course meets three times per year over a five-year period, beginning with the Foundation Year. Dates for the Foundation Year are September 30- October 5, 2009, March 23-28, 2010, and August 13-23, 2010. The course begins at 7:30 pm on the first night and concludes at 12:00 noon on the last day. It is best if flights are scheduled to arrive into Albany no later than 2:30 pm on the first day and depart after 2:30pm on the last day. Registration will take place at SDI beginning at 6:30pm on that first evening.

SDI at Hudson/Up River is located at 10 N. Main Street, Mechanicville, New York 12118. Directions are attached.

Travel and Transportation:

The closest airport is Albany, New York which is about 30 minutes from SDI. The Amtrak train station is a bit east of downtown Albany, also about 30 minutes. For this first session, we will provide an airport pickup at 5:30 pm. Please let us know if you want to be part of that pickup. Students who have cars often help with transportation from the airport and to and from SDI in the morning and evenings. Let me know if you are willing to help.

Taxi service to and from airport/train station is approximately \$40. If interested, we will share names of other students who are arriving at similar times so you can try to get a ride with one of them or share a cab. The taxi companies are:

Rick's Taxi (Mechanicville) 518-893-3052

Lighthouse Taxi (Mechanicville): 518-664-3223.

Capitaland Taxi (Albany): 518 242-4222.

Housing:

A variety of options are available to you and description and contact information is attached. Please contact these places directly, but let me know if you have any questions or difficulties. Note that some options are within walking distance but others will require that you have a car.

Meals:

You are on your own for breakfast and lunch. For lunch, there are a couple of inexpensive restaurants near SDI as well as a natural foods store. Dinners are catered at SDI. Our caterer provides very fresh, healthful and plentiful meals using primarily organic ingredients. If you have special dietary requirements, please let us know in advance. Snacks are available during break-times at a small cost and the proceeds go to the AASD Scholarship Fund.

What to bring to the session:

We suggest checking the weather for Albany for an idea of what to expect. It can change suddenly. Our general experience is that you will appreciate having **comfortable clothes that layer easily** when the weather or level of exertion changes. These might include: wind pants and jackets, sweat pants, shorts, leggings, tee-shirts, turtlenecks, lots of socks, indoor and outdoor athletic shoes, gymnastic shoes if you have them, plus some warmer layers like a hat, fleece, vest, and/or sweatshirts. Rain gear is also a good idea. If you have a set of juggling balls, please bring them along with you to the session.

Please feel free to contact me with any questions at 518-695-6377 or sdiadmissions@earthlink.net

Best regards,

Kay Zwirn
SDI Admissions

Directions to Spacial Dynamics Institute at Hudson/UpRiver

10 North Main Street, Mechanicville, NY 12118

We'll use the side doors nearest the gym, which is behind the four story main portion of HUR

From the Albany International Airport and South:

- Follow signs to I 87 and drive North on I 87.
 - Take Exit #9 onto Hwy. 146 East. (Clifton Park).
 - 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. Drive one block.***
 - Take a left onto Main St. You're looking for a four story brick school building on the right.
 - At **HUR** turn right into driveway, at the **fire hydrant**, into the parking lot just past the big brick school building, park and go in the entrance by the gym.
- (If you miss Park Ave., turn right on Hill St. and go across Main and directly into the parking lot alongside the school.)

From North:

- Take I 87 South to Exit 12.
- Take Hwy. 67 East and South through Malta, Maltaville, Willow Glen and into Mechanicville where Hwy. 67 turns right and merges with N. Main Street for a few blocks. **Do not turn left** and go over the Hudson River when 67 does.
- Stay on Main Street for a few blocks.
- Go past the Fire Department on the right and Collins Flower Shop on left just before you...
- Turn left into the driveway of Hudson/UpRiver.
- Enter through the side entrance by the Gymnasium.

From West: Drive to I 87 and proceed as in **From South** or **From North**.

From East:

- West to Interstate 91
- I 91 south to Brattleboro and Hwy 9
- Hwy 9 west to Bennington and Hwy 67 A
- Hwy 67A north to North Bennington and Hwy 67
- Hwy 67 west through Hoosick Falls, Valley Falls, and Schaghticoke before going across the bridge over the Hudson River.
- Take 1st left after driving over the bridge, onto Main Street. You're in Mechanicville!
- Go 1 ½ to 2 blocks south to HUR and you're there! The school driveway is on the left past the Collins Flower Shop. If you see the Post Office on the left, you've passed the school!

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

The 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

beautiful setting, use of meditation room, kitchen

- 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)

518-672-4909 or 518-361-0905 or davidagallardo@yahoo.com

shared apartments with kitchen, \$25 per person per night

Hayes Residence 145 Hayes Rd Schuylerville (30 minute drive) 518-695-6377

Lovely home, very quiet, kitchen,

master room with bath \$70 per night, shared/twin \$25 per night per person

N'Dolo Residence 35 Washington St, Round Lake (8 miles) 518-695-6377

Lovely home, small village community, has baby gear,

Double beds, \$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

In-Service Training Program 10East
September 30-October 5, 2009

Please return by September 15th to:

Kay Zwiern
Spacial Dynamics Institute
129 Hayes Road
Schuylerville, NY 12871
Fax: 518-695-6955

Name: _____

Address: _____

Email: _____

Phone: day _____

eve _____

cell _____

Travel:

___ I will have a car

___ I would be willing to help with transportation

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

Date/time _____

Airline/Flight # _____

Accommodations:

I will be staying at _____

Dinners:

I would like ___ vegetarian ___ non-vegetarian dinners.

Enclosed is \$68 payable to SDI check # _____