

**Coming To Our Senses
2007 *Feldenkrais Method*® Annual Conference
Reed College, Portland Oregon**

Dear Colleague,

Thank you for registering for the Annual Conference!

Within this packet you will find the information and resources to plan for your conference experience in Portland. Please read through the information immediately to discover whether you have further questions to research before your travel day.

This year we have a rich, interactive conference website. Be sure to read the Frequently Asked Questions section for tips and links about Portland, Reed Campus, and travel options. You will find it helpful in planning your trip. Important Conference updates and news will be posted on the website. Please check the site regularly: <http://www.feldenkrais.com/conference>

If you do not have access to the internet, I highly recommend that you contact a colleague and ask them to keep you informed of any late breaking news.

Portland is a good area for promoting the *Feldenkrais Method* to the public. We have launched a modest campaign to promote this conference in the Portland community. Practitioners beyond the local area have also helped spread the word by mailing the **public events brochure** or directing people in their network to the **public events website**:

http://www.feldenkrais.com/events/conference/2007/public_events_2007

Keep your eyes and ears open to recognize the public on campus each day and welcome them!

Choose to contribute to the elegance of movement around campus. There are many small ways that you can make a big difference to the delight of your colleagues. Please read the Volunteer section of this packet to discover how.

Please bring this packet with you to Conference!

Safe travels!

Suzane Van Amburgh
2007 Conference Coordinator
conference@feldenkraisguild.com

Coming To Our Senses

2007 Feldenkrais Method® Annual Conference at Reed College, Portland Oregon

Contents

FGNA Conference Check-in	3
Reed College Housing Check-in	4
Reed College Emergency Contact Form	5
Life on Campus	6
Key to the Campus Map for Conference	7
Campus Map for Conference	8
Sunday Schedule of Events	9
Volunteers	9
FEFNA Bookstore	10
Passion, Promotion and Potential	11
Driving Directions and Maps	12

Enclosures:

Registration Confirmation and Statement
Equipment Loan Details (if applicable).

For questions not answered in this packet contact:

1. Frequently Asked Questions on the website:
<http://www.feldenkrais.com/events/conference/2007>
2. FGNA Conference Registration: conferencereg@feldenkraisguild.com
3. On campus housing: Reed College CEP office at 503-777-7522.
4. Transportation and off campus housing options:
http://www.feldenkrais.com/events/conference/2007/2007_frequently_asked_questions_faq
5. Equipment loan, volunteer, work exchange, presenter or local practitioner:
Suzane by email at conference@feldenkraisguild.com

Coming To Our Senses**2007 Feldenkrais Method® Annual Conference at Reed College, Portland Oregon****FGNA CONFERENCE CHECK-IN PROCEDURES****Pre-Conference attendees:****Friday July 27th**

10am: please go directly to your Pre-conference workshop room:

P1 (Leri) at Eliot Hall, Room 314,

P2 (Nitefor) at Gym 1 in Watzek Sports Center,

P3 (Zones) at Gym 2 in Watzek Sports Center.

Your registration confirmation and statement verifies your pre-conference workshop selection.

12:30- 2:30pm: To complete your check-in, at the lunch break, please stop by the FGNA on-site office next to the FEFNA bookstore located in Gray Campus Center (GCC). The dining hall is also located in the GCC (see campus map).

Conference attendees:**Sunday July 29th:**

2-6pm: Go to the Steele Lounge located in Steele Hall near the Reed College North Parking Lot. For your convenience housing check-in will also be available at the Steele Lounge during these hours.

Monday – Friday, July 30th – August 3rd:

8-10am: Go to the FGNA on-site office next to the FEFNA Bookstore located in the GCC. The dining hall is also located in the GCC (see campus map).

Photography note:

Conference events are recorded and you may be photographed. If you do not wish to be photographed, you may express your wishes by filling out a form included in your arrival packet.

Coming To Our Senses

2007 Feldenkrais Method® Annual Conference at Reed College, Portland Oregon

REED COLLEGE HOUSING CHECK-IN PROCEDURES:

Most of our group will be housed in Steele, Sullivan or Bragdon Halls, all located near the North Parking Lot. **Depending upon your arrival time, you may need to pick up your room key at a different building on campus.** If you are not driving yourself, you may want to ask your driver to wait while you pick up your key, and then have them drive you to the **North entrance** for drop off at your dorm. See below for procedures.

Thursday July 26th: *(this is the earliest date you can reserve Reed housing):*

Arriving 4-6pm? Go to Reed CEP office next to Kaul Auditorium to get your room key. Closest parking is the West Lot (see campus map). Bring your completed "Emergency Contact" form.

Arriving after 6pm? Go to Greywood building near the East Parking Lot (see campus map). Bring your completed "Emergency Contact" form.

Sunday July 29th:

2-6pm: Check-in for both Housing and Conference will be held in the Steele Lounge of Steele Hall. Bring your completed "Emergency Contact" form. **Use the North Entrance** of Reed College from SE Steele Street. Follow the driveway down, and turn right into the first parking lot. Walk the path to Steele Hall. If driving yourself, you may want to leave your luggage in your car until you find out which building you are housed in. If dropped off, look for the friendly volunteers in the North Parking Lot to watch your luggage.

After 6pm: Go to Greywood building near the East Lot. (see campus map)

Arrivals at all other dates and times:

Reed housing check-in is available 24 hours a day. Bring your completed "Emergency Contact" form.

Arriving 10am-6pm? Go to Reed CEP office next to Kaul Auditorium to pick up your room key. Closest parking is West Lot (see map).

Arriving after 6pm? Go to Greywood building near the East Lot. (see map).

Reed College

Conference & Events Planning Department

3203 SE Woodstock Blvd. Portland, OR 97202 Phone: (503) 777-7289 Fax: (503) 788-6688 conference.and.events@reed.edu

EMERGENCY CONTACT

In case of any emergency please list anyone who you would like us to contact, and with whom you will allow us to share information about your location, situation, and logistical requirements.

Conference Name: _____

Attendee First/Last Name: _____

Contact 1 - Name

Relationship to Attendee

Street Address

City, State

Telephone

E-mail

Contact 2 - Name

Relationship to Attendee

Street Address

City, State

Telephone

E-mail

Attendee Signature _____ Date _____

Attendee's Phone Number _____ Email _____

Coming To Our Senses

2007 Feldenkrais Method* Annual Conference at Reed College, Portland Oregon

LIFE ON CAMPUS:

Proximities: Most of our group will be housed in Steele, Sullivan or Bragdon Halls, all located near the North Parking Lot. Buildings are conveniently close together. Steele Hall to the Gray Campus Center (GCC) is about a 5 minute walk. See Campus Map for reference.

Reed Campus Amenities:

Residence halls offer coin-op laundry rooms, shared kitchens, and social rooms.

Alcohol allowed in dorms but not in public areas.

Smoking allowed anywhere outside but not allowed in any building.

“Coffee Cart” will be on campus everyday 8am-3pm near the GCC.

Picnic tables available in the quad near the GCC.

Automated Teller Machine located in GCC downstairs.

Reed College bookstore in GCC carries basic toiletries and snacks: 503-788-6659

Parking on campus is free. No RVs. No pets.

We have reserved one golf cart to assist those with limited mobility. If you need assistance while on campus, contact FGNA on-site office by the FEFNA Bookstore in the GCC. To inquire ahead of time contact: conference@feldenkraisguild.com

Commuters: Meals on campus are available. Plan to pay by cash. Breakfast: \$7, Lunch: \$8, Dinner: \$8.50. ATM machine available in lower level of the GCC. Parking on campus is free. East or West Lots recommended. No RVs. No pets.

Dining: Breakfast 7:00-9am, Lunch 12-2pm, Dinner 5-7pm. Dining Hall is located in the GCC. Meat and vegetarian options by Bon Appetit: <http://www.bamco.com>

Internet Access :

WiFi: Participants may connect to Reed's high-speed wireless network via guest access. This level of access does not require a password and allows general web surfing and use of web-hosted email.

Cyber Room: High-speed access also available at the Cyber Room, in GCC, Room A.

Residence Halls: participants with laptops may use the telephone line to make a dial-up connection to their personal ISPs, by dialing 9, then the access number.

Housing available: If you want to stay on campus and haven't arranged housing yet go to: https://info.reed.edu/cep/event_room.taf or call 503-777-7522. Rooms are not air conditioned, so you may want to add a fan to your reservation. Be sure to fill out the Reed College **Emergency Contact** form and bring with you for housing check-in.

Coming To Our Senses

2007 Feldenkrais Method® Annual Conference at Reed College, Portland Oregon

KEY TO THE CAMPUS MAP FOR CONFERENCE:

Check-in Areas:

21 Steele Lounge: Conference and Housing Check-in on Sunday July 29, 2-6pm.

34 Greywood : Housing Check-in after 6pm on any night.

16 CEP Office: Housing Check-in 10am-6pm any day other than Sunday.

17 GCC : Conference Check-in at the FGNA on-site office by the FEFNA Bookstore, Monday-Friday.

Housing:

21 Steele Hall

22 Sullivan Hall

24 Bragdon Hall

38 French House (for FGNA BOD)

Dining Room, FEFNA Bookstore, Cyber Room (to jump on the internet), Reed College store, ATM machine, Public Events Check-in:

17 Gray Campus Center (GCC)

Workshop Rooms:

13 Watzek Sports Center (Gym 1, Gym 2, Dance Studio, Mat Room)

26 Eliot (Room 314)

28 Vollum (Lounge)

18 Student Union

37 Psychology (Room 102/103)

Special Events Locations:

Sunday 7pm Opening Presentation: 26 Eliot Chapel

Monday 7pm Research Forum: 13 Watzek - Gym 1

Tuesday 7pm Current Events Forum: 18 Student Union

Wednesday 2:30-5pm PPP Expo: 18 Student Union

Wednesday 7pm Annual Meeting: 18 Student Union

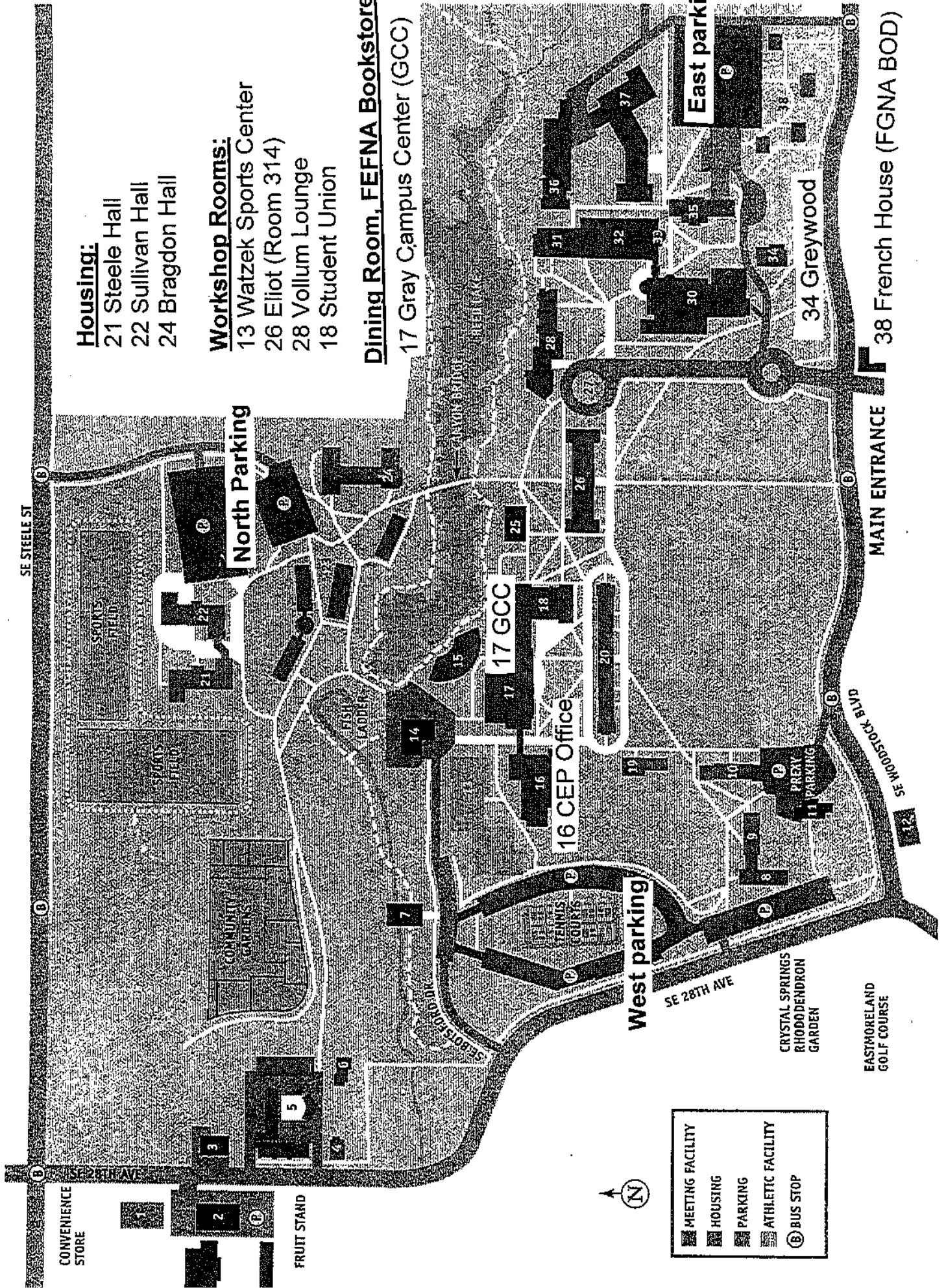
Thursday 7:30pm Recital and Party: 18 Student Union

North Parking: Good for Sunday check-in, Sunday equipment drop off, and parking through the week if you're housed in Steele, Sullivan, or Bragdon Halls.

West Parking: Equipment drop off other than Sunday afternoon, public parking.

East Parking: Access to Greywood for evening housing check-in. Good for FGNA BOD or commuter parking.

CAMPUS MAP FOR CONFERENCE



Housing:

- 21 Steele Hall
- 22 Sullivan Hall
- 24 Bragdon Hall

Workshop Rooms:

- 13 Watzek Sports Center
- 26 Eliot (Room 314)
- 28 Vollum Lounge
- 18 Student Union

Dining Room, FEFNA Bookstore

- 17 Gray Campus Center (GCC)

	MEETING FACILITY
	HOUSING
	PARKING
	ATHLETIC FACILITY
	BUS STOP

Coming To Our Senses

2007 Feldenkrais Method® Annual Conference at Reed College, Portland Oregon

SUNDAY JULY 29TH SCHEDULE OF EVENTS:

- 10am-5pm Day Three of Pre-conference Workshops
- 2-6pm Conference & Housing Check-in at Steele Lounge.
- 2-6pm Equipment Drop-off at the North Parking Lot.
- 2-5pm Welcome Reception at Bragdon Lounge hosted by your Northwest Region colleagues, featuring items from the IFF Archive.
- 2-5pm Visit the IFF Store and Archive display, the FEFNA Bookstore, and the Cyber Room located in the Gray Campus Center (GCC).
- 5-7pm Dinner in the Reed Dining Hall located at Gray Campus Center (GCC).
- 7~9:30pm Opening Presentation "Making Connections" by David Kaetz in the Chapel of Eliot Hall, followed by Dessert Reception just down the corridor in Eliot Room 314. This event is free and open to the public, come early to get a seat!

VOLUNTEER!

Choose to contribute to the elegance of movement around campus. There are many small ways that you can make a big difference to the delight of your colleagues.

Offer directions. Familiarize yourself with campus and share what you know with your colleagues. Sunday afternoon will be a primary check-in time with lots of people milling about looking for where to go. Monday morning people will be looking for their workshop locations. You can be proactive about reading the information available ahead of time, finding key destinations, and helping people find their way. Station yourself at high traffic areas and offer help.

Bring your digital camera and take pictures during conference. Coordinate with Suzane via email, to send your photos to FGNA.

Assist with party preparations. Thursday afternoon, Aug. 2, we need help setting up decorations for the party. At end of evening we'll also need help taking them down. (Reed College staff will handle catering). If you can help with decorations, email Suzane.

There's more!

Welcome public participants, count attendees at evening events, greet and assist arrivals Sunday afternoon, orient volunteers, change signage, make new signs, conference check-in assist, public check-in assist, run errands, input evaluation surveys, assist display board presenters, etc.

Tasks above could be done on a limited basis as a Volunteer, or if you are willing to commit your availability, we can create a Work Exchange position for you. To offer help in either capacity please contact Suzane via email at conference@feldenkraisguild.com

Coming To Our Senses

2007 Feldenkrais Method® Annual Conference at Reed College, Portland Oregon

A SNEAK PEEK OF THE FEFNA BOOKSTORE AT REED COLLEGE

Every year the *Feldenkrais*® Educational Foundation of North America (FEFNA) shuffles its books, cds, and videos across the country to set up shop for the annual *Feldenkrais* conference, but not this year. As manager of the FEFNA Bookstore I couldn't be more thrilled to only have to move the bookstore across town instead of across state lines. The opportunity afforded by the fortuitous location of this year's conference means we can offer a few special goodies not normally seen at conferences.

To whet your appetite for some of the goodies you'll be able to find in the FEFNA bookstore this year, here's a rundown some new *Feldenkrais* merchadise:

Kinesthetic Edge for Golfers, 2 audio CDs, 7 lessons, softbound booklet © 2006

By Andrea Higgins, MA, GCFP

Item# 2137 \$35.95

Explores the benefit of training to support the kinesthetic learning process. A program to change the way you experience your body in movement and provide you with ways to apply that experience to your golf game.

The Dynamic Musician Series: Volume 2, 2 CDs, 4 lessons, 32 page booklet, © 2004

By John Tarr

Item# 2217 \$31.45

Builds on the previous lessons with emphasis on Dynamic Breath, which explores different types of breathing so you can further refine and deepen your own personal style of breathing.

Feldenkrais at Home Series, a 10-hour program on CDs

By Eileen Bach-y-Rita

Item# 2139 \$125.00

Thousands of people have used this home course successfully to improve their posture, mobility and flexibility. Lessons help your lower and upper back, improve breathing and make sitting more comfortable.

If reading about the new products has you itching for *Feldenkrais*-style satisfaction that can't wait for conference, feel free to check out the FEFNA Bookstore online www.feldenkrais.com or give me a call at the Portland office 503-221-6612 and I'll do what I can to satisfy your craving. Either way, stop by the FEFNA Bookstore at conference to munch free candy and browse the full range of *Feldenkrais* educational materials. We're located in the GCC by the Dining Hall, and we'll be open Sunday July 29, 2-5pm; Monday – Friday: 8-10am, 12:30-2:30 pm, 5-7pm.

Samantha Berg

FEFNA Bookstore Manager

Coming To Our Senses**2007 Feldenkrais Method® Annual Conference at Reed College, Portland Oregon****PASSION, PROMOTION AND POTENTIAL****HOW WE TALK ABOUT OUR WORK—
AND MOVE INTO ACTION****PASSION, PROMOTION & POTENTIAL EXPO****Share your passion...**

We encourage everyone to bring samples of their business cards, postcards, and other small, simple promotional materials for display at the community table.

Share your successful promotion...

Need more space? We're looking for practitioners to display their website or newsletter, discuss their great business practices or forms, or give tips on organizing and participating in promotional events.

We'll have table space you can reserve for your materials, and there is free wi-fi access at the site, so bring your wireless laptop to show your fabulous web page. (Sorry, the site cannot provide computers or overhead projectors). Expo participants don't need to give formal presentations, but you can chat with colleagues as they visit your table, and/or invite a small-group discussion around your Expo topic.

To sign up your idea & reserve Expo space/ poster displays, contact Paulette Dolin via e-mail at ezmovement@yahoo.com (write "Expo" in the subject line). Include your phone number if you'd like Paulette to call you back to answer your questions. You may also call Paulette with questions, (cell: 650-815-8520, home: 650-329-8629), but an e-mail reservation is preferred.

**Wednesday August 1, 2007, 2:30-5pm.
Student Union building on Reed College Campus.**

Coming To Our Senses

2007 Feldenkrais Method® Annual Conference at Reed College, Portland Oregon

Driving Directions and Maps.

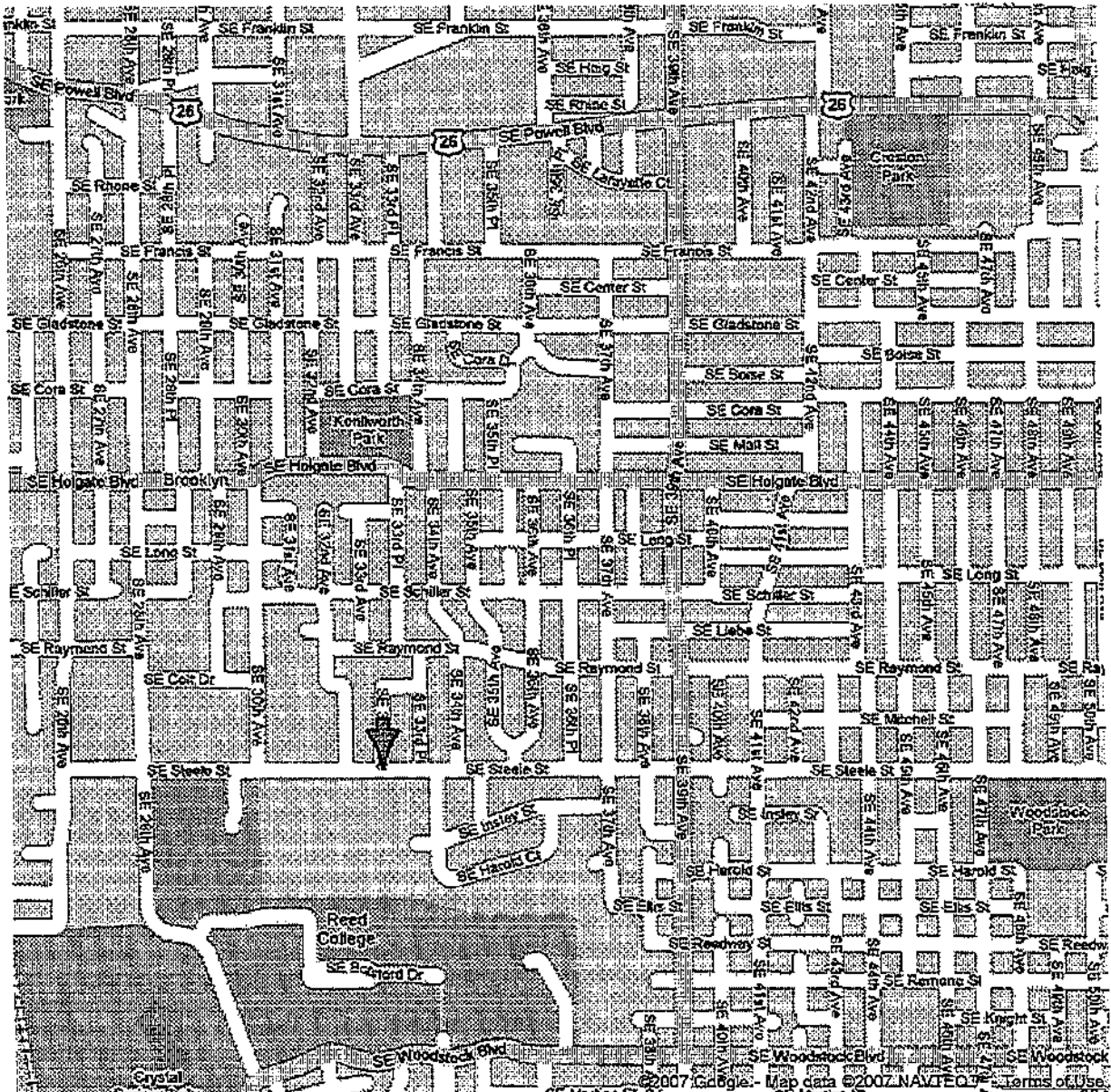
North Entrance: Best entrance to Reed College for Sunday Check-in and parking close to the residence halls.

If you are lost and need directions, you may call for assistance on Sunday July 29, 5-11 pm or Monday morning before 8:30am, courtesy of Michael Wolk: 971-275-5688.

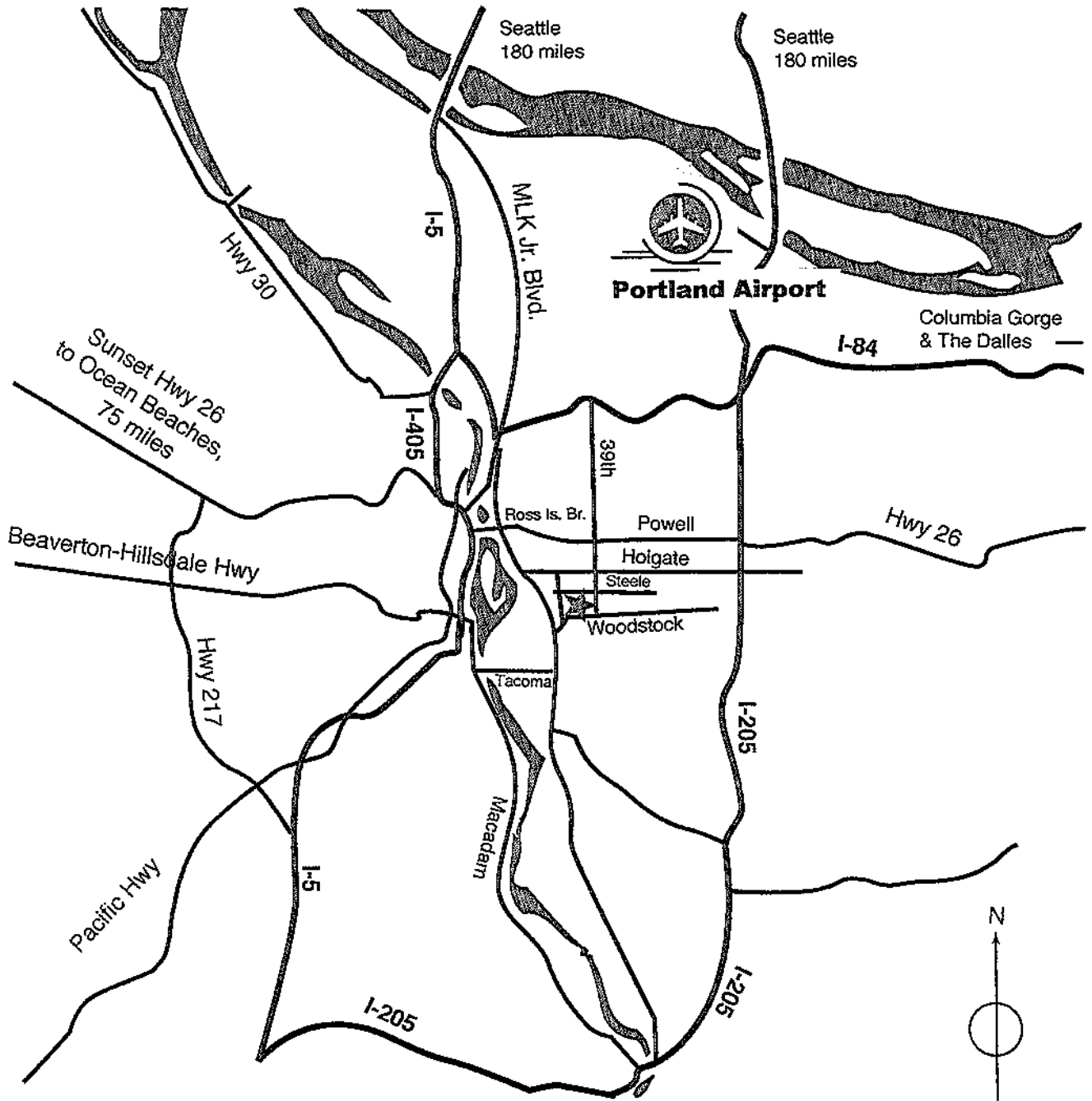


Address **3300 SE Steele St**
Portland, OR 97202

Notes **NORTH ENTRANCE** to Reed College
off SE Steele Street near SE 33rd Ave.



driving directions



REED COLLEGE

3203 SOUTHEAST WOODSTOCK BOULEVARD PORTLAND, OREGON 97202-8199 PHONE 503.771.1112 FACSIMILE 503.777.7769

driving directions

The 100-acre Reed College campus is in a southeast Portland neighborhood, five miles from downtown and 12 miles (20–30 minutes) from Portland International Airport. The campus is easily accessible from downtown and major highways. Parking at Reed is free, and no permit is required.

By Car

FROM THE NORTH ON I-5

Take the I-84 East exit (#301), then the 39th Avenue exit (#2). Turn right (south). Travel to SE Woodstock Boulevard, then turn right (west). Reed is on the right.

FROM THE SOUTH ON I-5

Take the Ross Island Bridge exit and follow the signs to cross the bridge. At the east end of the bridge, take the 99East/Milwaukie exit. Follow 99E (McLoughlin Boulevard) to the Eastmoreland/Reed College exit. Just off the exit, turn right (east) onto SE Bybee Boulevard. Veer left (north) onto SE 28th Avenue [the Eastmoreland Golf Course will now be on your left (west)], and drive north to the intersection of SE 28th Avenue and SE Woodstock Boulevard. Reed is directly ahead. [To return to I-5 south, go west on SE Bybee Boulevard to SE Milwaukie Avenue. Turn right (north) at the intersection of SE Bybee and SE Milwaukie and travel to SE Holgate Avenue. Turn left (west) onto Holgate, and turn right (north) onto 99E/McLoughlin Boulevard. Follow the signs to the Ross Island Bridge.]

FROM THE EAST ON I-84 OR FROM THE AIRPORT

Take the I-205 south exit. Follow directions below.

FROM I-205

Take the SE Powell Boulevard exit (#19). Travel west on Powell to SE 39th Avenue. Turn left (south), travel to SE Woodstock Boulevard. Turn right (west). Reed is on the right.

FROM DOWNTOWN

Take SW Alder Avenue to the Morrison Bridge. At the east end of the bridge, turn right onto 99East/Martin Luther King Boulevard; the boulevard will become 99East/McLoughlin Boulevard. From 99E/McLoughlin Boulevard, take the Eastmoreland/Reed College exit. Just off the exit, turn right (east) onto SE Bybee Boulevard. Veer left (north) onto SE 28th Avenue (the Eastmoreland Golf Course will be on your left (west)), and drive north to the intersection of SE 28th Avenue and SE Woodstock Boulevard. Reed is directly ahead. [To return to downtown Portland, go west on SE Bybee Boulevard to SE Milwaukie Avenue. Turn right (north) at the intersection of SE Bybee and SE Milwaukie and travel to SE Holgate Avenue. Turn left (west) onto Holgate, and turn right (north) onto 99E/McLoughlin Boulevard.]

Public Transportation

Tri-Met MAX is Portland's light rail.

FROM THE AIRPORT

Take Redline MAX to the Hollywood Transit Center. Take bus #75 heading to Milwaukie. Get off at SE 39th Avenue and SE Woodstock Boulevard. Walk down the hill on Woodstock to campus. Travel time varies; plan on an hour and a half.

FROM DOWNTOWN

From SW 3rd Avenue and Clay Street (trips are free within the downtown bus mall), find a bus stop with the symbol of a green leaf. Take bus #19 (Woodstock) and ask the driver to drop you off at Reed. Travel time is about 30 minutes.

Call 503/238-RIDE for schedules, or visit www.trimet.org. Fares are \$1.40 from downtown and \$1.70 from the airport.

SHUTTLE, TAXI, & RENTAL CAR INFORMATION (GO TO THE AIRPORT TRANSPORTATION AREA)

Blue Star Airporter shuttle (503/249-1837): \$25.25 one way or \$47.25 roundtrip (for first person), every half hour

TAXIS

Cab fare to Reed from the airport is about \$35, and \$15.00 from downtown
(Radio Cab: 503/227-1212; Broadway Cab: 503/227-1234; New Rose City Cab: 503/282-7707)

RENTAL CAR AGENCIES

Avis: 800/230-4878; Hertz: 800/654-3131; Dollar: 800/800-4000; Budget: 800/527-0700

**North entrance off SE Steele Street.
West entrance off SE 28th Ave.
East entrance off SE Woodstock Boulevard.**

REED COLLEGE

3203 SOUTHEAST WOODSTOCK BOULEVARD PORTLAND, OREGON 97202-8199 PHONE 503.771.1112 FACSIMILE 503.771.7769