

Desiree Rumbaugh 2008 Wrightsville Beach Workshop Logistics

Parking

Car Pool! The parking at the beach is very limited and is metered (one of the advantages of staying at the beach). The Blockade Runner itself needs more parking for its own guests. If they have space they will allow us to park there, but don't count on it! Please car pool with a friend. If you are local please try to get a ride or park at a friend's house if you have one nearby. If you do live nearby the BR please offer a parking space if you have one available to someone you might know who is coming to the workshop. You can meet at **Seaside Yoga at 5725 Oleander Drive Wilmington, NC 28403 in Oleander Oaks** to carpool with a friend. If you arrive more than 30 minutes before you can drop by the Blockade Runner to see if they have any open parking. If not, you can always run back to the Loop and catch a ride.

We are encouraging everyone to park at "the Loop", on your way to the Blockade Runner. We will have a "shuttle" set up waiting for you in the form of Boots McGowan, local Yoga Surfer, and Chris Skane, local yogi and current WYC teacher trainee, along with other cool taxi drivers as needed. See the schedule below to make sure you don't miss it. If you do, just drive over to the Blockade Runner and ask the front desk staff to follow you back to the Loop then shuttle you back to the workshop. If the front desk is busy you can find us in the Lee Ballroom and one of the Workshop assistants will help you.

If you are lost or need help parking first call the hotel at 910.256.2251

"Yoga Surfer Taxi" - Boots McGowan: 910.620.4128

Chris Skane: 910.

Rachael: 910.465.9684

The shuttle schedule will pick you up 30-10 minutes before the classes and drop you off 10 – 30 minutes after class is finished. Please respect the schedule as Boots and other drivers are volunteering their own time to do this and so you can start with everyone on time. Remember to leave time to check-in or register if you haven't sent in your registration yet.

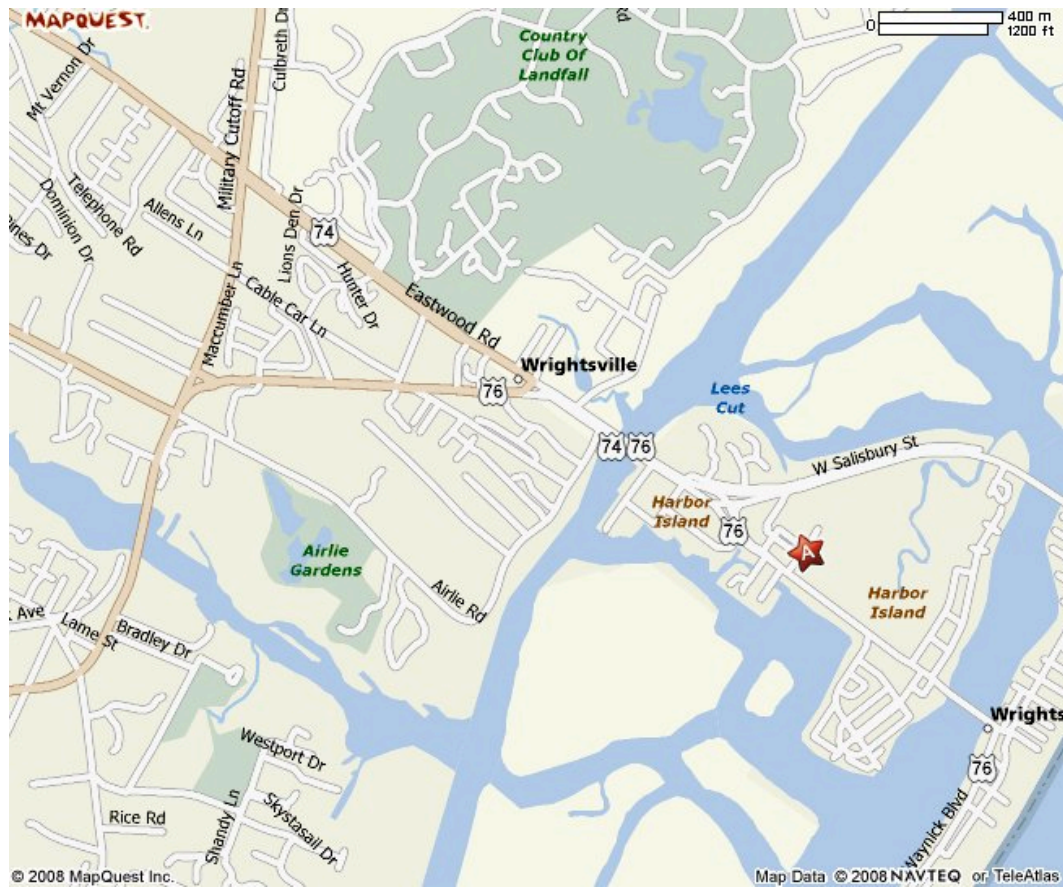
Shuttle Schedule:

<u>Class time</u>	<u>Pick-up times</u>
Thursday June 26th	
1. 8:30-11am	8am-8:20am; 11:10-11:30am
2. 1-3pm	12:30-12:50pm; 3:10-3:30pm
3. 4-6:30pm	3:30-3:50pm; 6:40-7pm
Friday June 27th	
1. 8:30-10:30am	8am-8:20am; 10:40am-11am
2. 11am-2pm	10:30-10:50am; 2:10-2:30pm
3. 4-6pm	3:30-3:50pm; 6:10-6:30pm

If you want a nice walk the Loop is 1.24 miles from the **Blockade Runner, located at 275 Waynick Rd., Wrightsville Beach, NC 28480**

See mapquest for more detail of the map below.

'The Loop' address is 1 Bob Sawyer Dr., Wrightsville Beach, NC 28480



Sleep

Please let me know if you don't have a place to stay so I can help accommodate you. Most beds are taken but some local yogis have offered couch and floor space (BYOSB – bring your own sleeping bag!). Rooms are still available at the Blockade Runner.

Rachael: rachaelmove@delightinyoga.com or 910.465.9684
Blockade Runner: 910.256.2251

Surf

Learn to surf while you are here with Jo Pickett, 2004 US Surfing Champion. She is an awesome teacher and a fellow yogini!

\$60 each lesson, or \$50 each for 2 or more.

Times available:

Thurs. & Fri: 8-10am Morning Surf Session, 6:45-8:30pm Sunset Surfing Session

Sat. upon request

Pre-register online by email: surfingcamp@gmail.com

What to Bring

Don't forget your bathing suit, towel, sunscreen, and yoga mat. Also bring any yoga props you may have. Bring bottled water with you to the Blockade Runner to keep yourself well hydrated. Also, if you'd like to add to our **puja**, or objects gathered in reverence for what we hold dear, please bring anything from a flower to a candle to a picture of a loved one, or a special object that has meaning to you. As you enter the yoga space simply go to the puja and offer your love as you place your beautiful object with the others.

Food

Blockade Runner policy is no 'outside food' on the premises. You may bring your own bottled water. They have a nice little café with vegetarian options.

Local Restaurants: at the beach

also see: www.visitwrightsville.com

The Oceanic- seafood, a long walk heading south down the beach from the Blockade Runner will get you there. It's the only restaurant right on the ocean, with its own pier. They also have a bar if you just want to go for drinks.

www.oceanicrestaurant.com
703 S Lumina Ave
Wrightsville Bch, NC 28480
(910) 256-5551

K-38 Baja Grill & Tower 7: really good California-style Mexican food- very fresh- great guacamole. (They also have another location on Oleander which seems to have slightly larger portions and is served on regular plates rather than the paper/tin foil at the beach locale.)

TOWER 7
4 N. Lumina Ave
Wrightsville Beach, NC 28480
910.256.8585
K-38
www.k38baja.com
5410 Oleander Dr
Wilmington, NC 28403
(910) 395-6040

Buoy 32 Bistro: This seafood place comes highly recommended by some local yogis and has just gotten a great review in "Encore" (our local "What's Happening" weekly paper) praising their creativity, service, and delicious food.

224 Causeway Drive
Wrightsville Beach, NC 28480
910-256-5124

Wilmington (near the beach)

Sweet & Savory Bake Shop: yummy sandwiches and breakfast. The Best Peanut butter cookies!

www.sweetandsavorycafe.com

1611 Pavillion Pl
Wilmington, NC 28403
(910) 256-0115

Tidal Creek: our local Organic Co-op, a short drive from the beach on Oleander. They have fresh buffet each day in addition to healthy sandwiches with plenty of veggie options, incl. vegan. Try their homemade smoothies!

www.tidalcreek.coop

5329 Oleander Drive, Wilmington, NC 28403
Tel: (910) 799-2667

Great Harvest Bread Company: right next to Tidal Creek, locally owned, a variety of fresh breads and pastries incl. really good scones.

www.greatharvest.com

5327 Oleander Dr
Wilmington, NC 28403
(910) 793-2330

K-38 Baja Grill & Tower 7: see above in 'Wilmington (near the beach)'

Wilmington (Historic Downtown):

If you can pull yourself away from the beach, downtown Wilmington offers some of the best restaurants (and bars) in town, so have fun walking around the shops, especially on or near Market St. If you stay the weekend, check out the local Farmer's Market for everything from fresh veggies to bread, a dairy with goat cheese spreads, plants and bouquets, with live music, along Water St., beginning at Market St.- Saturday 8am-12noon only.

Le Catalan: On the docks, a sweet little French Bistro, owned by Pierre and Marie- always fresh delicious food for vegetarians and seafood/meat-eaters alike. Good wine-list and thick homemade mousse. The best tomato-basil soup in town!

Located on the Riverwalk between Orange St. & Ann St.

224 S. Water St.
Wilmington, NC 28401
www.lecatalan.com
910-815-0200

Deluxe: Fine food- some of the best in town- for everyone. Awesome brunch if you are here on Sunday.

www.deluxenc.com
114 Market St
Wilmington, NC 28401
(910) 251-0333

Circa1922: upscale dark and atmospheric delicious tapas food with a great wine-list and deserts.

www.circa1922.com
8 N Front St
Wilmington, NC 28401
(910) 762-1922

Little Dipper: excellent fondue. Skip the entrée and go for the cheese & chocolate. Nice design inside. Also have a great bar.

www.littledipperfondue.com
138 S Front St
Wilmington, NC 28401
(910) 251-0433

Indochine: On the way to downtown on Market St. Asian food from Vietnamese to Thai, to sushi. This place is always packed. A great little bar is attached while you wait on weekends only. This place is filled with art and knick-knacks and very colorful. Don't leave without seeing the garden and huts in the backyard.

www.indochinewilmington.com
7 Wayne Dr
Wilmington, NC 28403
(910) 251-9229

Shopping

Wrightsville Beach

Surf City- sweet guy owns this surf shop- be careful- if you like surfing, you may end up taking home a new board!

www.gosurfcity.com
530 Causeway Dr
Wrightsville Bch, NC 28480
(910) 256-2265

Wilmington: near the beach

Lumina Station- upscale boutique shopping: *Island Passage*- great dress shop; *Airlie Moon*- beautiful home and gifts, incl. unique candles, books, pillows, lamps, & more; *Alligator Pie*- for kids; *Port City Java*- good local coffee chain; etc. Also, there are some great restaurants for meat-eaters in here.

www.luminastation.com
1900 Eastwood Rd # 10
Wilmington, NC 28403
(910) 256-0900

Mayfaire- mixed use shopping/condos, incl. Bannana Republic, Barnes & Noble, World Market, Pottery Barn, Victoria's Secret, etc. Also have chain restaurants, incl. Cold Stone Ice-cream.

www.mayfairetown.com

Mayfaire Hours

Monday-Saturday 10 am - 9 pm

Sunday 12 pm - 6 pm

Wilmington (Historic Downtown):

Edge of Urge- really cool, hip clothing store. The owner even custom makes bathing suits; they also have local jewelry designers here and great shoes. Next door is the candy & ice cream store *Kilwin's*, which has great homemade turtles, fudge, and pralines.

www.edgeofurge.com

18 Market Street

Wilmington, NC 28401

(910) 762-1662

City Budda- gifts from around the world, esp. Southeast Asia

www.citybuddhanc.com

910.251.0727

21b Market St.

Wilmington, NC 28401

Sambuca- organic clothing store and spa

www.sambucarestaurant.com

200 N Front St

Wilmington, NC 28401

(910) 343-0201

Movies

Regal Mayfaire Cinema 16

900 Town Center Drive

Wilmington, NC 28405

(910) 256-0556

Special Thanks to Ashley Ludman and Seaside Yoga and Kristin Cooper-Gulak and Wilmington Yoga Center for Co-hosting this event and to all of you who helped encourage others to come and for all of you coming. We are going to have a blast!

See you soon! - Rachael