

Australian Yoga Therapy Conference (AYTC) 2015

Supported By



15 -16 August 2015
SYDNEY



Event Information

Thank you for purchasing a ticket to attend the Australian Yoga Therapy Conference. We are excited to have you with us and look forward to meeting you!

To assist you prepare for the conference, we are providing you with the following information. **Please read it carefully.**

Event Date: Saturday 15 – Sunday 16 August 2015.

Venue: The venue is the Amora Hotel Jamison Sydney. The Amora Hotel is located at 11 Jamison Street in the Sydney CBD.

Registrations: Registrations commence at 8.15am on both days. All delegates are required to register. Registration will take place outside the conference room, Whiteley I ballroom, on Level 2. Please bring your invoice with you. This is your ticket. Or please bring some photo ID, such as a drivers licence.

Name Tags: You will be given a name tag when you register. Please wear your name tag at all times, as it will be required to enter the conference rooms.

Conference Schedule: The event commences at 9am and concludes at 5pm on both days. AYTC will be held in the Whiteley Ballroom I on Level 2 of the Amora Hotel Jamison Sydney, 11 Jamison Street, Sydney. The conference room will open from 8.45am. Please be seated before 9.00am.

Program: When you register, you will be given a program. The conference will be run as a single stream. There are no workshops to choose from.

This conference does not include sessions on the mat. You do not need to bring a Yoga mat. All practices that you will learn will be done either seated or standing in front of your chair. [The Conference Program is available here and on the Enlightened Events website.](#)

Morning and afternoon tea: A light morning and afternoon tea will be provided for all delegates during the conference. Morning and afternoon tea will be vegetarian. Food provided will not contain any meat or fish products. Food may contain wheat, gluten, dairy, nuts, or soy.

Special Dietary Requirements: If you have special dietary requirements, please notify us by 1 August 2015 by email so the venue can cater for you. Please email info@enlightenedevents.com.au to notify us if this applies to you.

Lunch Options: Please note, lunch is not included in the conference fee. There are a number of options for lunch. You are welcome to bring lunch or please see other options below.

Australian Yoga Therapy Conference (AYTC) 2015

Supported By



15 -16 August 2015
SYDNEY



There are a number of local eateries within a 10 – 15 minute walk, including Circular Quay, the Rocks, Pitt St Mall and the Queen Victoria Building. It is a 15 minute walk to the Opera House.

Saturday Evening Gathering:

After the last presentation on Saturday, we invite you to join us in Inbargo, the Amora Hotel bar on the ground floor, (lobby level) for an informal gathering. Food and drinks are available for purchase from the bar. There is no charge to attend.

This is just an opportunity to meet your fellow delegates and some of the speakers.

You are welcome to invite your partners and friends. Children are not permitted, as it is a bar.

Venue: The function will take place in the Inbargo Bar, located on the ground level of the Amora Hotel.

Time: 5.00pm – 7.00pm.

Food and Drinks: Can be purchased at the bar

Cost: Free of charge.

Australian Yoga Therapy Conference Package Inclusions:

The Conference fee includes all keynote presentations / workshop sessions. A light morning and afternoon tea will be provided during the conference.

Not Included: Transfers, Accommodation, Breakfast, Lunch, Flights, Personal Incidentals

Parking: There are a number of parking options within walking distance.

Please consult [Wilson Parking](#) and [Secure Parking](#) for a range of options. Please note that some city car parks only open for limited hours on weekends.

Option 1: Amora Hotel Jamison

The Amora Hotel has very limited parking. **On Sunday this car park closes at 4pm.** There are 80 spaces which are operated by Secure Parking. For details please check <http://www.secureparking.com.au/car-parks/australia/nsw/sydney/amora-hotel> . These prices are subject to change without notice.

Option 2: [Wynyard Lane Car Park](#). This car park is open and staffed 24 hours. It is the second closest car park to the venue. The approximate weekend rate is \$25 per day. Please enter this car park via Margaret St. Wynyard Lane is a one way street. Exit from the car park into Wynyard train Station and follow the signs to George St. Turn left on to George St and continue one block to Jamison St.

Option 3: [Secure Parking at the Sofitel Wentworth Hotel](#), enter via Bligh St.

Australian Yoga Therapy Conference (AYTC) 2015

Supported By



15 -16 August 2015
SYDNEY



If you join Club Secure, you may be able to obtain discounted parking. It is a 500 metre walk to the venue from here.

Option 4: [Secure Parking No. 1 Martin Place, Pitt St, Sydney](#)

Weekend parking is approximately \$35 per day. This car park is open all weekend. If you pre-book your parking, parking rates may be cheaper. It is a 500 metre (10 minute walk) to the venue.

Please note: The Secure Parking located at 60 Margaret St (enter from Jamison St) is only open limited hours on the weekend. It is open 7am – 5pm on Saturday and 10am – 3pm on Sunday. If you park here, you must remove your car by 5pm on Saturday, otherwise you will not be able to access your car until Sunday!

Note: Cheaper parking is available in the city at the [Domain car park](#), which is a 20 – 30 minute walk for approximately \$10. The car park opens at 9am on Sunday.



The Amora Hotel (Venue)

Parking at Wynyard Lane Carpark

Accommodation: There are hundreds of places to stay in the Sydney CBD. Below are some suggestions that are within a 10 minute walk of the venue. Cheaper options are available near Central Station or further away from the Sydney CBD.

[Amora Hotel](#) - \$250 for room only plus \$25 per person breakfast rate. Please quote A-ENL1308 and call Reservations on (02) 9696 2500 to obtain this discounted rate. These rooms are subject to availability.

[Mantra – 2 Bond St Sydney](#)

Australian Yoga Therapy Conference (AYTC) 2015

Supported By



15 -16 August 2015
SYDNEY



[Travelodge Wynyard – 7- 9 York St, Sydney](#)

[The York by Swiss-Belhotel – 5 York St, Sydney](#)

[The Menzies Sydney – 14 Carrington Sy, Sydney](#)

[Quay West Suites Sydney – 98 Gloucester Sy, The Rocks, Sydney](#)

[This website has a number of serviced apartments in Sydney CBD](#) if you would prefer somewhere you can prepare food. Some of these might be close to the venue and others not so close!

Transport: The hotel is well serviced by public transport. Detailed information is available here <http://www.transportnsw.info/>

Train: The closest train station is Wynyard station. The venue is also within walking distance from Martin Place train station and Circular Quay station.

Buses: Many government and private buses pass close by to the venue.

Children: Please note children / babies are not permitted to enter the conference room at any time. This is a condition of the venue and a requirement of our insurance policy. We ask for your understanding in this matter.

What do you need to bring to AYTC? You are not required to bring anything with you. You may like to bring a notepad. A Yoga mat is not required. Small note pads and pens are provided.

Further Information: As the event room is air-conditioned, you may like to dress in layers, as we are unable to control the temperature to suit everyone.

We look forward to having you join us!

If you require further information, please contact
Trina Bawden-Smith
Events Director
trina@enlightenedevents.com.au
0406 134 771