

Conference Information:

Dates, Fees, Accommodations, Dining, Travel, San Marcos attractions, What to bring

Dates:

2017 Body-Mind Centering® Association Conference
The Fluid Body: A Somatic Journey
Texas State University, San Marcos, TX, USA

Main Conference:

Thursday, July 27, 2:00 PM to Sunday, July 30, 6:00 PM

Pre-Conference Workshops:

Barbara Dille, *Contemplative Dance Practice: A Dancer's Meditation Hall/A Meditator's Dance Hall*
Tuesday, July 25 (2-5:00 PM) and Wednesday, July 26 (9:00 AM-12:00 PM)

Bonnie Bainbridge Cohen, *The Interflow of Body and Consciousness*

Wednesday, July 26 (2-5:00 PM) and Thursday, July 27 (9:00 AM-12:00 PM)

Fees:

Main Conference

- If registering prior to April 30, 2017, a non-refundable \$100 deposit is required and will secure your discounted registration and place at the conference. All registrations after April 30, 2017 require full payment.
- All payment balances are due on or by April 30, 2017.
- **Please note, main conference fees do NOT include the pre-conferences, meals or accommodations.**
- The fees and additional generous BMCA, BMCSM and Texas State University faculty and student discounts are listed below.

Early Bird Registration through February 28, 2017	\$350
Registration through April 30, 2017	\$450
Registration through June 30, 2017	\$550
Registration after June 30, 2017	\$650
Presenter's Registration	\$250

DISCOUNTS

If applicable, one of the following discounts will be applied to your registration:

Current BMCA Members	-\$50
BMCA Members who do not reside in North America	-\$75
Students currently enrolled BMC Certification Programs	-\$25
Current Texas State University Faculty and students	-\$50

Pre-Conferences:

Tuesday, July 25 (2-5 pm) and Wednesday, July 26 (9am-12pm)

Contemplative Dance Practice: A Dancer's Meditation Hall/A Meditator's Dance Hall

Presenter: Barbara Dilley

\$100

Wednesday, July 26 (2-5pm) and Thursday, July 27 (9am-12pm)

The Interflow of Body and Consciousness

Presenter: Bonnie Bainbridge Cohen

\$125

Accommodations:

Texas State dormitory accommodations are within quick walking distance to the main conference building and a 10-minute walk from downtown San Marcos. Rooms can be booked directly on your registration form.

- Room rates are: \$40 per night for a single room and \$30 for a double/shared room.
- All rooms are air-conditioned.
- All rooms share a communal hall bathroom.
- All rooms contain a twin size bed, desk, chair, dresser, and closet.
- Rooms **do not include any linens or a pillow**. Please be sure to bring your own sheets for a 76" long twin bed, a light blanket if needed, towels, a pillow, and any toiletries.
- Rooms can be viewed at: <http://www.reslife.txstate.edu/livingoptions/options/lantana.html>
- Parking on campus is available for \$6 for the week and can be purchased on your registration form.
- Free wifi is available in the dorm *lobby* and all conference buildings. To access a free internet connection in your dorm *room*, please be sure to bring an Ethernet cable.
- Each hall in the dormitory provides access to a kitchen with a very limited number of pots and pans and refrigerator for all hall residents. No dinnerware (plates, utensils, glasses, etc.) is provided.
- Local grocery stores are a 10-15-minute walk from the dormitory.
- For hotels in San Marcos, visit: <http://www.toursanmarcos.com/hotels/index.html>

Dining:

Texas State University cafeteria will be open to all conferees and accepts cash and credit cards at the door. No pre-order is necessary. The dining hall is about a 15-minute walk from the conference building and a 5/10-minute walk from the dorms.

- For restaurants within a 5/10-minute walk to Texas State University Campus, visit:
<http://www.toursanmarcos.com/dining/index.html>

Saturday Evening Gathering

On Saturday evening, July 29, BMCA will hold a wine and dessert reception with a showing of a wonderful film about the San Marcos River. This event will end with the close of the Annual BMCA Silent Auction. Tickets are available on the conference registration form and at the door.
\$20 per person

Travel:

Campus address:

Texas State University:
601 University Drive
San Marcos, TX 78666
Phone: 512-245-2111
www.txstate.edu

Airports near San Marcos, TX:

- **Austin-Bergstrom International Airport** (AUS-Austin, TX):
<http://www.austintexas.gov/airport>
- **San Antonio International Airport** (SAT-San Antonio, TX):
<http://www.sanantonio.gov/SAT.aspx>

Travel options to/from the airports to Texas State University campus:

There are many options for bus, transportation companies, shuttles, limousines, rental cars from both airports. To find full information, visit the sites listed below.

For Austin-Bergstrom, visit: <http://www.austintexas.gov/department/ground-transportation>

For San Antonio International, visit: <http://www.sanantonio.gov/SAT/GroundTransportation.aspx>

- SuperShuttle will cost about \$60+
- Taxis vary in cost from \$45-100+ one way

Parking on campus

On Campus parking is available for \$6 for the week, Monday, July 24 through Sunday, July 30, 2017. Parking (Tower Garage 106) is a 10-minute walk from the conference center (Jowers Center) and a 5-minute walk from the dormitory housing (Lantana Residence Hall).

<http://www.parking.txstate.edu/campus-map.html>

What to bring/what to wear:

We recommend you bring an umbrella for sun protection along with sunscreen. It will be very hot! If possible, bring a yoga mat, water bottle, light blanket, and any vitamins, supplements or medications you need. Wear comfortable clothes you can easily move in. Conferees will have access to the Texas State University gym however it is a 15-minute walk, uphill from the conference area.

Photography/Videography Policy

Please be advised that no photography or videography will be permitted in any workshops or conference offerings. Only BMCA hired or appointed photographers/videographers will be

permitted to take photos or videos in any workshop or at any conference event. Photographs are permitted outside of designated workshop spaces by all participants.

Wifi and Cell phone coverage

There will be free wifi available in the conference building and in the dormitory lobby. Cellphone coverage is very good on campus.

Check-in/Arrival

We recommend you arrive a couple of hours before the start of the conference to allow you to check-in to your dormitory housing, eat lunch, and check into the conference. If you are staying on campus, please check-in to Lantana Residence Hall for your rooms and please check-in for the conference at the Jowers Center. See campus map at the end of this document or an online interactive map here: <http://www.parking.txstate.edu/campus-map.html>

Fun activities in San Marcos and the surrounding area:

The San Marcos river runs right through the Texas State University campus and provides lots of fun activities and attractions!

Tubing:

For a fun trip floating down the river on a tube (about 3 hours) and be transported back to campus, visit:

Texas State Tubes: <https://texasstatetubes.com>

Tube San Marcos: <http://www.tubesanmarcos.com>

Glass-bottom boat ride down the San Marcos from campus:

The Meadows Center for Water and the Environment:

<http://www.meadowscenter.txstate.edu/Education/Glass-BottomBoats.html>

Swimming:

Rio Vista Park: <http://www.toursanmarcos.com/attractions/outdoors/rio-vista-park.html>

Swim in the river or city indoor pool (<http://www.ci.san-marcos.tx.us/index.aspx?page=229>)

Just a short walk from campus

Live music and Nightlife:

For a listing of local hot spots, music venues, breweries, and places to grab a drink, visit:

<http://www.toursanmarcos.com/attractions/index.html>

Attractions:

For a listing of art galleries, museums, cafes and antiquing, visit:

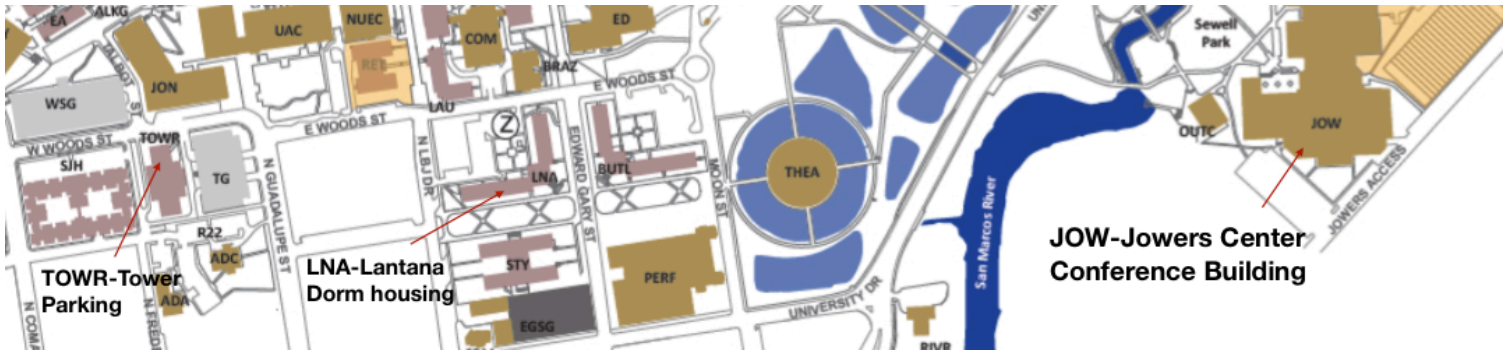
<http://www.toursanmarcos.com/attractions/index.html>

Shopping:

<http://www.toursanmarcos.com/attractions/index.html>

Premium Outlet shopping in downtown San Marcos

Austin is also 30 miles from San Marcos and offers lots of restaurants, music, and fun!



Interactive map at: <http://www.parking.txstate.edu/campus-map.html>