

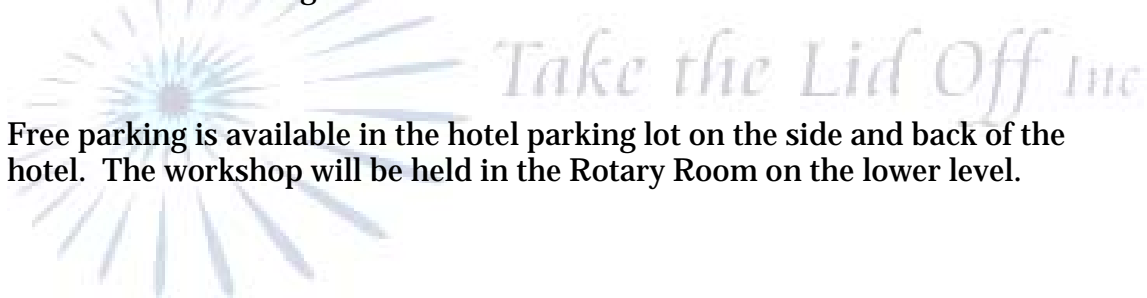
TTLO Inc WEEKEND WORKSHOP DETAILS:

DATE & TIMES – Please arrive no later than 8:45 am on Saturday for registration so we can start on time.

Saturday February 6th 2010 9:00 am to 5:00 pm

Sunday February 7th 2010 9:00 am to 5:00 pm

The workshop will be held at the Travelodge Ottawa West hotel on Carling at the Queensway. This location is about a block west of the Westgate Mall. There are two hotels side-by-side. Travelodge is the second hotel from the corner of Carling and Kirkwood Avenue. For address and instructions on how to get there, see the bottom of this message.



Free parking is available in the hotel parking lot on the side and back of the hotel. The workshop will be held in the Rotary Room on the lower level.

LUNCH – We will take a 90 minute break for lunch. You may bring a lunch or go out. There is a restaurant in the hotel, for convenience, or other restaurants nearby. Anyone in the group is welcome at the restaurant, and they are used to coping with separate bills. The food is okay but somewhat expensive at hotel prices.

WORKSHOP FORMAT – Course content will be projected on screen using PowerPoint presentation format and will include lots of discussion and exercises. You will receive handouts of the slides, with extra pens and paper for making notes. Seating is classroom style with tables and chairs.

FOR YOUR COMFORT:

- We suggest dressing in layers, as hotel conference rooms are notorious for variation in temperature. You may want to bring along a pillow or anything that will help you be comfortable for extended periods sitting in the same chair. You'll be doing energy work, so protein snacks such as nuts are also a good idea.
- To accommodate sensitivities, we appreciate abstinence from use of perfumes and fragrances.
- Cold drinking water, and hot water and herbal teas are available in the room throughout the weekend.

LOCATION AND DIRECTIONS:

Travelodge Ottawa West
1376 Carling Avenue
Ottawa, ON
Phone 613.722.7601

On arrival, you can check in at reception and they will direct you to our room. We're downstairs in the **Rotary Room**. At the bottom of the steps, go through the glass doors and turn to your right. Walk along the hallway and we are a little way down in a corridor on the left side. There is lots of free parking. An underground parking garage is available free of charge, which can be accessed from Carling Avenue.

Directions from the Eastbound Queensway: Follow 417 east to exit 124 (Carling). Go through the traffic light, and the hotel is on the right.

Directions from the Westbound Queensway: Follow 417 west to exit 124 (Carling), turn left at 1st lights (Kirkwood), turn left at next lights (Carling), and the hotel is on the right.

For directions from your specific location, please visit www.Mapquest.com and enter your starting location and Travelodge's street address as noted above.

If you encounter problems finding the building, please contact Travelodge reception at 613.722.7601.