



Housing and Ground Transportation Information

Training location: 4330 Redwood Hwy, Suite 350, San Rafael, CA 94903
415-472-6622 Training Coordinator 415-847-8887

Barbara Rose Cottage 415 457-3474 drbrb@comcast.net Fully furnished, detached quiet guest cottage with queen size bed, private bathroom, built-in kitchen area with gas cook top, toaster oven, microwave, refrigerator. Separate entrance, large private sunny deck with bay views. Waking distance to Whole foods, Peet's Coffee and Trader Joe's. Wireless wi fi. No smoking, please. \$60/night.

Best Western Corte Madera Inn 415-924 1502. 800/777 9670 www.cortemaderainn.com . 56 Madera Blvd., Corte Madera, CA 94925. Corporate Rates: \$112 single/double Courtyard Rooms; \$122 Deluxe and Executive. Hotel is 100% non-smoking. Includes: continental breakfast basket delivered into guest rooms daily. Microwaves available. Courtyard Rooms Only.

Best Western Novato Oaks Inn – 800 625-7466. 415 883 4400. www.novatooaksinn.com
215 Alameda Del Prado, Novato, CA. Just four minutes north of the Anat Baniel Center. Corporate Rates: \$109 single/double Superior Rooms; \$114 to \$124 Deluxe/Executive Includes: continental breakfast buffet each morning. Microwaves available.

[Dragonflymarin.com](http://www.dragonflymarin.com) www.dragonflymarin.com phone: 415-924-8787. Fully furnished quiet guest suite in private home with queen size bed and separate garden entrance, private bath, microwave, refrigerator, wireless wi-fi, car necessary. Maximum 1 person, no pets or smoking. \$490. weekly, \$1500. monthly rate. www.dragonflymarin.com for photos and more info. Mary O'

Econo Lodge Inn & Suites - 275 Alameda del Prado, Novato, CA, US, 94949 | Phone: (415) 883-2406 Fax: (415) 883-37651-877-424-6423 <http://www.econolodge.com/ires/en-US/html/HotelInfo?hotel=CAB35&sid=> Free continental breakfast served daily from 7 - 10 AM. 24-hr front desk. E-mail: hotelhelp@choicehotels.com

Embassy Suites 415-499-9222 fax 415-472-1315 (Mention Corporate ID is 2638419). San Rafael. Daily rate: January 1 – April 30 and November 1 – December 30: \$139.00, May 1 – October 31.: \$139.00. Long term stay rate for 14 or more days at \$129.00 based upon availability. Can sleep up to 3 Refrigerator, microwave, complimentary hot breakfast, evening reception 5:30-7:30, pool, fitness center. 1 mile SE. Reserve with Lori Levy, Convention Service Manager 415-499-5908 or lori.levy@hilton.com or Cindy Lampa cindy.lampa@hilton.com 415-499-5908. If problems getting preferred rate from reservations, contact Ivy Louie, group sales 415-499-



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5905 ivy.louie@hilton.com. Please book under the ABM rate so we can get total room numbers by the end of the year. **BLACK OUT DATES:** Preferred rates may not be available during the following special events Marin Art Show; NASCAR June; NHRA July; IRL August; Bioneers October; New Year's Eve December 31. Hotel shuttle runs once every half hour, on the hour and half the hour when available. Shuttle will transport guests to and from hotel to Corte Madera Town Center. Reservations required. Our shuttle holds up to 10 people.

Extended Stay Deluxe 415-451-1887 San Rafael, 1775 Francisco Blvd.
<http://www.extendedstaydeluxe.com/minisite/?HotelID=973> Wireless internet access. . Newly opened Extended Stay Deluxe. In-room kitchens, indoor pool, onsite laundry, continental breakfast, and single rooms with double beds or king/queen. NO shuttle service. 2009 ~ \$95. Hotel Amenities: fully equipped kitchens, pool, hot tub, fitness center, business center, wireless internet, laundry facilities on-site, and gourmet coffee bar.

Four Points by Sheraton San Rafael 415-479-8800, 415.755.6145. 1010 Northgate Drive, San Rafael, CA, 94903. Reservations made by calling 1-800-325-3535 – ask for the Anat Baniel Method Rate. Newly renovated. Outdoor pool. Marin Steak & Spirits Company Restaurant, open for breakfast, lunch, and dinner. Sales Manager. Judy Somers – director. 1010 Northgate Drive, San Rafael, CA 94903. Special Rate is \$80 / night and \$89 / night regular room, including breakfast and if requested, a small in room refrigerator. Judy Somers – Senior Sales Manager. \$135 / night June 19,20,21. Rates valid 4/1/09-12/31/09 0.4 miles S

Friendship Villa Inn 415-456-4975. Cable TV, Coffee maker, Exterior room entrance, Fully air-conditioned, Kitchens. 2.4 miles SE

Gerstle Park Inn (gerstleparkinn.com) 415-721-7611. 34 Grove St., Outskirts of downtown San Rafael. Full breakfast. Weekend Rates: \$170-245 (special rates for Anat Baniel Method participants) Cottages \$189-275. Weekday discounts: \$169/night. 4.7 miles

Home Away From Home I have two guest rooms available in my sunny San Rafael home. The rooms share a bath. When only one room is rented it is a private bath. There is a shared full kitchen and a lovely private yard next to a park. Very quiet, lots of light, conveniently located close to shopping and hiking. Easy access to freeway and walking distance to the Center. Women or couples only. No smoking. \$60 per night. Contact Susan at (415) 492-8737 or windinherwings@yahoo.com



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Home Share. There are two private bedrooms and also a living room with two beds that 2 people could stay in. One bath with deep tub as well as shower. Fresh vegetables from the garden Hot tub overlooking the ocean. Its amazingly beautiful and right on the ocean. 2 minute walk to the beach. For 9 days I would charge \$350 for large master bedroom occupancy w. ocean view, \$300 for smaller guest bedroom without ocean view and \$ 250 each for shared living room occupancy ocean view. Takes 30 minutes to get to ABM center by car.

Contact Yeshi at yeshineumann@gmail.com

Marin Headlands Hostel 415-331-2777 fax: 415-331-3568 . Building 941 Fort Barry, Sausalito, CA 94965. 76 dorm beds, 8 private rooms. www.Norcalhostels.org . \$18 and up

Marin Suites 415-924-3608. Corte Madera. Be sure to mention Anat Baniel Method when making reservation so front desk will give preferred rate. Rates: \$115 - studio, \$130 - 1 bedroom suite, \$153 - 2 bedroom suites. Also check www.marinsuites.com for possible lower rates. 6.7 miles.

Our Downstairs Guest Suite 415-459-5352 samuelganz@comcast.net

Features a private entrance to a tastefully appointed one bedroom, with queen bed, and bath. The bathroom has a shower and is newly redone and is conveniently off of the bedroom. The charming neighborhood, which is a block from the bay, features its own private beach. The kitchenette features a small fridge, as well as a hotplate, microwave/toaster and coffee maker and kettle. Wireless cable, internet access is also included, as well as weekly maid service. Our garden provides a relaxing setting to read or just unwind. Hosted previous Anat Baniel participants. \$95.00 per night plus \$50.00 cleaning fee. 6.2 miles SE

Novato Oaks Inn Best Western 800-625-7466 415-883-4400 www.novatooaksinn.com . Rates beginning at \$102 single/double plus 11% tax through 3/31/07. \$107 as of 4/1/07 – Superior Rooms Only. Complimentary continental breakfast buffet each morning. 2.5 miles N

Panama Hotel panamahotel.com 415-457-3993 (contact person: Alberto). 4 Bayview St., Downtown San Rafael. Rates: \$100-160 (special rates for Anat Baniel Method participants)
Ask for 15% discount

San Anselmo Inn (sananselmoinn.com) 800-598-9771. 339 San Anselmo Ave., San Anselmo



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Rates: \$89-189 (special rates for Anat Baniel Method participants) Thursday: minus \$20 except for the \$89 room) Complimentary gourmet continental breakfast. Winter Special – 3 nights for the price of two Sunday – Thursday or \$20 off. Call for details and availability – 2 bedroom and 1 bedroom available. 3.3 miles

San Rafael Inn From \$69. Free parking, fitness center, spa tub, and an outdoor swimming pool. microwaves, refrigerators, and hair dryers. 2.6 miles

San Francisco Theological Seminary 415-451-2836 or 800-447-8820. 2 Kensington Road, San Anselmo. 138 Bolinas \$400 - 6 bedroom house (\$67/night per person). Baird Hall \$60 - Twin rooms , shared bathrooms (\$30/ night per person) 3.3 miles

Also check;

www.maps.google.com

www.tripsadvisor.com

www.craigslist.com is also a valuable source of various types of rental accommodation

www.couchsurfing.com – for the adventurous and frugal

<http://www.vacationrentals.com/vacation-rentals/9651.html>

San Rafael Vacation Rental – homeaway.com/USA/California/San-Francisco-and-Bay-Area/vacation-apartment

Barbara Van Valen - 623-764-2450

AVAILABLE: Nearby condo; \$1,150/wk. Master bdrm w/ king; 2 full baths; 2 full-sized sofa beds in living rm. Sleeps 3-4. On bus route. P. Trosclair: 707-942-8696 or 415-609-0813. See photos/info on: <http://www.vrbo.com/130806>. Hosted previous Anat Baniel participants.

Ground transportation

Anat Baniel Methodsm
4330 Redwood Highway, Ste. 350
San Rafael, CA 94903

PH: 415-472-6622
PH: 800-386-1441
Fax: 415-472-6624

www.anatbanielmethod.com
training@anatbanielmethod.com
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Oakland Airport (OAK)

Airport Express - (707) 837-8700 - \$24.00/adults. \$22.00/senior; military (w/ ID); students (13-21 w/ ID). Children 12 & under FREE. From Marin County to OAK: Bus runs every two (2) hours, starting at 4:15am and ending at 10:15pm (ie. 4:15am, 6:15am, 8:15am, etc) Drop off and pick up is at the San Rafael Bus Station. From OAK to Marin County: Bus runs once every two (2) hours, starting at 6:00am and ending at 12 midnight (ie. 6:00am, 8:00am, 10:00am, etc.) Drop off and pick up is outside the baggage claim area by terminal 1 & 2 at the safety courtesy island.

San Francisco (SFO)

Marin Airporter - (415)461-4222 - \$18.00/adult. Children 5-9 are half price. Children 4 & under are FREE. From Larkspur Landing to SFO: Bus runs once every half hour, on the hour and half-hour, starting at 4:00am and ending at 11:00pm. From Central San Rafael to SFO: Bus runs once an hour at 15 minutes past the hour, starting at 4:15am and ending at 10:15pm. From SFO to Central San Rafael: Bus runs every half hour starting at 5:00am and ending at 12 midnight (ie. 5:00am, 5:30am, 6:00am, etc.) Pick up is outside the baggage claim area at the center courtesy island. Busses stop at the "Marin/Sonoma County" sign, next to the large blue pillar labeled "Airporters".

Local Cab Companies

North Bay Taxi (415) 258-2800

Radio Cab (415) 457-1234

Door to Door Shuttle

Western Eagle Shuttle (415) 342-6444 www.westerneagleshuttle.com

\$48.00 one person, \$54.00 two people, \$10.00 for each additional person after the second

Bus

From the San Raphael depot/ hub (At 3rd and Hetherton?) Take the 70 or 80, both of them stop at the appropriate stops. They depart on the hour and half-hour.

Get off at Terra Linda Pkwy and then walk under the overpass. There's a path that leads right to the Redwood Hwy, continue down along the road to the Centre.

Can also get off at Lucas Valley, the next stop, and walk back along the Hwy to the Centre.



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From SFO, take the 292 into the city and get off at Mission and 1st. Walk across the street to Walgreen's for the Golden Gate Transit bus stop to catch the 70 or 80. Not sure of the exact times it comes but usually every 20-30 minutes depending upon the time of day.

Childcare:

Rent a Parent - <http://www.rentaparent.net/> Phone: 415 435.2642 Email:
info@rentaparent.net 1640 Tiburon Boulevard, Tiburon, CA 94920 fax: 415 435 2797

Fanny Gamble - 415-686-0557 - ECE credits, CPR training, works at JCC Day Care, available for babysitting