



CONFERENCE SCHEDULE

Friday afternoon

4:00 pm Guest registration
 5:00 – 6:00 Opening session
 6:00 – 7:00 DINNER

Friday evening

7:30 – 9:30 Evening program:
 Christina Grote
 Charlotte Hatch
 9:30 pm Closing

Saturday morning

7:00 am Kata - optional
 8:00 - 9:00 BREAKFAST
 9:15 - Noon Morning program:
 Emanuel Kuntzelman
 Rachel Hamilton
 12:00 – 1:00 LUNCH

Saturday afternoon

3:15 – 4:45 Afternoon program:
 Linda Holiday
 4:45 – 5:45 Optional sessions:
 Music, meditative nature walk,
 art, poster sessions
 6:00 – 7:00 DINNER

Saturday evening celebration

7:15 pm Poster sessions
 7:45 – 10:30 Live music
 Improv/LET
 Open mic presentations
 Dancing

Sunday morning

7:00 am Kata - optional
 8:00 – 9:00 BREAKFAST
 9:15 – 11:45 Morning program:
 Christina Grote & Pam Kramer
 Linda Holiday
 Rachel Hamilton &
 Emanuel Kuntzelman
 Noon ITPI announcements
 12:15 pm Close
 12:15– 1:00 LUNCH

Sunday afternoon

2:00 – 6:00 Group Leader Meeting (GLEE)
 6:00 – 7:00 DINNER

ITPI Conference Frequently Asked Questions

CONFERENCE LOGISTICS

What are the meeting hours of the conference? When are the breaks?

See attached schedule. Short breaks are scheduled during Saturday and Sunday morning sessions.

Will I need a yoga mat or a meditation cushion?

Some mats and cushions will be available. Best to bring your own, if you are able. Let us know your needs.

How much walking will be required during the conference?

Asilomar Conference Grounds sits on 9 beautiful acres. There are roads and walking paths between the lodging areas and the community building where meals are served. The road is lit at night for safe passage. It is a 5-10 minute walk (depending on your where your guest room is located) to and from the Conference meeting space. You are welcome to drive as needed. Parking is available at each building. Lifts can be arranged for special needs.

Should I bring any ITP materials?

It is not necessary, but they are certainly welcomed resources.

Will I need a notebook and pen?

We will have pens and notepads available for use. You are welcomed to bring your journal.

Is there any free time for me to do whatever I want? If yes, when? And what might I do?

There is free time after lunch on Saturday before afternoon session grounds at Asilomar include light hiking paths, places to sit quietly and meditate or visit with others. There will be Kata practice offered in the mornings.

Will we be outside much? Will I need hat, sunglasses, sunscreen, etc.?

Yes, weather permitting, we will be outside in a shaded area for Linda Holiday's experiential presentation on Saturday afternoon. You will have the option to be outside during breaks and when walking to the dining area. Hats, sunglasses and sunscreen are all a good idea!

Where do I check-in and unload suitcases? Where do I park my car?

Check-in takes place at Social Hall. There is a 10-minute registration parking lot as well as parking for each residential building and meeting space. Volunteers will be available to assist you when you arrive.

What is the typical weather like this time of year there?

The day temperatures average in the mid 60's and drop to low 50's at night. Asilomar sits right at the feet of the Pacific Ocean and some wind and light rain is possible, so a light rain jacket and layered clothing is suggested.

Will I need cash, checks, or credit cards for anything?

Asilomar has a Park Shop that sells gift items, and basic toiletries and snacks. Also, ITPI will have books, CDs/DVDs and other items for purchase.

Can I lock my room and protect my valuables?

Yes.

Is the venue wheelchair accessible?

Yes, the facility is equipped with ramps and paths for wheelchair accessibility.

Are there handicap services, such as transportation, available for those with disabilities?

Yes, we can arrange for transportation as needed, with advanced notice.

Is this conference fragrance free?

Due to many guests' allergies and sensitivities to scents, please leave your perfumes, scented body oils and incense at home.

Are there designated check-in and check-out times?

Check-in is 4 pm on Friday and checkout is 11 am on Sunday. You can request a late checkout at the front desk when you arrive. You can remain on the property that afternoon to enjoy the beach and grounds.

Will there be copies of the presentations available?

Yes, presentations will be made available after the conference.

Will my photo be taken during the conference?

Yes, we will be taking photographs at the conference to share with participants and for future promotional purposes. Please let Robert know if you do not wish to have your photo used.

FOOD

What time are the meals?

See attached schedule for meal times.

Are there vegetarian and gluten free options at meals?

All meals accommodate for vegan, dairy-free, gluten-free diets.

Using a bounty of mostly organic, locally grown, seasonal fruits and vegetables and sustainably raised fish and fowl, the kitchen team creates imaginative, eclectic menus that nourish the body, soothe the soul, and warm the heart. Enjoy the cuisine!

Are food allergies/intolerances accommodated?

If you have special dietary needs, please communicate your requirements to us ASAP. We are able to work with most types of food allergies.

Should I bring my own water bottle? Are there water filling stations?

Yes, bring a water bottle if you have one.

Are snacks and food allowed in the conference room? Can I bring my own snacks / food?

Yes, snacks are allowed and we will have some light items available. You can certainly bring your own.

Is there any food available between meal times, for purchase or otherwise?

There will be light snacks provided during the sessions. There is also Phoebe's Café serving light fare, coffee and tea with a full bar that is open 6:30am – 10:00pm. to purchase items.

Is there alcohol allowed and/or available on campus?

Yes, alcohol can be purchased at the cafe and be transferred to a recycled plastic cup to bring outdoors, if desired. We will serve wine and non-alcoholic beverages at our 5 pm reception on Friday and celebration at 7:30 pm Saturday evening.

CONFERENCE ATTIRE

What is the conference attire?

Please dress comfortably and in layers for a variety of options, both indoors and outdoors.

Should I bring a bathing suit for the pool? Do I need to bring a towel for the pool?

Bathing suits are required. You can use towels that are available at the pool or bring your own.

AMENITIES

Are towels, bedding, soap, shampoo provided?

Asilomar provides all bedding, linens and towels. In addition, they also provide shampoo, conditioner and shower gel.

Are there hiking trails, and if yes, is there a map, guide, and distances/difficulty marked?

Yes, there are moderate level hiking trails and a map will be provided upon arrival.

Can I get WiFi for my laptop and phone? Is there a cost or is it free?

WiFi is available to all guests and is password protected. There is also a desktop computer and printer in the community building from which you may check your email and print your boarding pass.

Is there a cell phone signal on campus?

Yes, cellular service is available on site.

Are there designated smoking areas or is the whole campus smoke-free?

Asilomar aims to be a smoke-free campus. However, there are designated smoking areas (inquire at the front desk at check-in). Please use the smoking bins provided.

[Contact Robert Stewart](#) for more information and with your questions. You can also visit the [Asilomar Conference Grounds](#) website for more details.