

## Basic Information:

Dates, Fees, Accommodations, Dining, Travel, Tips on Montréal, Helpful links

### Dates:

2016 Body-Mind Centering® Association Conference

### ***Metamorphosis: Evolving Pathways in Somatics***

Concordia University, Montréal, Quebec, Canada

### ***Conference:***

Saturday, June 18 (8:30 am) to Monday, June 20 (1:00 pm)

### ***Pre-Conference Workshop:***

Simone Forti, *Body Mind World*

Friday, June 17 (9:00 am to 5:00 pm)

### ***Post Conference Workshop:***

Bonnie Bainbridge Cohen, *A Body-Mind Centering® Approach to Embodying Ease and Vitality*

Monday, June 20 (2:30 to 5:30 pm) & Tuesday, June 21 (9:00 to 12 noon)

The Conference check-in desk will open at 7:30 am on the first day of the conference and at 8:00 am thereafter. All workshops will take place on the Sir George William Campus in the John Molson Building at 1450 Guy. More information on locations will be provided closer to the conference start date.

The Pre and Post Conference will have a translator on-site. Workshops for the main conference will mostly be in English though some workshops will have a French translator.

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## BMCA Conference Fees:

Saturday, June 18 (8:30 am) to Monday, June 20 (1:00 pm)

- If registering prior to March 15, 2016, a non-refundable \$100US deposit is required and will secure your discounted registration and place at the conference. All registrations after March 15, 2016 require full payment upon registration.
- All payment balances are due on or by March 15, 2016.

- Please note, conference fees do NOT include meals or accommodations.
- The fees and additional generous BMCA, BMC<sup>SM</sup> and Concordia discounts are listed below.
- All conference fees include Concordia University's facility fees and are in US Dollars.

Early Bird Registration through January 15, 2016	<b>\$325</b>
If Registered after January 15, 2016	<b>\$425</b>
If Registered after March 15, 2016	<b>\$525</b>
If Registered after May 15, 2016	<b>\$575</b>
If Registered after June 15, 2016	<b>\$625</b>
Presenter's Registration	<b>\$225</b>

#### DISCOUNT CODES

*If applicable, you may use one of the following discount codes upon registration:*

Current BMCA Members	<b>MEMBER</b>	-\$50
BMCA Members who do not reside in North America	<b>BMCANA</b>	-\$75
Students currently enrolled BMC Certification Programs	<b>BMCPROG</b>	-\$25
Concordia Faculty and currently enrolled students	<b>Concordia</b>	-\$50

#### ***Pre-Conference:***

Friday, June 17, 2016, 9:00 to 5:00 pm

*Body Mind World*, Presenter: Simone Forti

\$110

#### ***Post-Conference:***

Monday, June 20 (2:30 to 5:30 pm) & Tuesday, June 21 (9:00 to 12 noon)

*A Body-Mind Centering® Approach to Embodying Ease and Vitality*, Presenter: Bonnie Bainbridge Cohen

\$140

#### **Accommodations:**

Concordia dormitory accommodations can be booked directly with Concordia University.

- Room rates range from \$49CAN to \$139CAN per night and do not including parking.
- For Concordia dormitory information and booking, visit:

<http://www.concordia.ca/campus-life/summer-accommodations/rooms-rates.html>

- For alternate accommodations that offer discounts to Concordia event attendees, visit: <http://www.concordia.ca/alumni-friends/benefits-services/travel/hotels.html>

## Dining:

Breakfast and lunch will be available to purchase via the Conference registration form. All meals will be vegetarian with gluten-free and dairy-free options.

- For local restaurants near campus, visit: <http://www.tourismemontreal.org/Cuisine/Restaurants>
- BMCA will host a shared dinner prior to the close of our annual Silent Auction on Sunday night. All are welcome to attend!

<b>Breakfast</b>	<b>\$8US</b>
<b>Packed Lunch</b>	<b>\$15US</b>
<b>Shared Dinner</b>	<b>\$25US</b>

- Restaurants close to Concordia

Restaurant	Type	ADDRESS
Al Taib	Libanais et pizza	2125, rue Guy
Angela's Pizza	Pizza	1662, de Maisonneuve Ouest
Broadway Cheese Cake	Sandwichs, pizza, desserts	1446, rue Ste-Catherine Ouest (coin MacKay)
Café Dépôt	Café et casse-croûte	1490, de Maisonneuve Ouest
Café Myriade	Great coffee	1432, rue MacKay (coin Ste-Catherine)
Comptoir du chef	Ready to go meals	2153, rue Guy
Coq-O-Coq	Rôtisserie chicken	1625, de Maisonneuve Ouest
Crudessence	Organic raw vegan	2157, rue MacKay
Dagwoods	Sandwiches, salads	1627, rue Ste Catherine Ouest (coin Guy)
Double Pizza	Pizza	1632, de Maisonneuve Ouest
Food Truck	Changes every day	Corner MacKay & Guy
Juliette et Chocolat	Coffee and pastry shop	1626, rue Ste-Catherine Ouest (coin Guy)
Kaffein	Bistro cafe	1429, rue Bishop
La Panthère Verte	Organic / vegan	2153, rue MacKay
Le Paris	French cuisine	1812, rue Sainte-Catherine Ouest
Mc Kibbin's Irish Pub	Pub menu	1426, rue Bishop
Mesa 14	Mexican	1425, rue Bishop
Starbucks	Coffee shop	2000, rue Guy / 1616, rue Sainte-Catherine ouest
Tim Horton	Coffee shop	2081, rue Guy / 1611, rue Sainte-Catherine ouest
Byranis	Indian	Metro-level, Concordia
Moog	Chinese	Metro-level, Concordia
Jugo-juice	Smoothies, wraps	EV sub-basement

## Travel:

*Concordia University address:*

Sir George Williams Campus

John Molson Building, 1450 Guy

Montréal, Quebec, Canada H3G 1M8

Travel Information - Airports, buses, and trains:

<http://www.tourisme-montreal.org/Travel-Information/Getting-to-montreal>

For prices and travel options from the airport:

- A taxi will cost about \$40.00CAN one way
  - Champlain : 514 273-2435
  - Taxi Coop : 514 725-9885
  - Taxi Diamond : 514 273-6331
- 747 Express bus from the airport to downtown Montréal runs 24 hours per day and costs \$10.00CAN per 24-hour pass  
<http://www.stm.info/en/info/networks/bus/shuttle/more-about-747-aeroport-p-e-trudeau-centre-ville-shuttle>
- Other options:  
<http://www.rome2rio.com/s/montreal-Airport-YUL/Concordia-University>

Montréal Metro - closest station to Concordia is Station Guy-Concordia (Green line):

<http://www.stm.info/en>

- A single ride on the metro costs \$3 Canadian.
- 1-day unlimited passes are \$9,
- 3-day unlimited passes can be purchased for \$18.
- Weekly unlimited passes, which last from Monday to Sunday, only, can be purchased for \$23.75 +\$6 for a refillable OPUS card.
- Metro service starts at 05:30 a.m. and stops at 01:00 a.m. on weekdays and Sunday (01:30 on Saturday).

Parking - Parking ranges from \$13-25CAN per day and can take some time in downtown Montréal. If you are driving, it is a good idea to leave some extra time to find parking.

[http://en.parkopedia.ca/parking/private/24hr\\_outdoor\\_parking\\_metro\\_guy\\_concordia/downtown/montr%C3%A9al/](http://en.parkopedia.ca/parking/private/24hr_outdoor_parking_metro_guy_concordia/downtown/montr%C3%A9al/)

- Concordia University has two indoor parking sites open from 6:00 am until midnight: 1. 1436 Mackay Street in the Library Building (LB) 2. 1250 Guy Street in the Faubourg Building  
Maximum charge per day is \$12.75 (payment options are cash, Visa or MasterCard). Public parking (paid and otherwise) is also available on the streets nearby.

Bike Rental – Montréal is very bike friendly with over 350 km of bike paths. Renting a bike will cost \$7CAN per 24-hour pass.

<https://montreal.bixi.com>

- BIXI is cycling as a real means of urban transportation. BIXI is one of the best ways to visit the landmarks in Montréal without any hassles and at a low cost.

- The system is accessible 24 hours a day, 7 days a week and 3 seasons a year, from May to November.
- This service enables citizens and tourists to borrow a bike from a station, travel to their destination and return the bike to any other station across the network.
- BIXI currently provides 400 stations and 5,000 bikes distributed in 8 of Montréal's boroughs.
- \$3.50 for 61-90 minutes / \$7.00 for 24 hour access / \$15.00 for a 72 hours access

## **Useful Tips about Montréal**

### What Language is spoken in Montréal?

French is Québec's official language but English is widely spoken in Montréal. The city has more than 120 cultural groups and over 20% of the population speaks three languages.

### Banks and Currency Exchange

Canadian currency is the dollar, which is divided into 100 cents. There are 5, 10, 20, 50, and 100 dollar bills. One and two dollar bills have been replaced by coins, sometimes referred to as "Loonies" (the bird on the \$1 is a loon) and "Toonies" (\$2)

There are numerous currency exchange offices for visitors to exchange money into Canadian currency. Most exchange offices are open during regular business hours (9am-6pm) and Saturday from 10am-5pm.

### Electricity

The electric current is 110V and the plugs are the same as what is found in the US. If you come from a country that uses 220V electricity, you will need a converter for any appliances you bring that require power (computers, charges, etc.).

### What is the rule for tipping in Montréal?

Service is not included in restaurants, so it is customary to add a 15% tip to the total before taxes (if you're with a group, 15% for service may be automatically added to your bill). Taxi drivers, hairdressers, etc. are also normally tipped 15%. Bellhops, porters, doormen, etc. generally receive at least \$1 per suitcase or per service rendered.

### Time Zones

Montréal is in the Eastern Daylight Time zone.

### Using your mobile phone

There are many wifi connections available in the city. If you do not turn off your roaming or 3g connection charges to your mobile phone bill can climb high depending on whether or not you have a package that includes Canada.

You can also find out more information and wifi locations by clicking on the following link:

<http://www.ilesansfil.org/welcome>

### Lost & Found

Report lost objects at the following Concordia University security offices: EV Building (room 1.402), Hall Building (room 118), LB Building (room 121), MB Building (room 1.130), Grey Nuns Residence (room J.104).

### Emergency & Security

Concordia University Security can be reached by telephone at 514 848-3717. From within the University emergency telephones and elevator intercoms are available (dial 3717).

In case of emergency it is important to NOT call 911 but instead to contact the security office directly by emergency telephone (dial 3717) or by calling 514 848-3717. University Security Services will be in direct contact with the appropriate authorities.

### **Helpful links:**

Concordia University: <http://www.concordia.ca/>

Sir George William Campus map: (MB is the BMCA Conference Building)

<http://www.concordia.ca/maps/sgw-campus.html>

What to do in Montréal: <http://www.tourisme-montreal.org/What-To-Do/Events>