



Self-Awareness Weekend

Accommodations and Transportation

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Participants from out of the area may stay at Orchid Suites for a reduced rate of \$89.99 per night for a standard double or a standard king. This cost is NOT included in the cost of the Weekend. To make reservations, call Orchid Suites, ask for Katie and tell her you are reserving for the Self-Awareness Weekend. We recommend that you BOOK EARLY, as the hotel is often full.

We recommend staying at the hotel on Friday, Saturday, and Sunday nights. Out of town attendees may wish to arrive on Thursday and spend Thursday night as well.

Best Western Plus Orchid Suites

130 N. Sunrise Avenue (at I-80)
Roseville, CA 95661
(916) 784-2222 or (800) 882-SUITE

We highly recommend that you stay through Sunday night if at all possible to allow yourself time to rest and heal.

Transportation

Those who are flying in for the weekend will fly to the Sacramento International Airport. Please plan for your flight to arrive by 3:00 pm on Friday to allow plenty of time to get to the hotel and settled before the Weekend begins.

[Super Shuttle](#) provides shuttle service directly to Orchid Suites for approximately \$36 one way, so you do not need to rent a car. The trip is approximately 45 minutes long. Reservations are not required when you arrive; simply claim your luggage and proceed to the SuperShuttle ground transportation booth located in front of the restaurant building between the two main terminals. A Guest Service Representative will arrange SuperShuttle transportation to your destination. At that time, it is recommended that you reserve your return transportation from the hotel to the airport on Sunday evening or Monday, if you have not already done so.

NOTE: It is important that you attend the entire Weekend. Please arrange your transportation so that you arrive on time for Friday, and do not leave before completion on Sunday evening. Again, we highly recommend you stay Sunday night and return home on Monday.

NOTE: **If you are driving from the San Francisco/Bay Area on Friday, it is advisable to begin your trip by at least 12:00 pm, as traffic can be slow.** If you leave by that time, it is an easy 2 hour drive. If you leave later than noon, give yourself an extra 2 hours driving time in order to arrive by the 6:00 pm starting time for the Weekend.