



TRANSFORMATIONS TRAINING INFORMATION

Sunday July 10th to Friday July 15, 2016

TRAINING LOCATION:

LaSalle Manor
12480 Galena Road
Plano, IL 60545
630.552.3224 ext. 102
Website: <http://www.lasallemanor.org/>

TRAINING DATES:

Sunday July 10 at 3:00 pm to Friday July 15 at 3:00 pm, 2016

TRAINING HOURS:

Sunday: 3:00 PM to 6:30 PM
Monday – Thursday: 8:30 PM to 6:30 PM
Friday: 8:30 AM - 3:00 PM

Note: Training hours may vary slightly; however, the beginning and ending dates/times will not change. There will be one optional group dinner off-site. There will be a required movie night that will extend the training to 10 pm on that night only. There may be early morning asana practice opportunities as well.

TRAINER:

Kim Vulinovic
To learn more about Kim, visit our website at: <http://yogakids.com/2014/08/kim-vulinovic-cykt/>

TRAVEL:

O'Hare International Airport (ORD) is 50 miles from LaSalle Manor with a drive time of 50 minutes. Chicago Midway International Airport is 55 miles from LaSalle Manor with a drive time of 65 minutes.

Ground Transportation

Limousine service is approximately \$85 one way from O'Hare/Midway to Plano. You will have the opportunity to share your travel itinerary with the group and may be able to partner up with a YKA arriving at a similar time to share a ride. The venue, LaSalle Manor also has their own transport service from O'Hare and Midway airports. Fee is \$85 one way for the first person and \$15 for each additional person. Contact them directly to book.

American Coach Limousine

<http://www.americancoachlimousine.com/?gclid=CLvtoNGG4b8CFSdk7AodGDIAKw>
P: 888.709.5466

E: info@americancoachlimousine.com

Kendall Kab

<http://www.kendallkab.com/fares.htm>

Tel: 630-546-1290

Email: info@kendallkab.com

Midway O'Hare Taxi and Livery Service

(708) 670-1627

<http://www.midwayoharetaxi.com/>

FEES:

\$410 includes single occupancy lodging and 15 meals. Optional group meal off site is not included.

ACCOMODATIONS:

LaSalle Manor is a beautiful facility located on 47 acres in rural Plano, Illinois and is owned by the Brothers of the Christian Schools. Rooms are dorm style with a shared bath. Amenities include:

- **Walking/running paths through the prairie, into the woods, around Lake Phillip, and along Big Rock Creek.**
- **In-ground heated pool**
- **Sand volleyball court**
- **Tennis courts**
- **Basketball court**
- **Softball field**
- **Horseshoe pits**
- **Labyrinth**
- **Canoes for the lake**
- **Fire pit.**
- **Game room with foosball table, pool table, and ping pong table**

FOOD:

LaSalle Manor has a staffed kitchen, and three healthy meals will be served daily. They will do their best to accommodate all dietary restrictions. Please contact yogakidseventsmanager@gmail.com with your restrictions at least two weeks prior to the event.

First meal: Dinner on Sunday

Last meal: Lunch on Friday

MEAL TIMES

Breakfast: 8:00 am

Lunch: 12:30

Dinner: 6:30 pm

WEATHER

In July the weather can vary dramatically in the Chicago area with an average high of 84 and an average low of 65 degrees Fahrenheit.

WHAT TO BRING

- Comfortable yoga clothes
- Yoga mat
- Any yoga props you might need to be comfortable
- One nice causal outfit for a group dinner out
- Writing materials

- Any materials, supplies you need to share a great idea (information on this is available on the Transformations Requirements document)
- Bug spray
- If driving, we encourage you to bring your own pillow and blankets so you have the comforts of home. LaSalle manor does provide bedding and towels for your convenience.

AREAS OF INTEREST:

Hiking at Silver Springs State Park

http://www.stateparks.com/silver_springs.html

Farnsworth House is an all glass modernist domestic architecture built in 1951 by famous architect Ludwig Mies van der Rohe

<http://farnsworthhouse.org/>

Fox Valley Family YMCA Central Branch

3875 Eldamain Rd, Plano, IL 60545 (630) 552-4100

We hope you have found this concierge information valuable in planning your trip. If you would like any more information please do contact the National Events Manager by phone or e-mail.

Megan McIver

National Events Manager

yogakidseventsmanager@gmail.com

323.577.5584