

# MINDFUL SCHOOLS: Berkeley Level Two Training Logistics

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For the August 19<sup>th</sup>, 20, and 21<sup>st</sup>  
Level 2: Elementary School Curriculum Training

Hotel Durant  
2600 Durant Avenue  
Berkeley, CA 94704

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## Berkeley Hotels Nearby:

The sooner you can make your reservation the better. Hotel prices range high in San Francisco, so it's a good idea to get the deals early. Always contact your hotel directly to see if they can offer you a lower price than what is being offered on a discount website.

*Name/ Address*

*Contact Information*

*Price Range and Notes*

<b>Special Discount at Hotel Carlton</b>		
<b>Hotel Durant (our venue)</b> 2600 Durant Avenue Berkeley, CA 94704	Phone : 510-984-3731 <a href="http://www.hoteldurant.com">www.hoteldurant.com</a>	\$\$ - Room rates from \$95 - 140 They are offering a \$10 discount for training participants. Use [[[CODE]]] when reserving your room.
<b>Hotels in Walking Distance</b>		
Bancroft Hotel 2680 Bancroft Way Berkeley, CA 94704	Phone: 510-549-1000 <a href="http://www.bancrofthotel.com">www.bancrofthotel.com</a>	\$\$ - Yelp.com currently has a \$20 off one night discount
The Beau Sky Hotel 2520 Durant Avenue Berkeley, CA 94704	Phone: 510-540-7688 <a href="http://www.beausky.com/">www.beausky.com/</a>	\$\$\$ - Room rates from \$119 - \$169
<b>Other Hotels Nearby</b>		
Hotel Shattuck Plaza– Berkeley 2086 Allston Way Berkeley, CA 94704	1-510-845-7300 <a href="http://www.hotelshattuckplaza.com/">www.hotelshattuckplaza.com/</a>	\$\$ - AAA member discount. Matches internet rates with similar hotels
Super 8 Motel – Berkeley 1619 University Ave Berkeley, CA 94703	Phone: 510-841-3844 <a href="http://www.campusmotel.com">www.campusmotel.com</a>	\$\$ - Complimentary Breakfast
Berkeley Rodeway Inn 1461 University Ave Berkeley, CA 94702	Phone: 510-848-3840 <a href="http://www.berkeleyri.com">www.berkeleyri.com</a>	\$\$ - Free parking, complimentary breakfast
Golden Bear Inn: America's Best Value Inn 1620 San Pablo Ave Berkeley, CA 94702	Phone: 510-525-6770 <a href="http://www.goldenbearinn.com">www.goldenbearinn.com</a>	\$\$ 10% off if you mention Yelp.com

# Transportation

## Main Site for all Public Transport Info:

- [Bay Area Rapid Transit website](#)
- [AC Transit \(bus and shuttle\) for Alameda-Contra Costa County](#)

## Driving Directions

### From Oakland Airport

Follow Hegenberger Road to highway 880 North. As you approach downtown Oakland, follow the signs to highway 80 East, towards Sacramento. Exit on University Avenue. Take University up to Shattuck Avenue and take a right on Shattuck, then a left on Durant Ave. Drive up Durant 6 blocks. We are located on the right hand side, on the corner of Bowditch and Durant.

### From San Francisco International Airport

Take highway 101 North towards San Francisco. Once you are in San Francisco, follow the signs to the Oakland/San Francisco Bay Bridge (80 East). Cross the Bridge and continue on 80 East towards Sacramento. Exit on University Avenue. Take University up to Shattuck Avenue and take a right on Shattuck, then a left on Durant Ave. Drive up Durant 6 blocks. We are located on the right hand side, on the corner of Bowditch and Durant.

### From Interstate 5 (Los Angeles)

Take highway 580 West towards San Francisco. Continue onto 80 East towards Sacramento. Exit on University Avenue. Take University up to Shattuck Avenue and take a right on Shattuck, then a left on Durant Ave. Drive up Durant 6 blocks. We are located on the right hand side, on the corner of Bowditch and Durant.

### From Walnut Creek/ Highway 24

Take highway 24 West to Tunnel Road. Take Tunnel Road until it becomes Ashby Avenue. Continue down Ashby to College Avenue. Turn right on College, and proceed down College to Channing Way. Take a left on Channing. Go one block to Bowditch Avenue and turn right. Go one more block and take a right on Durant Avenue. We are located on the right hand side, on the corner of Bowditch and Durant.

### From San Jose

Take highway 880 North. As you approach downtown Oakland, follow the signs to highway 80 East, towards Sacramento. Exit on University Avenue. Take University up to Shattuck Avenue and take a right on Shattuck, then a left on Durant Ave. Drive up Durant 6 blocks. We are located on the right hand side, on the corner of Bowditch and Durant.

## From Sacramento

Take highway 80 West toward San Francisco. Exit on University Avenue. Take University up to Shattuck Avenue and take a right on Shattuck, then a left on Durant Ave. Drive up Durant 6 blocks. We are located on the right hand side, on the corner of Bowditch and Durant.

## Using BART train from Airports

### *From SFO using BART*

- Board the SFO to Pittsburgh/Bay Point
- Transfer at 19<sup>th</sup> Street Oakland to the Richmond line
- Get off on Downtown Berkeley Bart Station
- Walk 3 blocks south on Shattuck Avenue (towards Allston Way)
- Turn left on Durant Avenue
- Hotel is on the right hand side, 5 blocks from Shattuck Avenue

### *From Oakland Airport using BART*

- Board the Richmond line
- Get off on Downtown Berkeley Bart Station
- Walk 3 blocks south on Shattuck Avenue (towards Allston Way)
- Turn left on Durant Avenue
- Hotel is on the right hand side, 5 blocks from Shattuck Avenue

## Parking

Parking in Berkeley can be expensive. We recommend taking alternate transportation (Downtown Berkeley BART Station is less than a mile away) or carpooling. If you are **interested in carpooling**, please **email us at least 5 days before the start date** so we can help you connect with someone. After 6pm on Fridays and Saturdays, street parking is free but it might be difficult to find a spot. Street parking is free all day Sunday. Please arrive early to give yourself plenty of time to find a spot.

- Hotel Durant is offering us a discount for the Underhill lot on Channing and College for \$4 a day (normally \$10)
- All day parking is available at a parking lot on the corner of Bancroft and Bowditch for \$11 a day. They close at 7pm, so please don't use this lot on June 19<sup>th</sup> since the course gets out at 9pm.