

IYA (UK) Convention 2010, Nottingham, 1 April – 3 May 2010

From Thursday to Monday the Events Committee can be contacted on: 07523 340 563

Nottingham University

The IYA (UK) 2010 Convention is being held at Nottingham University Sports Centre which is located on the University Park Campus, just two miles outside of Nottingham. Accommodation and meals are in Ancaster Hall which is a short 5 minute walk from the Sports Centre. The following link gives a layout of the campus:

<http://www.nottingham.ac.uk/sharedresources/documents/mapuniversitypark.pdf>

Registration

Registration will take place at Ancaster Hall at the following times:

Thursday 6.00 to 7.00pm

Friday 9.15 to 10.15am

Friday 6.00 to 7.00pm

Saturday 9.15 to 10.15am

Please note, if you arrive for the morning session of pranayama on Friday or Saturday you can register after the class.

Timetable

Thursday

5.30 - 7.00pm registration at Ancaster Hall

7.00 - 8.00pm supper (bookings only)

Friday (TEACHERS AND TEACHER TRAINEES ONLY)

8.00 - 9.00am pranayama

9.00 - 10.30am break (registration, breakfast and market)

10.30am - 1.00pm asana class

1.30 - 4.00pm break (lunch and market)

4.00 - 6.00 asana class

6.00 - 7.00pm registration

7.00 - 8.00pm supper (bookings only)

Saturday

8.00 - 9.00am pranayama

9.00 - 10.30am break (registration, breakfast and market)

10.30am - 1.00pm asana class

1.30 - 4.00pm break (lunch and market))

2.30 - 3.30pm IYA (UK) AGM

4.00 - 6.00pm asana class

7.00 - 8.00pm Gala Dinner (bookings only)

Sunday

8.00 - 9.00am pranayama

9.00 - 10.30am break (breakfast and market)

10.30am - 1.00pm asana class

1.30 - 4.00pm break (lunch and market))

4.00 - 6.00pm asana class

7.00 - 8.00pm supper (bookings only)

Monday

8.00 - 9.00am pranayama

9.00-10.30am break (breakfast)

10.30am - 1.00pm asana class (lunch – bookings only)

Equipment – clearly marked with your name

You will need to bring your own Yoga equipment. It is recommended that you have the following: one mat, four/five foam blocks, two blankets, two belts and a wooden brick. It would be good if you could bring a bolster, a bandage and anything else that you normally use for practice.

If you are travelling from overseas you can hire a standard set of yoga equipment from Yogamatters: please contact paul@yogamatters.com

Valuables

There are no lockers in the Sports Centre but there will be plenty of room to leave valuables at the side of the Hall.

Travel

IYA (UK) has a sustainability policy and in view of the fact that Nottingham University is easily reached by all forms of public transport, we urge you to consider this form of travel before contemplating using your car.

The Visit Nottingham website has bus timetables and transport information:

<http://www.visitnottingham.com>

Local taxi numbers are as follows:

0115 9226225 (Cab Line)

0115 9505050 (Trent Cars)

0115 9607607 (D&G Cars)

There is a taxi rank at the train station. For any guests flying into EMA it would be sensible to book a taxi with one of the above companies before you leave.

Parking

There is ample free parking on the University Campus, though you will need to display a parking permit in your car window to avoid being clamped. You can request a parking permit from a member of the University Hall Management Team when you arrive at Ancaster Hall to register. Please place a note saying 'IYA (UK) Convention 2010 with Zubin' in your car window when you first arrive and fill in the parking permit for display at the earliest opportunity. Please avoid parking in a disabled parking bay without displaying a blue badge.

Accommodation

All rooms are in Ancaster Hall, if you would like to see where you are staying please follow this link:

<http://www.nottinghamconferences.co.uk/ancaster-hall/>

You can request in advance to have a room next to a friend and the University will do their best to accommodate you. All rooms are single and en suite with towel and soap provided.

Checking in and out of rooms

Room keys are given out by the University Hall Management Team at Ancaster Hall. You should be able to check into rooms from 3pm on day of arrival (and a porter will be there until midnight each night) and departure time is 10am each day. The Hall will provide a room to leave luggage if you arrive before your room becomes available and after check out on the Monday, the last day of the event, until you depart from campus.

Internet Access

There is wired internet access in all rooms (please bring your own cable) and WIFI in the sports centre (you will need to contact the University staff for the password).

Meals

All meals will be served at Ancaster Hall. Breakfast and lunch on all days except Monday are included in the fee. On Monday breakfast is included but if you wish to have lunch you need to book and pay for this separately. Evening meals are included for residential bookings on the days of the classes you have booked. If you are arriving the day before your classes begin and wish to have supper that evening, you need to book and pay for it separately.

If you are vegan or have special dietary needs, you should be able to find what you want on the menu. If not, please contact Tessa Bull at the convention and Tessa will liaise with the University catering staff.

T-shirts

If you have ordered a t-shirt and not specified a size (please see your receipt) please note you will be allocated a medium loose fit size. The sizes available are:

Female fitted x-small, small, medium, large, x-large, xx-large

Female loose x-small, small, medium, large, x-large, xx-large

Male x-small, small, medium, large, x-large, xx-large