



2014 LETS CONFERENCE CENTRAL COAST

Friday 22nd August, 4 pm until Sunday 24th August, 4 pm.

MANGROVE YOGA ASHRAM

300 Mangrove Creek Rd Mangrove Creek NSW 2250.

Ph (02) 4377 1171.

Our Conference venue is the serene & beautiful Mangrove Yoga Ashram. The full Conference Package includes Friday & Saturday night dinner & accommodation, breakfast on Saturday & Sunday, morning & afternoon teas, as well as the 2 day Conference activities. All meals are vegetarian. The Camping option includes a fee for use of the Ashram grounds & facilities, all meals & Conference activities. Included in the Conference Package are a relaxation YOGA NIDRA session on Saturday at 2.30 pm, as well as a YOGA CLASS on Sunday at 5:30 am. The Yoga Class & Sunday breakfast are also an included option for Sunday Only attendees.

A detailed Conference Programme will be issued once details are finalised.
Our Conference Themes are Life & LETS Sustainability & Back To LETS Basics.

- We will occupy triple share rooms at the Ashram with shared bathroom facilities. Please let us know if you have special accommodation needs.
- Visitors must bring their own bedding, including pillows & towels, only the bed and mattress are supplied. It is an eco friendly venue so the heating is only operated at the coldest times, morning & evening. Be prepared in case of an end of Winter cold snap.
- There is a Camp Ground at the Ashram, so you can bring your own tent, caravan or van. There are no powered sites.
- Please note that this is a drug & alcohol free space & due to the location mobile phone coverage is unavailable.

There is more information about Mangrove Yoga Ashram on their web site:

<http://www.satyananda.net/mangrove-nsw>



CONFERENCE ATTENDANCE & ACCOMMODATION COSTS

EARLY BIRD OFFER - For Bookings before 1st June 2014.

- Early Bird Conference Cost for 2 Days (inc accom. & meals, etc) - \$180.
- Early Bird Centrelink Concession, 2 Days - \$130 + 50 LETS Currency.

LATE BOOKING - For Bookings after 1st June 2014.

- Late Booking Conference Cost for 2 Days(inc accom. & meals, etc) - \$200.
- Late Booking Centrelink Concession, 2 Days - \$150 + 50 LETS Currency.

CAMPING ON SITE (Discount on Accommodation Cost) -

- Using the Ashram Camp Site & facilities. meals, Yoga, etc included in fee. Bring your own tent, caravan or van for 2 days - \$160.
- Centrelink Concession using Ashram Camp Site: \$110 + 50 LETS Currency.

A LIMITED NUMBER OF BILLETTS WILL BE AVAILABLE WITH LOCAL LETS MEMBERS. PLEASE CONTACT CENTRAL COAST LETS VIA EMAIL AT secretary@centralcoastlets.org IF YOU WOULD LIKE MORE INFORMATION.



DAILY CONFERENCE ATTENDANCE ONLY (No Accommodation) -

- Daily Conference Attendance Per Person Per Day - \$60.
This includes Conference Activities, morning & afternoon teas & lunch. On Sunday it includes the option to attend the early Yoga Class & breakfast.
- There is an additional optional extra of dinner on Saturday Night - \$ 30.
We are hoping to hold a LETS gathering with some peaceful entertainment on Saturday after dinner, details will be provided in the Conference Programme.

TRANSPORT

- On Friday a Newcastle train departs Central Country Trains at 1.45 pm & arrives at Gosford Station at 3.13 pm.
A Route 32: Gosford - Somersby - Mangrove Mt - Spencer bus departs Gosford Train Station from Bus Bay 6 at 3.22pm. The set down point is Mangrove Creek Road at 4.30pm (there is free pickup from here to the Ashram). <http://www.transportnsw.info/>
Full Fare: \$4.60. Student: \$2.50. Concession: \$2.30.
- CCLETS will hire a Mini Bus to pick up & drop off Conference Attendees at Gosford Station. It will run to the Ashram from Gosford Station on Friday at 4.30 pm, as well as on Saturday & Sunday at 7.45 am. There will be return trips to Gosford Station on Sunday just after 4 pm as well as on Saturday. We will determine how many delegates intend to remain for the Saturday dinner before deciding when to run the return Saturday trip. There will be no early Mini Bus to attend the Sunday Yoga & breakfast, though we are hoping to offer the option to Car Pool with other LETS Members who plan to attend. Mini Bus Cost is \$20 per trip with a discount price of 4 trips for \$70.
- The Mini Bus is an additional cost separate to Conference Fees.
- We are also planning to organise Car Pooling with local LETS Members. If you would like to use this option please contact CCLETS for details.



LETS CONFERENCE ATTENDANCE APPLICATION FORM:**NAME:** _____**ADDRESS:** _____**PH:** _____**LETS GROUP & MEMBERSHIP NO:** _____

PAYMENT OPTIONS: Payment can be made directly to our bank account, or a cheque or money order can be posted to our P.O. Box. Please include your Name & CONFERENCE as a reference.

Newcastle Permanent Account Name: Central Coast LETS BSB: 650 000 Account Number: 9819 48500	Central Coast LETS P.O. Box 3151, Umina Beach, NSW 2257
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TRANSPORT REQUIREMENTS:

Please help us roster the Mini Bus drivers by indicating when you will require transport. We will also organise a list of Members willing to car pool.

TRANSPORT OPTION	TICK YES	COST	YOUR COST
I will catch the School Bus on Friday at Gosford Station & I require free pick up at the Mangrove Creek Rd stop.		To pay on Bus	N/A
I will catch the 4.30 pm Friday Mini Bus from Gosford ONLY		\$20	\$
I will catch the 4 pm Sunday Mini Bus to Gosford ONLY		\$20	\$
I am staying at the Ashram & I require Mini Bus transport from Gosford to & from the Conference on Friday & Sunday		\$40	\$
I am attending on SATURDAY ONLY & I require Mini Bus transport to & from Conference.		\$40	\$
I am attending on SUNDAY ONLY & I require Mini Bus transport to & from Conference.		\$40	\$
I am attending Sat & Sun & I require Mini Bus transport from Gosford to & from Conference ON BOTH DAYS.		\$70	\$
I will be attending the Saturday dinner & would prefer a later Mini Bus back to Gosford.	YES	NO	N/A
I am interested in CAR POOLING with local LETS Members for LETS Currency + possible Petrol Costs.	YES	NO	To be advised
TOTAL	-	-	\$

CONFERENCE - DAY ATTENDANCE ONLY:

PRICE INCLUDES: MORNING TEA, LUNCH & AFTERNOON TEA & YOGA EXTRAS.

PLEASE TICK TO INDICATE ATTENDANCE & COMPLETE COSTS OPTIONS	TICK YES	PRICE	YOUR COST
SATURDAY Including Yoga Nidra		\$60	\$
Optional Extra - Saturday night dinner		\$30	\$
SUNDAY Including Optional Yoga Class & breakfast		\$60	\$
TOTAL	-	-	\$
I will attend the early Sunday Yoga & breakfast - Please advise CCLETS if you will require transport to attend, we will endeavour to find you a car pooling option.	YES	NO	LETS Car Pool Required

CONFERENCE - ACCOMODATION IS REQUIRED:

PLEASE TICK TO INDICATE ATTENDANCE & COMPLETE COSTS OPTIONS	TICK YES	PRICE	YOUR COST
Early Bird Complete Conference Booking		\$180	\$
Early Bird Concession Conference Booking		\$130 + LETS50	\$
Late Complete Conference Booking		\$200	\$
Late Concession Conference Booking		\$150 + LETS50	\$
On Site Camping		\$160	\$
On Site Camping - Concession		\$110 + LETS50	\$
TOTAL	-	-	\$
TOTAL COSTS FOR TRANSPORT & CONFERENCE	-	-	\$
I require disability accessible accommodation &/or have special dietary requirements. Please contact CCLETS to discuss your needs. secretary@centralcoastlets.org	YES	NO	-

LETS BILLETED ACCOMMODATION:

I AM INTERESTED IN STAYING WITH A LOCAL LETS BILLET WHILE ATTENDING CONFERENCE.	YES	NO
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