



## S.H.I.N.E. Conference Event Essentials Guide

**October 30, 31, and November 1, 2015 in Lost Pines, Texas**

**Sponsored by Dr. Ritamarie Loscalzo and the Institute of Nutritional Endocrinology**

**Theme: The Gut Brain Connection in Clinical Practice**

This document contains a review of everything you need to know about attending **SHINE: Scientific & Holistic Investigation of Nutritional Endocrinology with Dr. Ritamarie Loscalzo**. We may **periodically update** this document to include additional details, changes, and event finalizations (please check the footer for the edition date).

### Event Dates and Times

**Friday, October 30<sup>th</sup> – Sunday, November 1<sup>st</sup>, 2015**

- **Arrival:** Arrive Thursday, October 29th and be ready for 3 days of in-depth health transformation training and transformational experiences
- **Friday:** 9:00 am – 5:30 pm (approx.)  
dinner together  
(fun evening session planned)
- **Saturday:** 9:00 am – 5:30 pm (approx.)  
dinner together  
(optional “fireside chat” with topic TBA at the event)
- **Sunday:** 9:00 am – 5:00 pm



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## Event Location and Hotel Booking

### Hyatt Regency Lost Pines Resort and Spa

575 Hyatt Lost Pines Road  
Lost Pines, Texas, USA, 78612  
Tel: +1 512 308 1234

[www.lostpines.hyatt.com](http://www.lostpines.hyatt.com)

Check in: 4:00 PM /

Check out: 11:00 AM

**To obtain a reservation at the conference hotel at the specially discounted rate (only \$189), please click on the link:**



<http://www.drritamarie.com/go/SHINEHotel>

Space is limited and these rooms will be held until **October 15th, 2015.**

Both your guest room and our meeting space includes complimentary wi-fi service. The hotel and location are lovely, and you will be sure to enjoy your stay. To learn more, see the complete list of hotel amenities here: <http://www.drritamarie.com/go/SHINEHotelFacts>

If you prefer to call the hotel and book your reservation over the phone, please quote **"SHINE 2015"** to receive the special conference room rate.



<http://www.DrRitamarie.com>

## **Sharing Hotel Rooms/Travelling Expense/Child Care/Billeting**

If you'd like to partner with someone also attending the event to share the cost(s) of a room, travelling to the event or from the airport, or child care, we encourage you to join our **S.H.I.N.E. Conference** Facebook group and post a notice on the event wall that you are looking to share or willing to split costs.

You'll find a spreadsheet for sharing arrangements below:

<http://www.drritamarie.com/go/SHINESHaring>

To join the Facebook page and connect with other participants, click below (page is to a private group and you must be approved once you apply to join):

<http://www.drritamarie.com/go/SHINEFacebook>

## **Travel Information**

### **To/From Austin Bergstrom Airport (approx. 20 miles/30 minutes):**

Exit airport, follow Hwy 71 East for approx. 13 miles. Entrance to resort is immediate next left AFTER traffic light at Pope Bend Rd. Turn left onto main drive and follow three mile drive to the lobby entrance.

**Super Shuttle** – provides transportation to and from Hyatt Regency Lost Pines and the Austin-Bergstrom International Airport, 24-hours a day, every day. At the airport, follow the signs from the baggage claim area to the Super Shuttle ticket counter located near baggage carousel one. You can purchase your shuttle ticket there. Advance reservations via Super Shuttle are also available. You may also schedule your return shuttle reservation at the Super Shuttle ticket counter.

Cost (per person): Varies. Call for specific pricing. Cash or any major credit card accepted.

Reservations: 1-800-BLUE VAN (258-3826) or for online reservations click here:

<http://www.drritamarie.com/go/SuperShuttleAUS>

24-hour advance notice is recommended for trips from the hotel to the airport.

**Taxis** – are available on the baggage claim level at the airport. Most taxis can accommodate up to four persons in their vehicle.

Cost: Approximately \$45 (up to four people); please check for minimum rates.

**Car Rentals** – available through Enterprise Rent-A-Car. To arrange a car rental in Bastrop, call the Bastrop Enterprise office at 512-303-9140. If you wish to pick up a car at the airport, call the Airport Enterprise office at 512-530-8100.

**Around the Resort** – complimentary transportation to all areas of the resort is included in the Hyatt Regency Lost Pines Resort and Spa amenity fee.

## **Parking**

Parking for resort guests is complimentary. Event/Day Parking for non-guests is currently \$11 per day.

## **Friday Morning Event Registration**

Registration will be on Friday from 7:30 am – 9:00 am. Signs will be placed in the hotel to direct you to the registration desk and a name tag and your goodie bag will be waiting for you.

## **VIP Meals**

If you have purchased a VIP ticket, your S.H.I.N.E. name badge will be adorned with the VIP meal package ribbon, so **please keep your name badge with you at all times**. Meals will be provided in a dedicated location for S.H.I.N.E. members (you'll be directed at the event to the special location).

**Special Note for Friday VIP Breakfast:** If you're a VIP member, please register on Friday morning as early as possible so that you can collect your VIP badge; your badge will be used to verify your access to the Friday morning breakfast.



**NEWLY ADDED!**

**Awakening the Soul - Morning Pranayama (Breathing), Qi Gong, and Meditation with Dr. David Weinthal, DOM, LAc.**

**COME BREATHE, MOVE, AND MEDITATE WITH ME!!**

- **WHEN:** The classes are scheduled for Friday, Saturday, and Sunday mornings
- **TIME:** From 6:45 am - 7:45 am central
- **WHERE:** The classes will be held on the Riversong Lawn, **weather permitting**. If the weather is not cooperative, the classes will be held in the Robertson/Leftwich meeting space.

Hey, it's Dr. David, and I have designed this morning program just for you to maximize your SHINE Conference experience.

We begin with aligning ourselves with breath moving and circulating our Blood and Qi, which actually clears magnetic field. We continue with movement of the body and the spine to optimize your body during the day when you might be sitting.

This movement will help us cultivate the Qi, Prana, or Life-force to give us long lasting energy and vitality. We finally arrive at our meditation where we create stillness within us, fertilizing our abilities to heal ourselves.

So, come dressed in comfortable workout clothes and maybe a yoga mat or towel. Be excited to start your Best Day Ever.

Dr. David

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## What to Bring

### Clothing:

Texas weather in October is usually dry and offers temperatures in the 80s during day (possible 90s) and 60s to 70s at night. Bring comfortable casual clothes made of breathable fibers such as 100% cotton: T-shirts, shorts, slacks, sundresses, exercise clothing, swimsuits, sneakers, and sandals.

You'll also want to bring warmer clothes and jackets for indoor air-conditioning and/or cool weather.

There are various pools, an indoor workout room, and a huge selection of outdoor activities to choose from, so bring appropriate clothing if desired.

Hotel Activities: <http://lostpines.hyatt.com/en/hotel/activities.html>

### Miscellaneous:

Other useful items are: calculator, note pad, sunglasses, hat, and sun block.

A camera may come in handy to capture all your memorable experiences. No video/audio recording is allowed during the event.

It is suggested to bring an extra collapsible bag, in case you need extra carry on space to bring items home. Make sure you have room in your suitcase for goodie bag items.

## Tips to Prepare for the Event

Our VIP gourmet meals, while still being arranged for the fall, tend to feature ingredients and choices like sprouts, green salads, fruits, and a variety of vegetables, seed loaves, vegetarian pates, grains, green drinks and herbal teas.

To make your transition to living foods easier, try to eliminate or reduce your intake of meats, dairy products, coffee, sodas and processed foods a few weeks before you arrive.

In keeping with our goal of health and well-being, this is a fragrance-free event.

**Please Do Not** wear perfumes/colognes/essential oils as this could adversely and severely affect our chemically sensitive guests.