

Virginia Beach Classes 2014: Travel, Venue & Lodging Info

(with restaurant list)

Apr 12, 2014

PLEASE DO NOT TAKE A RED-EYE FLIGHT, ARRIVING THE MORNING OF CLASS, BECAUSE WE HAVE HAD SITUATIONS WHERE A FLIGHT IS DELAYED SUFFICIENTLY THAT BY THE TIME THE STUDENT ARRIVED, IT WAS TOO LATE FOR THEM TO PARTICIPATE IN CLASS.

The 2014 classes in Virginia Beach are *Awakening the BodyMind & Core Beliefs* and the class called *Breaking with the Past*. Virginia Beach is on the east coast of the US, less than a 4-hour drive from Dulles International Airport in Washington (abbreviation IAD), if there is no traffic.

The classes are at the end of April and mid-October, when the weather could be warm or cool, but not hot, and the sea is warm enough for some to swim in.

The classes are at the Holiday Inn & Suites, on Atlantic Ave & 39th Street, which is a main street, right off the beach. There are many restaurants within an easy walk, so no car is needed. Once you are settled in, you'll see it's easy to tell by the address just how close a restaurant is to the venue.

The venue and sleep-room bookings are described in more detail below, as well as the registration process.

IMPORTANT: Virginia Beach is a very busy place year round. There are all kinds of conventions, festivals, reunions, etc. So, if you know you are coming to this class, **book your hotel room early**, so you don't forget to book early. Our discount doesn't hit their computer system, though, until about 9 months before class. If you book late, you may have some difficulty finding a room within an easy walk of the venue.

REGISTRATION:

Yvonne Andrus is the contact person for registration. Because of the expected size of the classes, the policy for these classes will require that full payment be done before the class. To encourage this, the gap between the cost of the class and the early registration price is \$60, with a **\$30 Discount** if the deposit is *received* by a month before the start of class AND **another \$30 Discount** if the balance is also received by 2 weeks before start of class (unless other arrangements have been agreed to beforehand). All other aspects of the Deposit/ Balance/ Refund Policy are the same as for other classes. Contact info for Yvonne is below, in the section for Payment Details.

For tuition, you can use US checks (made out to VortexHealing), , foreign money orders made out in US dollars (to VortexHealing—and please have your name on it), and Visa, MasterCard and Discover credit cards. *The credit card form for tuition payments is on the last page of this file.*

Sending Payments: Please note that *mail from Europe takes a week to arrive*, and mail from the Netherlands can take as long as two weeks.

Yvonne can be reached at yandrus@winclass.com or at 1-248-651-2130. (From outside the US dial 00-1-248-651-2130.) Please be aware that she is in the US Eastern Time Zone, which is 5 hours earlier than London and 3 hours later than California. So, From England and Europe, please call in the afternoon or evening your time, because of the time difference.

Mail: Yvonne Andrus // 54233 Scarboro Way // Shelby Twp, MI, 48316 // USA

Deposit / Refund Policy: See this on the Credit Card Form, at the end of this file.

TRAVEL:

Airport: There is an airport about 20 miles and a 25-minute drive from the beachfront of Virginia Beach, where the class and your hotel will be: **The Norfolk International Airport** (abbreviation is ORF). Unless you are flying from the East Coast of the US, you will most likely need to make a connecting flight from a larger hub. For airport information, go to <http://www.norfolkairport.com/>. Another option, if you want to have a car for your stay, is to fly direct into Washington DC, (Dulles International Airport), rent a car there, and then drive the rest of the way. That should save you some money on your flight, which will help pay for the car. The drive is about 210 miles and should take about 3 ½ hours, if there is mild traffic.

Getting to your hotel from Norfolk International Airport: The easiest thing is to take a taxi. There is a taxi stand at the airport, where cabs from different companies line up to take you to wherever you want to go. The cost should be about \$35-\$50. This is the rate for the cab (not including tip), not per person, as long as you are all going to the same hotel.

There is also:

Airport Express, a sedan service, which you would call in advance for reservations. Their number is (757) 857-3991. Cost is \$35 for up to 3 people, \$8 each additional person.

Carey VIP service: If you have a few people, you can save by using this service. There are *no reservations* taken. You go to Door 3 of the airport for pickup, usually with a maximum wait of 15 minutes. \$33 plus \$5 for each additional passenger for up to 3 additional passengers (ie, 3 passengers would cost \$43; 4 would cost \$48). 1-877-422-1105 or 1-757-321-1541 (at the airport). Website is: <http://careyvip.net/careyvip/airportconnection/> or email sales@careyvip.net

Orange Peel Transportation: If you have a few people, you can save by using this service as well. Cost is \$42 for 1 person, \$44 for 2 people, \$46 for 3 people and then \$13 extra for each additional person. For this service, you need to *make advance reservations*. Call 1-757-463-7500. Or go to www.norfolkairportshuttle.com.

Train & Bus: There does not seem to be any bus or train possibilities from the airport.

Note that all the hotels below have free parking for their guests, and for their guests only. Our venue, though, may be able to accommodate parking for those needing to drive there. You'll have to check when you come to class the first day.

Car Rental: You can typically save quite a bit here by renting from an Enterprise Car Rental place that is just a few minutes by taxi off-airport. (Ric recently saved over \$160 on a 9-day rental this way.) Just go to Enterprise.com and type in Norfolk VA for the pickup place. After putting in your dates and going to the next page, choose the North Military Highway site, at 3561 N. Military Highway. Their phone number is 757-853-7700. You would need to take a short taxi over to them, but you could drop it at the airport without a fee for the return. Their schedule may change during the year, but most of the time it seems they are open to 7pm on weekdays and until 4pm on the weekend.

OUR VENUE for both classes:

Holiday Inn & Suites (was Holiday Inn Sunspree Resort) is our venue.
3900 Atlantic Avenue (at 39th St), Virginia Beach, VA 23451
(757) 428-1711 <http://www.vboceanfrontnorth.com/>

You can reserve a room with our group discount starting about 9 months before class begins. You can book by calling the hotel and saying you are with the VortexHealing group block, or you can use their online links.

For *Awakening the BodyMind* class you can use this online link created for our group:
<http://www.ihg.com/holidayinn/hotels/us/en/virginia-beach/orfob/hoteldetail?groupCode=vor>

For *Breaking with the Past* you can use this online link created for our group:
<http://ichotelsgroup.com/redirect?path=rates&brandCode=HI&GPC=VHF&hotelCode=ORFOB&PMID=99801505>

The group code is VHF, if you call by phone. They have very nice rooms here. This is an upscale hotel that has also been recently renovated. And each room also has a private balcony that looks out to the sea (oceanfront or ocean view), and that comes with cable TV, call out phone, hair drier, free wireless, refrigerator and microwave. A room with 2 queens is \$104 + tax, and these are ocean view rooms. King rooms for us are \$124 + tax whether that is 1 or 2 people in the room and have oceanfront views. They also have suites for \$145 + tax, which are oceanfront. Most rooms also have pull-out sofas, but not all do, so you need to ask.

The hotel has both a few heated outdoor pools and a business center with a few computers. There is no free continental breakfast, but there are 3 restaurants on site. The hotel also has a children's activity program called Splash Kamp, but we don't know how extensive it is at that time of year.

We have a block of 35 rooms that come either with 2 queen beds or a king. When this block fills up, we should be able to get more. Let me know if you try to reserve a room and there are no more left and I will see if I can get any more.

Again, in Virginia Beach, with all the festivals they have, it is better to reserve early than late.

OTHER HOTELS:

Some students prefer to look for their own perfect dream hotel, and there are many of them in Virginia Beach. But I haven't made a list of these because I would rather encourage students to stay at the venues. Our rates are low, the rooms are nice and the more students stay on site the more it starts to feel like a residential class. In addition, these hotels have been good to us, and since it is our venue, I would rather support them than other hotels that we have no relationship with. Of course, if you need a suite and they have run out, or if you intend on cooking, do go to the other places listed. But for regular rooms, if there is still space, the more of us that are in the hotel, the more it will feel like our own space—and the quieter the hotel will be. There are all kinds of teenage groups that come through Virginia Beach: bands, cheerleader groups, etc. And they are not the quietest folk. So, the more of us that are at the hotel, the less of 'them' there will be, and the better chance you have of being in a quiet environment in the evening, when you want to sleep. But for those on a tighter budget, there are certainly other places closeby.

Although I am not making a list of other hotels, I do want to make you aware of some potential issues at one particular place, because I know there will be students staying there. It is the Cutty Sark Motel, which is very close. Many students stay here because it is inexpensive and has cooking facilities. But there are some issues with it you should be aware of: (1) As an older hotel near the sea, some of the rooms have accumulated molds. If you are sensitive to molds and get one that is moldy, you may be stuck with it if they are fully booked, which most likely they will be. (2) You need to fully pay for the room when you arrive. If you decide to change your mind, there will be no refunds. (3) Because you need to fully pay when you arrive, this can create a problem if you are sharing with someone who arrives at a different time. Whoever

arrives first will need to fully pay for the room to get in. (4) Because it is a small, hotel, if your plane is delayed and you arrive late enough, the office will be closed and you will not be able to get into your room.

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Local Tidbits:

(Note, except where noted, distances are from the Surfside venue.)

Sea, Beach & Boardwalk: these are the best attractions in the area.

Health Foods:

Teddy's Health Food Market // 3701 Pacific Ave // 757-963-6636

This is just a few blocks away. A small health food store but with takeaway lunches. They were going to expand and have a café, which may or may not have happened by class time.

The Heritage Health Food Store // 984 Laskin Rd., (off Oriole Dr.) // 757-428-0500.

About 2 miles away (40 minutes brisk walk). This is a larger health food store, with a café, deli & juice bar. Vegan options. Macrobiotic options. Not pure vegetarian. Good selection of organic produce. Menu: Soups, salads, sandwiches and desserts. Fresh juices and smoothies.

Students with a business license, as well as practitioners, can apply for a business account for discounts. If you are over 50 years old, let them know at checkout and you will get a discount as well. Good discounts on Edgar Cayce products. They also offer massage.

Hours: Monday to Saturday 10 am to 7 pm (until 9 pm on Friday); Sunday noon to 7 pm.

Trader Joe's // 503 Hilltop Plaza // 757-422-4840. ~7 min drive (~3.7 mi) out on Laskin Rd.

All kinds of health foods along with regular supermarket items at excellent prices. 9-9am daily.

Harris Teeter // 2800 Arctic Ave. Just under a mile away. Open 24 hours. Large grocery and pharmacy with a decent selection of organic produce.

Virginia Garden Organic Grocery // 3640 Dam Neck Road // ~15 min drive (~10 mi)

757-427-0378. Monday-Saturday 10-7, closed Sun.

They have some prepared foods, organic produce and grocery. There is also a Farmer's Market at this location which features locally grown produce.

Organic Food Depot // 4301 Commuter Drive // 757-467-8999 ~ 15 min drive (~11 mi)

M-Th 10-7; Fri 10-8; Sat & Sun 10-6.. A grocery store with excellent produce selection.

Heath Food Centers // 5312 Kemps River Drive // 757-523-8961 ~20 min drive (~13.5 mi)

M-F 10-7; Sat 10-6; Sun closed. Grocery, but no produce or prepared foods.

ARE – Association for Research and Enlightenment – This is the **Edgar Cayce Institute**

215 67th St, 1-757-437-7202 www.edgarcayce.org

Historic library, book store, labyrinth

Massage and day spa.

Pedaling on the Boardwalk: You can rent bikes, and there are little buggies you can rent that seat about 6 people, that move by everyone (or most everyone) pedaling. You can pedal down the boardwalk in them in the bicycle lanes.

RESTAURANTS—lots of restaurants within an easy walk. See the listings, below.

PHARMACY 17th Street and Atlantic

LAUNDROMAT Laskin (31st Street) between Arctic and Baltic

COMPUTER ACCESS:

Public Library has free access to computer, 17th St (also called Virginia Beach Blvd and Cypress. Need a picture I.D. and apply for Internet card which is free. Library phone is 757-385-2640. Call for current hours of operation.

EXERCISE/GYM/YOGA www.wareingsgym.com // 700 19th Street // 757 491 0700

COMEDY CLUB

Ha! Comedy Club // 1910 Atlantic Avenue // (757) 491-3400

WEBSITES for More Info:

www.vbfun.com/visitors/

www.virginiabeachonline.com

www.frommers.com/destinations/virginiabeach

www.tripadvisor.com

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RESTAURANTS within a 20 min walk (~1 mile or less, unless otherwise noted)

Note from Ric: I always tune into a restaurant before going in, asking Merlin to rate it on a 0-10 scale. I wouldn't eat in anything below a 7. Also, I usually now give it 2 ratings: one for the energy level of the food and one for the quality of the food. Without the 2 ratings, you could have a very spiritual cook giving the food nice energy but using low quality oils and still get a decent overall rating. At least you can bring up the energy of the food; you can't change the oils.

HEALTH FOOD

Heritage Health Food Store and Café // 984 Laskin Road, off Oriole Dr // ~ 1.3 miles away, which is about a half-hour walk.

757-428-0500 <http://www.heritagestore.com/>

Hours: Monday to Saturday 10 am to 7 pm (until 9 pm on Friday); Sunday noon to 7 pm

They have health foods, health products, a café, deli and juice bar. Vegan options.

Macrobiotic options. Not pure vegetarian. Good selection of organic produce.

Menu: Soups, salads, sandwiches and desserts. Fresh juices and smoothies.

SEAFOOD

Fish Bones Restaurant. 1211 Atlantic Ave.// 757-422-4557.

Rockefeller's Restaurant. 308 Mediterranean Ave. 422-5654. Great place for a crowd.

The Galley // 1401 Atlantic Ave. 491-6478. The Galley is tailored to the seafood lover

Nick's Seafood // Laskin between Arctic and Baltic

Catch 31 // 3001 Atlantic Avenue// 757 213 3472. The lunch special was a student favorite.

Casby's Sea Grille // 3316 Atlantic Avenue // 757 962 4783

Isle of Capri // the restaurant at the Holiday Inn, 3900 & Atlantic Ave. The café on the 1st

floor does breakfast.

Surf Rider // 500 Laskin Rd. 757-422-1703

Nat's Surf Sports: Grill // Laskin & Arctic. This will be smoky, but you can watch all the sports games here.

Rockfish Boardwalk Bar and Grill // 16th and Oceanfront. Has tables on the oceanside.

Ellington's on the Boardwalk at 29th St 757-417-7007. There is also another restaurant next door that is more expensive & most likely a wait without a reservation.

About a 35 min walk:

Waterman's Beachwood Grill // 415 Atlantic Avenue // 757-428-3644. You can eat outside next to the boardwalk or in the spacious dining area. Inside seating is in tiers & everybody has a great view of the ocean. Expect a slight wait for seating. Reservations accepted. Lunch & Dinner.

Mahi Mah's // 615 Atlantic Ave (in Ramada Hotel). 757-437-8030. There are two dining rooms, a large bar and a raw bar. The décor is elegantly paneled in mahogany with large windows for a good ocean view. Outdoor dining available stage. No reservations in summer. Great lunch menu; breakfast buffet Mon-Sat \$5.99. Early dining discounts.

Laverne's/Chix Café // 7th & Oceanfront. 757-428-6836. Chix Cafe is the 'smoking allowed' bar/cafe side, which serves the same menu. Prices are average for oceanfront setting. Can be noisy. Outside dining available. Lunch and dinner.

Black Angus Restaurant // 706 Atlantic Ave. 757-428-7700. In addition to black angus burgers & steak, they also have some salads, chicken, lamb chops and a few pasta dishes.

AMERICAN

Eat, an American Bistro // 4005 Atlantic Ave. 757-965-2472. Excellent food with interesting menu. Try the veil meatloaf.

Raven // 1200 Atlantic Avenue // 757 425 1200. About a 25 min walk.

INDIAN

Nawab // 756 1st Colonial Rd, // 757-491-8600 Needs a car to get to. (One student said it was the best Indian food he had ever eaten.

CHINESE

Wong's Chinese // 1102 Atlantic Avenue // 757-491-9664. About a 25 min walk.

China Harbor // 632 Virginia Beach Blvd. (17th Street) Between Mediterranean and Cypress // 757 428 2467. About a 40 min walk.

JAPANESE

Sakura Japanese Restaurant // Pacific Ave between 36-37th Streets. (757) 428-2899. Sushi.

Osaka Japanese Restaurant // 19th and Mediterranean 757 458 8609. About a 25 min walk.

ITALIAN

Il Giardino Ristorante // 910 Atlantic Ave. 757-422-6464. About a half-hour walk. Fresh

pizzas baked in a wood- burning, open-hearth oven in a corner of the spacious dining room. A varied selection of pastas, chicken, fish, meat, and vegetarian entrees. Extensive wine list is. Dinner only. Reservations accepted.

Venice Italian // 1516 Atlantic Ave 757-425-1360/ About a 25 min walk.

MEXICAN

Pelon's Baja Grill: California Style Mexican Food // Pacific Ave between 36th St- 37th St)
They have soups & salads, tacos, burritos, etc. 757-417-3970

Baja Cantina // 206 23rd St. (by Atlantic Ave) 757-437-2920 lunch & dinner

OTHERS

Taste // 36 and Pacific 757 422 3399 lunch only closes at 6

Perk Up Café // 34 and Pacific

Soya Sushi Bar and Bistro // 225 Laskin Road (near Atlantic Avenue) // 757 417 7692

Provisions Café // 33 and Atlantic

Harris Teeter // Market at Baltic and 30th

Fresh Market //30th and Laskin

Pokahontas // Atlantic and 36th

Pacifica Tapas // 40th and Atlantic (behind 7-11)

Aqua Vi (in the Sheraton)35th and Atlantic // Lunch recommended

Murphy's Pub // 30th St & Pacific Ave // 757-417-7701

Jewish Mother // Laskin & Pacific Ave. May not be open.

Papa John's Laskin & Arctic (1 block after Pacific Ave)

New Moon Café // 500 Pinewood Dr. // 757-437-8230 Go inland on 32nd St about 4 blocks
Dinner only.

Terrapin Restaurant // 3102 Holly Rd. 757-321-6688 Holly Rd is 3 blocks inland,
between 31 & 32nd Sts. Dinner only. Closed Monday.

Tautogs // 205 23rd St (by Atlantic Ave) 757-422-0081. Very reasonable prices, & my sense
is good food. Dinner only.

Doc Taylor's: next door to Tautogs, has breakfast & lunch only.

Shucker's Café & Raw Bar // 2407 Pacific Ave (by 24th St) 757-425-8676

Tatums in Ramada Limited Hotel at Laskin & Atlantic Ave 757-266-8227 Lunch & dinner

Perk Up Café // 34 & Pacific

Provisions & Café // 33rd St & Atlantic Ave

Belvedere Motel, breakfast & lunch-3603 Atlantic Ave Supposedly, the locals like this for
breakfast. Closes at 2pm.

PIZZA- various pizza places on Atlantic & Pacific Ave

Planet Pizza // Atlantic and 9th Street. Was a popular pizza place.

COFFEE

Java and Surf "A Coffee Joint" // 25th Street and Pacific Avenue // 757 425 7650

Call in orders welcome // Monday-Saturday 6:30 am to 3 pm. // Sunday 8 am to 3 pm

Starbucks // Pacific and 31st Street

ICE CREAM (*These are over a mile away.*)

Ben and Jerry's // 14th Street and Atlantic

Haagen-Dazs // 6th Street and Atlantic & 200 21st Street (off Atlantic)

Dairy Queen // 17th Street and Atlantic

Frozen Custard // 15th Street and Atlantic

NOT at WALKING DISTANCE

There are a good handful of restaurants in the shopping center at 1550 Laskin Road, Hilltop East: Blue Turtle, Back Bay Bistro & Pizza Co, Melting Pot— a Fondue Restaurant, Five & Vine, Cobalt Grille, Blue Fin Japanese Restaurant, Balachi Mediterranean Café, Avanti, The Bar-B-Q Grill, PJ Gator's, Mei Zhen (Chinese), No Frill Grill. In addition, a little past Hilltop is Bangkok Gardern (Thai) and Burton's Grill. Aztec Mexican Restaurant is in Hilltop Mall on Laskin Rd.

Azar's Natural Foods Mediterranean Specialties // 108 Prescott Ave (757) 486-7778

This is about a 13 min drive inland (~9 miles) Recommended by locals.

Plaza Azteca // 1824 Laskin Rd (757) 431-8135. Excellent Mexican Restaurant. ~ 3 ½ miles away.

Form For Paying Ric's VortexHealing® Classes with Visa, MC or Discover.

All 8 items need to be completely filled out, below. Then mail to: Yvonne Andrus, 54233 Scarborough Way, Shelby Twp, MI, 48316. USA; or email it her at yvonnevortex@gmail.com.

1. Name (as printed on your credit card):
2. Name of Student attending, if different from name on card:
3. Billing Address (including country), phone, & email address for confirmation:
4. The credit card number-- *Specify if Visa/ MC/ Discover, and if emailing, write some numbers as words for Internet security:*
5. The expiration date is:
6. The last 3 numbers that are printed on the *back* of your card (if you have them) are:
7. Write out, in numbers and words, the amount you wish us to charge your credit card.
8. **Sign and Date** the statement at the bottom of this page.

Deposit/ Refund Policy

Discounts: For deposits received 1 month before the start of class. The discounts are: \$30 for 3-7 day classes // \$20 for shorter classes // \$60 for some 7-day or longer classes (check with organizer as to which ones), where a \$30 discount is given for deposits received by a month before class AND another \$30 discount is given for full balances paid by 2 weeks before the start of class.

Refunds: Administration fees are \$30. Any 'balance' payments, in excess of required 'deposits', are fully refundable. Refunds requested prior to a month before the class: full refund less the admin fee. Requested prior to 2 weeks before class: ½ the deposit refunded, less the admin fee. Requested less than 2 weeks before class: deposits are nonrefundable.

Once class has begun, all tuition payments (deposits + balances) are Non-Refundable.

Late Arrivals on First Day may not be admitted to class and may be treated as a no-show.

Early Departures: for class credit, students cannot miss any part of a class without teacher's ok. If a student does not complete the class due to missed segments, tuition payments are non-refundable.

Transfer of Deposits to Another Class:

Deposits may be transferred only to classes taught by the same teacher. Once a deposit is transferred, it is non-refundable; it must be used for a class. Requested prior to one month before the class: transfer of full amount of deposit. Requested prior to 2 weeks before the class: 1/2 of deposit transferred. Requested within 2 weeks of the start of class: the deposit is Non-Transferable/ Non-Refundable. If transferred more than once, only the first deposit is free of admin fees & must be used within 4 years of the original canceled class.

Bounced checks: An admin fee of \$30 is charged for these.

Violation of Class Drug-Use Policy: Student will need to drop out of class, with no refund of tuition.

Non-US Credit Cards: A foreign transaction fee will be added to all non-US credit cards, not to exceed 3%.

* **Consent:** I, _____ (write name, or type name if emailing), have read and agree to the costs and the deposit/ balance / refund policy delineated on this page. I also assert that I have provided all the credit card details given above.

Signature: _____ **Date:** _____