



***TOUCH OF PRESENCE AND DYNAMIC STILLNESS  
WITH GIORGIA MILNE***

Welcome to the San Francisco Bay Area, and more specifically, Berkeley! This document provides lists of local airports, public transportation, ride-share options, accommodations, and eateries in proximity to the class location.

Giorgia offers courses at two locations, four blocks apart, on the western side of Berkeley. Her Dynamic Stillness BCT client practice space is also at Rudramandir in suite #111.

Rudramandir, 830 Bancroft Way

Ashtanga Yoga Berkeley (AYB), 933 Parker Street

Nearby is Berkeley's Fourth Street, with wonderful shopping and eating options. The entire eastbay area, comprising Berkeley, Albany, El Cerrito, Emeryville, and Oakland, offers an exciting array of cultural, historical, artistic, political, and culinary adventures. We will gladly assist you with additional information. Email <info\_at\_touchofpresence.com> if you have further questions.

**FLYING HERE**

***Oakland International Airport***

510-563-3300

[www.oaklandairport.com](http://www.oaklandairport.com)

***San Francisco International Airport***

800-435-9736

650-821-8211

[www.flysfo.com](http://www.flysfo.com)

**AIRPORT SHUTTLES – DOOR-TO-DOOR SERVICE**

***BayPorter Express***

877-467-1800

510-864-4000

[www.bayporter.com](http://www.bayporter.com)

***SuperShuttle***

800-258-3826 (reservations can be made by phone, online, or with the mobile app)

[www.supershuttle.com](http://www.supershuttle.com)

**RIDE SHARES**

**Lyft** and **Uber** each offer transportation that is generally more timely, convenient, and less expensive than many local private services. You can choose to be the only rider in the vehicle – arriving at your destination faster and paying a bit more – or to share the vehicle with other riders – taking longer to arrive at your destination and paying less. These free smartphone apps are available for both Android and iPhone. Available from your online app store.

**LOCAL PUBLIC TRANSPORTATION**

***A.C. Transit – Alameda County Transit***

510-891-4777

[www.actransit.org](http://www.actransit.org)

***B.A.R.T. – Bay Area Rapid Transit***

Serves both airports and goes to numerous locations throughout the Bay area. Check the website for the station map, QuickPlanner, and fares. The Richmond-bound line is ultimately the train that will get you into Berkeley. From either airport you *may need* to first take a different train line and then transfer at the MacArthur station to the Richmond-bound line.

510-464-7134

[www.bart.gov](http://www.bart.gov)

**CAR RENTAL RESERVATIONS**

***AVIS Rent A Car***

800-352-7900

***Budget Rent A Car***

800-218-7992

***Enterprise Rent A Car***

855-266-9289

***Hertz Car Rental***

800-654-3131

***Rent-A-Relic***

*444 Telegraph Ave, Oakland*

510-601-6560

**ACCOMMODATIONS ~ PLEASE VERIFY DISTANCES FROM THE COURSE VENUE  
AND CHOOSE THE LODGING THAT OFFERS YOU THE BEST COMFORT AND EASE** 

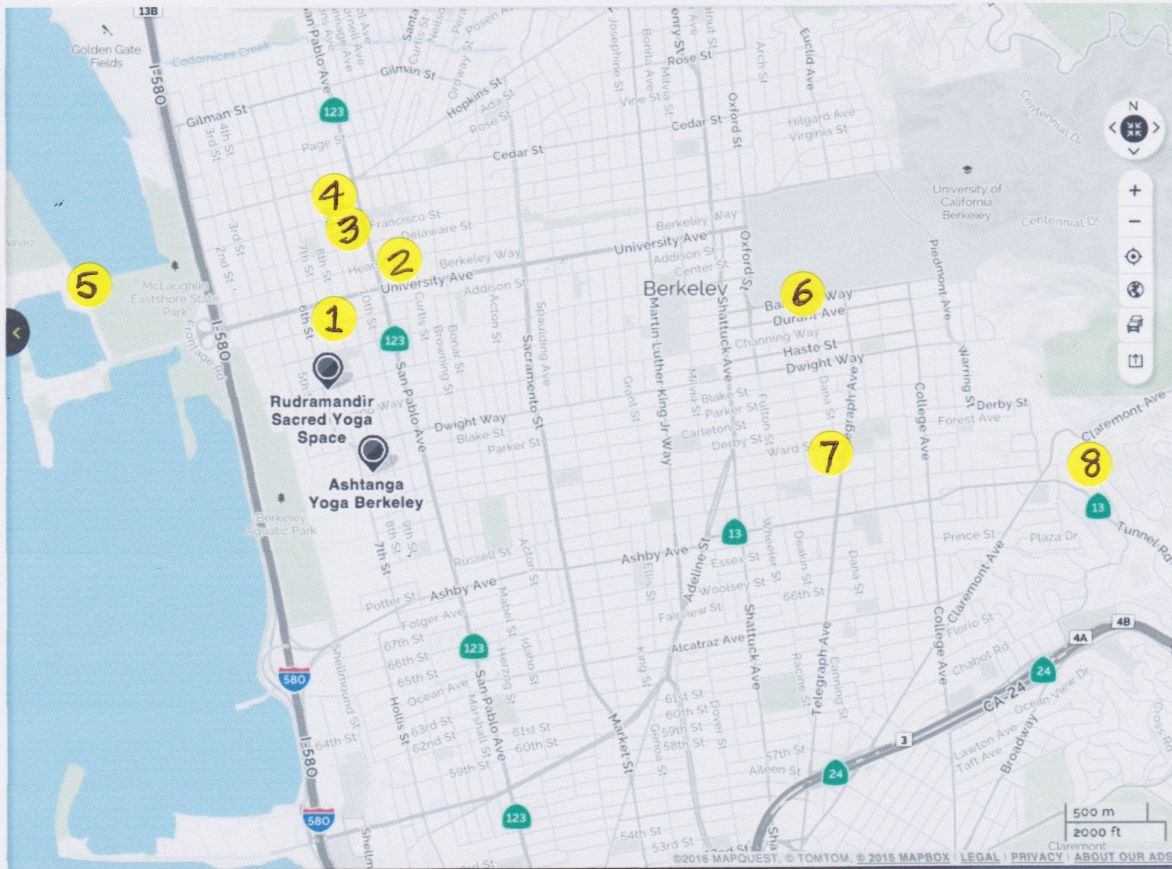
1. **La Quinta** (closest location to course venues)  
920 University Avenue, Berkeley  
510-849-1121  
<http://www.laquintaberkeley.com/>
2. **Holiday Inn Express Hotel and Suites**  
1175 University Avenue, Berkeley  
866-548-1700  
[www.hiexberkeley.com](http://www.hiexberkeley.com)
3. **Berkeley Inn**  
1720 San Pablo Ave, Berkeley  
510-524-8778  
[www.berkeleyinn.com](http://www.berkeleyinn.com)
4. **Golden Bear Inn**  
1620 San Pablo Ave  
510-525-6770  
[www.goldenbearinn.com](http://www.goldenbearinn.com)
5. **Doubletree Hotel**  
200 Marina Blvd, Berkeley  
510-548-7920  
[DoubleTree Berkeley Marina](http://www.doubletree.com/hotels/berkeley-marina)
6. **Berkeley City Club** (Historic hotel, restaurant, social club designed by Julia Morgan)  
2315 Durant Avenue, Berkeley  
510-848-7800  
<http://berkeleycityclub.com/>
7. **Rose Garden Inn** (Historic boutique hotel)  
2740 Telegraph Ave Berkeley  
510-549-2145  
[www.rosegardeninn.com](http://www.rosegardeninn.com)
8. **Claremont Resort and Spa** (Iconic luxury hotel)  
41 Tunnel Rd, Berkeley  
510-888-560-4455  
<http://www.fairmont.com/claremont-berkeley/>

**VRBO (Vacation Rentals by Owner,) Berkeley**  
[VRBO Berkeley](http://www.vrbo.com/berkeley)

**Hostels, Inns, Hotels, B&Bs, Rooms** ~ search the web on your own, or use AirB&B, TripAdvisor, Travelocity, Expedia, Kayak, Priceline, etc.

Click below to see more hotel and restaurant listings posted by Rudramandir:  
<https://rudramandir.com/contact-and-directions/nearby-hotels-and-restaurants>

## Berkeley Lodging Map



### Legend:

1. La Quinta Inn, 920 University Ave.
2. Holiday Inn Express Hotel and Suites, 1175 University Ave.
3. Berkeley Inn, 1720 San Pablo Ave.
4. Golden Bear Inn, 1620 San Pablo Ave.
5. The Doubletree Hotel, 200 Marina Blvd.
6. Berkeley City Club, 2315 Durant Ave.
7. Rose Garden Inn, 2740 Telegraph Ave.
8. Claremont Resort and Spa, 41 Tunnel Rd.

**BERKELEY EATERIES**

*The eateries listed below are close to the two venues where Georgia Milne teaches and practices:  
Rudramandir, 830 Bancroft Way, Berkeley  
Ashtanga Yoga Berkeley, 933 Parker Street, Berkeley*

**1. STANDARD FARE**

2701 Eighth Street #118  
510-356-2261

<https://www.standardfareberkeley.com/>

Homemade, healthy, “farm-to-table” food and snacks.  
Breakfast through lunchtime.

**2. NINA’S CAFÉ**

2703 Seventh Street  
510-845-8584

<https://www.facebook.com/Ninas-Cafe-137111989670103/>

New American and ethnic food. Patio and indoor seating.  
Breakfast through early evening.

**3. WESTSIDE ORGANIC CAFÉ – A TIBETAN CAFÉ**

2570 Ninth Street  
510-845-4852

<https://www.westsideorganiccafe.com/>

Cuisine with Tibetan influences.  
Breakfast and lunch, Fri-Sat dinner.

**4. TOMATE CAFÉ**

2265 Fifth Street  
510-549-9885

<http://www.tomatecafe.com/>

Healthy, innovative, homey California cuisine. Patio and indoor seating.  
Breakfast and lunch.

**5. VIK’S CHAAT**

2390 Fourth Street  
510-644-4412

<http://vikschaat.com/>

Popular venue serving Indian “street food” with food market.  
Early lunch to early evening.

**6. BERKELEY BOWL WEST-MARKETPLACE, DELI, AND CAFÉ**

920 Heinz Avenue  
510-898-9555

<http://www.berkeleybowl.com/>

*Market:* morning to early evening.

<https://www.berkeleybowl.com/cafe/>

*Café:* morning through mid-afternoon.

**7. CAFÉ LEILA**

1724 San Pablo Avenue  
510-525-7544

<http://www.cafeleila.com/>

Healthy Cal-Med organic food, artisan beverages. Huge patio and indoor seating.  
Breakfast, lunch, some dinners.  
Occasional live music.

**8. PICANTE COCINA MEXICANA**

1328 Sixth Street  
510-525-3121

<http://www.picanteberkeley.com/>

Upscale Mexican cuisine, family-style. Patio and indoor seating.  
Early lunch and dinner.

**9. LA MARCHA TAPAS**

2026 San Pablo Avenue  
510-647-9525

<http://www.lamarchaberkeley.com>

Offering the vibrant culinary culture of Spain.  
Happy hour and early dinner.

**10. BETTE'S OCEANVIEW DINER**

1807 Fourth Street Berkeley, Ca. 94710  
510-644-3230

<http://bettesdiner.com/>

Great for breakfast and lunch. Quick deli takeout.

**11. POULET**

1685 Shattuck Avenue Berkeley  
510-845-5932

[www.pouletdeli.com](http://www.pouletdeli.com)

Early lunch and early dinner. Take-out.

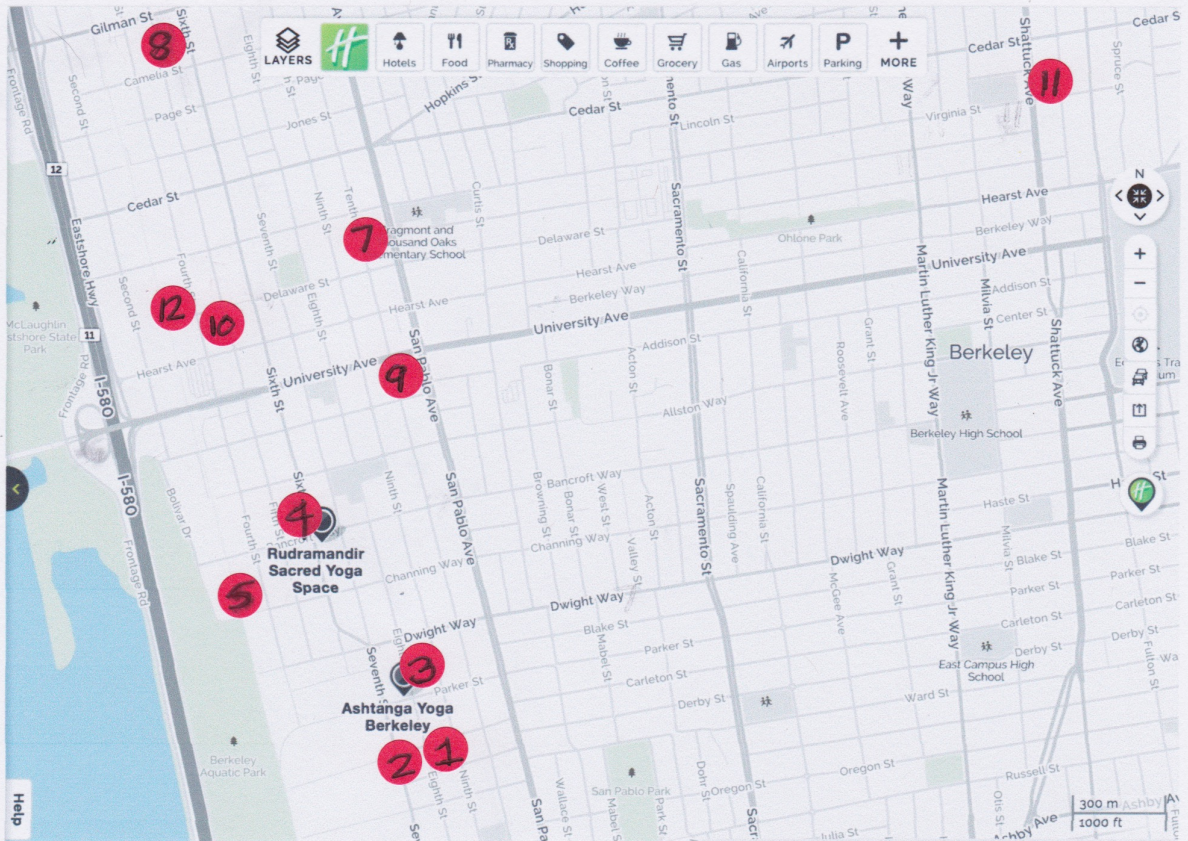
**12. TACUBAYA**

1782 Fourth Street Berkeley  
510-525-5160

[www.tacubaya.net](http://www.tacubaya.net)

Inspired Mexican food. Breakfast, lunch, and dinner.

# Berkeley Eateries Map



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## Legend:

1. Standard Fare, 2701 Eighth Street #118
2. Nina's Café, 2703 Seventh Street
3. Westside Bakery Café, 2570 Ninth Street
4. Tomate Café, 2265 Fifth Street
5. Vik's Chaat, 2390 Fourth Street
6. Berkeley Bowl Marketplace and Café, 920 Heinz Street
7. Café Leila, 1724 San Pablo Avenue
8. Picante Cocina Mexicana, 1328 Sixth Street
9. La Marcha Tapas, 2026 San Pablo Avenue
10. Bette's Oceanview Diner, 1807 Fourth Street
11. Poulet, 1685 Shattuck Avenue
12. Tacubaya, 1788 Fourth Street