

Hello Sponsors/Vendors:

We are so excited for your visit to the 2012 Texas Yoga Conference! Our third annual conference is expected to draw over 1500 visitors all over Texas! This year we will be at the UH Recreation and Wellness Center at The University of Houston located at 4800 Calhoun Road, Houston, Texas 77004. This basic guide gives you an idea of what to prepare for, what to do when you get here and places to eat during your stay.

Before the conference:

- If you would like to include promotional material in our 500 goodie bags, please send all items to UH Thursday, February 16th between 4:00-6:00 pm.
- **The University of Houston info:**
http://www.uh.edu/campus_map/buildings/CRWC.php
- **Airport directions from Bush Intercontinental Airport or Hobby Airport to University of Houston** can be [found here](#).
- To travel around Houston, you may consider **renting a car**. We suggest renting through hotwire.com. You can obtain one for as cheap as \$13 a day!
- If you are **considering a taxi**, trips to and from Houston airports are determined by zone rates, in accordance with Houston City Ordinance. Passengers are charged the flat zone rate or the meter rate, whichever is less. A taxi trip from Bush Intercontinental Airport to the conference will cost around \$50 and Hobby Airport to the conference will cost around \$30. Please [click here](#) to find more information on Yellow Cab taxi services.
- For **housing** we recommend
 1. The Hilton at UH, For [reservations](#), contact the Hilton University of Houston Hotel at 866.327.1161; [Map](#) of Hilton
 2. Modern B&B, located at 4003 Hazard St, Houston, TX 77098. With just a 20 minute walk to the Texas Yoga Conference, this dramatic four-story bed and breakfast is a unique alternative with fab rooms and serves delicious and healthy organic food. Please [click here](#) for directions from Hobby Airport to Modern B&B. Please [click here](#) for directions from Bush Intercontinental to Modern B&B.

During the conference:

- Parking is located at the **near building 522 on [this map](#)**.
- Conference check in time on **Friday, February 17th** is at 5:00 pm. Please pick up vendor badges and instruction package at the vendors table, located near the entrance UH Recreation and Wellness Center.
- Conference check in time on **Friday, February 17th at 7-9:00 a.m. and Saturday & Sunday February 18-19** is at 8:00 a.m. Please be out of the building no later than 8:00 pm.

- Final break down of sponsor booths begins at 3:00-5:00 p.m. Sunday 2/19/12. There is no need to break down tables on Friday and Saturday night since the athletic center will be secured and locked after hours.
- **There is general wireless internet available at the UH campus.** It is recommended to bring a wireless internet stick if you are taking orders, or a manual credit card swiper and/or a wireless credit card machine that uses its own network. If you need a cord, please let us know prior to the event. Electricity is available upon request.
- There are approximately 20 vendor tables available 6ft long. You will need to bring your own table if you do not register as a vendor early enough to reserve one that is available for use. Tables are on a first come, first serve basis.
- **TYC's Presenter and Sponsor Happiest Hour** hosted by the Hilton at UH at 5 p.m. on Sunday night 2/19/11.

Places to eat:

- We are proud to have Whole Foods Market, selling the highest quality of natural and organic products, only a few minutes away from University of St. Thomas. From fresh organic produce to shampoo, Whole Foods has it all.
Whole Foods Market - Kirby
2955 Kirby Drive
Houston, TX 77098
- If you don't feel like cooking, visit Ruggles Green, Houston's first certified green restaurant is serving up fresh, local and organic fare without sacrificing taste. Try their turkey meatballs and spaghetti or veggie-nut-hemp burger.
Ruggles Green
2311 West Alabama
Houston, TX 77098
- You shall not pass...out of here hungry. Hobbit Café has been serving delicious food since the 70's. This quaint building with a huge patio is themed from the fantasy novel The Hobbit or There and Back Again. If you can, try to grab a delicious gingerbread pancake during their brunch hour.
Hobbit Café
2243 Richmond Ave
Houston, TX 77098
- Barnaby's Café is one of Houston's best gems. This very quirky, painted restaurant has excellent customer service and delicious food. Dedicated to a beloved pup, the salads are gigantic and burgers are delicious.
Barnaby's Café
604 Fairview
Houston, TX 77006
- If you love to people watch, visit Brasil Café and grab a seat on the patio. Located right off of Westheimer, many people come to this area on the hunt to

find great bargains at local resale shops. Brasil Café is known for their thin crust pizza, vegetarian options available.

Brasil Café

2604 Dunlavy St
Houston, TX 77006

- In the mood for Greek? Visit Niko Niko's. Don't be discouraged if there is a line outside the door, this counter service restaurant serves good food fast. Try a gyro (pronounced yee-roh) or the falafel sandwich. Don't forget dessert and get some honey balls, you won't be disappointed.

Niko Niko's

2520 Montrose Blvd
Houston, TX 77006

- Don't expect traditional Indian food at Indika. The seasonal menus glory in the variety of ingredients at the disposal of the modern Western cook and offer dishes that are combinations of these, and yet are expressions of thoroughly Indian sensibilities.

Indika

516 Westheimer Rd
Houston, TX 77006

- If you want a nice dinner out, try Dolce Vita for authentic Italian pizza. Listed as one of the top ten pizzerias in America, their pizza is cooked in an authentic wood-burning oven. Expect a wait on the weekends

Dolce Vita

500 Westheimer Rd
Houston, TX 77006

- And don't forget **TYC's Presenter and Sponsor Happiest Hour** hosted by Habanero located at 3017 Milam Street, Houston - (713) 523-1010 will be held at 7 p.m. on Sunday night 2/27/11 in Midtown Houston.

Additional Information:

Contact **Jennifer Buergermeister** Jennifer@texasyogaconference.com for conference requests or special needs not associated with sponsor set up.

Contact **Jennifer Buergermeister** call/text **832-428-0159** or Jennifer@texasyogaconference.com for questions regarding overall organization of the conference or about the presentations featured in the 2012 program, or have other unique questions.

We have a great line up this year and want to thank you again for being a part of this ever growing yearly event. We appreciate all of you and are grateful that you will share with us your love for yoga in 2012.

See you at the conference!

Cheat sheet of information

Jennifer Buergermeister

832-428-0159

Jennifer@texasyogaconference.com

Anna Tran

832-866-5524

atran1434@gmail.com

University of St. Thomas- Jerabeck Athletic Center

4000 Mt. Vernon

Houston, TX 77006

Hobby Airport

7800 Airport Boulevard

Houston, TX 77061

Bush Intercontinental Airport

2800 North Terminal Road

Houston, TX 77032

Hilton UH

http://www1.hilton.com/en_US/hi/hotel/HOUUHHF-Hilton-University-of-Houston-Texas/directions.do

4800 Calhoun Road, Houston, Texas,
United States 77204-3902

Tel: 1-832-531-6300 Fax: 1-832-531-6301

Whole Foods Market - Kirby

2955 Kirby Drive

Houston, TX 77098

Ruggles Green

2311 West Alabama

Houston, TX 77098

Hobbit Café

2243 Richmond Ave

Houston, TX 77098

Barnaby's Café

604 Fairview

Houston, TX 77006

Brasil Café

2604 Dunlavy St

Houston, TX 77006

Niko Niko's

2520 Montrose Blvd

Houston, TX 77006

Indika

516 Westheimer Rd

Houston, TX 77006

Dolce Vita

500 Westheimer Rd

Houston, TX 77006