



Thank you for registering for the Mindfulness-based OT Retreat.

OTAC Mix and Mingle – Saturday, Feb. 2 – 6:30pm to 7:30pm

Hyatt Regency Monterey – Cypress Room

Join other Retreat attendees, local practitioners, and members of the OTAC Board of Directors for a light hosted happy hour.

OTAC Mindfulness-based OT Retreat – Sunday, Feb. 3 – 9:00am to 5:30pm

Hyatt Regency Monterey – Windjammer Room

Registration and hosted light breakfast – 9:00am to 9:30am

Retreat begins – 9:30am (the day concludes at 5:30)

Lunch (hosted) – 12:30pm

Attire/Supplies

- Cushion or foam yoga block
- Yoga mat
- Dress in comfortable layers

Note: There will be chairs in the room for those who want to practice modified versions

Location for Both Activities

Hyatt Regency Monterey

1 Old Golf Course Road

Monterey, CA 93940

[Click here for a map of the Hyatt property.](#)

Parking

Parking is complimentary with valet available as well. The parking area is large so you may want to wear comfortable walking shoes in the event you park some distance from the meeting rooms.

Hyatt Shuttle Service

Complimentary shuttle service is provided between the Hyatt Regency Monterey hotel and the Monterey Peninsula Airport daily.

For arrivals, call (831) 372-1234 to request airport shuttle service. After placing the call, the shuttle will pick you up curbside at arrivals.

For departures, the shuttle departs from the hotel lobby hourly, quarter past the hour, **advanced reservations required**.

Shuttle Hours

7:15 am to 11:00 pm

Questions?

Please contact the OTAC office at (916) 567-7000 or at info@otaonline.org, Mon-Fri, 8:00am-5:00pm. On Saturday or the day of the event, email execdir@otaonline.org.