

JANUARY WORKSHOP 2020 INFO

with **NANCY STARK SMITH**

Patrick Crowley, Workshop Coordinator
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Welcome to NANCY'S 2020 JANUARY WORKSHOP!

We are very excited to be meeting you soon in Massachusetts to begin our time together. There will be about 22 dancers participating in January Workshop (JW) 2020.

We have prepared for you these 4 documents with the info you need to know. We ***strongly recommend that you read everything in these documents*** so you can be well prepared.

- ❑ **January Workshop Info letter** (this document!): (Payment, arrival/departure, travel, etc.)
https://docs.google.com/document/d/1sADat7IdcoyX5I9OhgqIFBTg2WsfEGYNew3OMOWX4_8/edit#
- ❑ **Earthdance Info letter:** (Facility, weather, chores, food)
https://docs.google.com/document/d/14-rzr_3EjPR02we17DGIBq-5NKBAUHMofaXcpms2m24/edit?usp=sharing
- ❑ **Transportation Info Details:** (Deadlines, bus/train links, bus schedules, etc.)
www.nancystarksmith.com/transportation-info-details
- ❑ **JW 2020 Participant List/Travel/Rides:**
(List of participants, your flight/bus/train arrival/departure times, rides.)
https://docs.google.com/spreadsheets/d/1wscTAdIx-9En9Zp_6Li8WCU4ssFppS05-oBDtzpBpq0/edit?usp=sharing

VISA/Visitor Medical Insurance

You may need a VISA to come to the US if you are not from the US.

Go here to check if you need a VISA: <https://www.immihelp.com/visa-waiver-program>

Go here to ESTA to get a VISA: <https://esta.cbp.dhs.gov/esta>

Go here to obtain Visitor Medical Insurance or check with your medical insurance institution in your country: <https://www.insubuy.com>

YOUR PAYMENT:

The total fee you are paying covers these costs: January Workshop tuition/admin (\$825 regular rate), Earthdance room/board/facilities (\$1135).

Please expect about \$100-\$150 of extra costs: bus/train costs, ride cost from/to airport/bus/train station, a small fee (~\$20) for carpooling to other practice sites during January workshop, JW special dinner, any personal extra food you want to buy, laundry at Earthdance, and misc.

JW Remaining Balance is due by Dec 1. The different options to make your balance payment are listed here: www.nancystarksmith.com/januaryworkshop2020/#payment

****TO MAKE PAYMENT:** Please tell me which level of sliding scale you are paying and which payment method you want to use, and *****I will send you an individual request for payment.***

You already paid a \$195 deposit. If you paid before Sept 8 (early discount deadline), then your remaining balance due is:

Sliding Scale is a way for people to pay according to their ability:

\$1,765 Regular: employed but economically challenged

\$1,800 Economically comfortable (support the arts!)

\$1,725 Low income rate: economically challenged, students, no help from parents/outside resources, and/or unemployed

- If you are getting funding for the workshop, the top or middle level is requested.
- If you applied *after* Sept. 8 (early discount deadline), **\$50** will be added to the above fees.
- If using PayPal: \$54 US / \$72 International fees are added to your above amounts (we are charged these on our end).
- If using TransferWise: ~\$8 if paying from bank account and ~\$15 if paying with credit card will be added on your end.

ARRIVAL TIME: Sunday, January 5: between 2:00–5:00 pm (to Earthdance)

Flight and bus arrival time deadlines are below. If you wish, you can arrive to Earthdance 1 day early (on Saturday, Jan. 4, for a \$50/day fee). If you wish to do this, please notify Patrick. We request that participants not arrive to Earthdance after 5 pm on Jan. 5.

Schedule for Sunday – Monday, January 5–6:

Sunday, Jan. 5

5:00–6:30 pm: Final Registration (Required—you receive a packet)

6:00 pm: Dinner

7:30 pm: Dance & Music Jam with Mike Vargas (attendance is optional)
(Nancy will greet everyone on Monday morning.)

Monday, Jan. 6

8:00-9:00 am Breakfast

10:00 am: Orientation & class in studio

Where to go upon arrival: Please, **first**, find a room and leave your bags in the Gratitude Lodge (262 Prospect Street – the first driveway on left before the main entrance at 252 Prospect Street). Then walk on the path (you'll need a flashlight) to the Main Farmhouse for registration, food, and Earthdance's dance and music jam.

DEPARTURE from Earthdance

Friday January 24: 4-5 pm. Do not plan to leave Earthdance earlier than 4:00 pm.

- Option to stay at Earthdance (room/food) Jan. 24-26: \$50/night. + 30 mins of chores/day in addition to your personal clean-up.

TRAVEL:

Important Request: Fill in your specific arrival/departure info (flight/bus/train arrival/departure times) in this [Travel/Rides doc](#) now (deadline Dec. 15). If there are any questions/concerns/hesitations, please email/text Patrick (januaryworkshop@nancystarksmith.com, 617-320-9792) now.

AIRPORTS:

The nearest airport, Bradley International Airport (BDL) in Hartford, Connecticut (CT), is 1 hour & 30 minutes from Earthdance. We provide rides Jan. 4-5 to the best of our ability. People flying into New York City (NYC) or Boston (BOS) take a bus to Northampton and then get a ride to Earthdance. You must arrive by the time deadlines.

ARRIVAL DEADLINES Jan. 4-5:

in order to be on time — and/or to receive RIDES from airport/bus/train station.

(Please factor in that your plane may be late.)

- Saturday, Jan. 4: if flying into New York airports - JFK Airport (JFK), LaGuardia Airport (LGA), Newark Airport (EWR)
- 8:00 am Sunday, Jan. 5: (probably best to arrive Saturday, Jan. 4) if flying into Boston Logan Airport (BOS)
- 2:00 pm Sunday, Jan. 5: if flying into Hartford Bradley Airport (BDL) in Hartford, CT.
- 3:00 pm Sunday, Jan. 5: if coming into Northampton or Springfield bus or train station.
- 4:00 pm Sunday, Jan. 5: if driving your car to Earthdance.
- BUS/TRAIN INFO: www.nancystarksmith.com/transportation-info-details

RIDES from BDL Airport or local bus/train stations to Earthdance:

We will do our best to get you a ride to Earthdance Jan. 4-5, if you arrive within the deadlines (see above) and fill in your info in the [Travel/Rides doc](#), though you are ultimately responsible for your own transportation.

The cost of a ride to Earthdance from Earthdance staff:

\$35 from Northampton, \$40 from Amherst, \$60 from Springfield, \$80 from BDL for one person. Add \$5 for each additional person. The total cost per car is shared among all the riders. (Though these rates may seem high, they are not. Taxis: from BDL \$101, from Northampton \$57.)

For those with cars, please be generous and offer a ride – we are all hosts to those coming from far and international destinations. Let Patrick know if you can offer a ride.

DEADLINE for filling in [Travel/Rides doc](#) about your travel plan or contacting Patrick about your travel is **December 15**. januaryworkshop@nancystarksmith.com, 617-320-9792

DIRECTIONS to Earthdance: <http://www.earthdance.net/visit/directions>

EXTRA DAYS AT EARTHDANCE:

You can come 1 day before workshop and stay 1-2 days after workshop if you arrange this with Patrick. Extra days cost an additional \$50/day for room/board, payable directly to Earthdance when you get here. You are asked to do 30 minutes of chores each day in addition to cleaning up after yourselves.

EARTHDANCE NEW YEARS JAM

[Earthdance New Years Jam](#) (Dec. 27-Jan. 1) happens before the January Workshop. If you are thinking of going, let me know. It is helpful for us to know if you plan to attend this jam.

JANUARY WORKSHOP SCHEDULE:

- **Monday-Friday from 10:00 am to 5:30/6:00 pm:** Studio Sessions 4 days per week at Earthdance, and 1 day per week at an Aikido dojo in Northampton (30 minute drive; we'll carpool). About a 2 hour break for lunch.
- **Some early morning and evening sessions:** Contemplative Dance Practice, workshop discussions, videos, other sharings, or jamming. Some of these are required, some are optional.
- **Earthdance House Meeting and Cleaning:** 1 half-hour meeting and 1 hour house clean per week.
- **Chores:** everyone does 2.25 hours of chores per week total: 1 hour house clean + 1.25 hour kitchen clean-up shift.
- **Weekends:** are free with some optional activities. See below. Often the group does things spontaneously or plans something.

- **Special workshop dinner:** One night near the end of the workshop, the group will have a special dinner either at a restaurant in Northampton or somewhere else. (Not included in Earthdance room/board fee.)
- *Please do not plan any activities other than the workshop during the weekdays.*

Optional activities:

- **Earthdance dance & music jam** with Mike Vargas: January 5, 7:30 pm
- Some optional weekend activities and early morning sessions.
- **Contact Class/Jam:** Earthdance, Sunday January 12, 3:00–5:00 pm Class, 5:00~7:00 pm jam.
- **Community Contact Jam** hosted by the workshop for workshop participants and the local community in Northampton: Sunday, January 19, 1:30–4:30 pm.

PLEASE BRING:

- ❑ A flashlight (essential for walking between buildings) and extra batteries.
- ❑ WINTER WEATHER ITEMS
 - Come prepared to dress in layers both inside and outside: warm coat, sweaters, long sleeve shirts, **house slippers!**, hats, gloves, scarf/neck warmer, and boots.
 - Winter in New England is beautiful! It can get very cold, icy, and snowy. Average temps: Low 17°F (-8°C); High 32°F (0°C)
 - If you are coming from far away (especially those who don't usually have cold winters), consider coming a few days early to acclimate to the timezone and weather.
- ❑ Water bottle with screw-top lid. (No open containers and no glass in the dance studios.)
- ❑ Journals, books, and anything else that supports your dance practice.
- ❑ Videos of your work or other things you'd like to share with the group.
- ❑ Your good health! Please try to arrive and stay healthy. Viruses and “bugs” can so easily pass around a group. (We are trying to pass the dance, not the virus!)

CARPOOLING DURING WORKSHOP:

It would help us *very much* if you came with your own car. Please let us know if you can (either by owning or renting a car). A small car subsidy may be available – ask us. We will be setting up carpools to travel to and from town workshop sites. Carpooling expenses will be shared among all riders (~\$15-25 each); drivers pay nothing.

SUMMARY OF OTHER COSTS (\$100-\$150):

(This does not include airplane ticket cost. Please budget accordingly)

- Bus/train tickets.
- Arrival and Departure Rides (hopefully split among others): \$35 from Northampton, \$40 from Amherst/Hadley, \$60 Springfield, \$80 from BDL for one person. +\$5 for each extra person
- JW Carpool expenses to dojo and Community Jam in Northampton: total per person: \$15-\$25
- Special JW dinner: \$25-\$50 depending on how much wine and extras you have!
- Extra days at Earthdance before or after workshop: \$50/night + 30 minutes of chores/day
- Earthdance Laundry: \$2 wash, \$2 dry.
- Massage/Bodywork: Ask about prices at Earthdance.
- Optional cafe eating, etc.
- Departure Rides/Buses/Trains from Earthdance to Airports.

CONTACT:

Workshop & Travel: Patrick: janearyworkshop@nancystarksmith.com 617-320-9792

Earthdance: earthdanceoperations@gmail.com 413-634-5678, extension 3

Please email Patrick & Nancy to say that you received this letter, to confirm that you are definitely coming to the JW intensive, and to ask any further questions. Please refer to the [letter from Earthdance](#) for more info and ***make sure to put your arrival info into [Travel/Rides doc](#) or email Patrick your travel plans.*** Looking forward to seeing you soon!

~ Patrick & Nancy