

**LOGISTICS LETTER:
LUMINOUS WARRIOR Path Of Power Program**

The Luminous Warrior PATH OF POWER Program takes you on an unprecedented journey of self-discovery and personal power. You will learn lessons, techniques, practices and tools that affect your physical, emotional, mental and spiritual wellbeing. You will be able to apply what you learn to improving your relationship with yourself, your loved ones, your community and the world. We are so glad that you are considering joining this program!

2012 Program Dates

- Level 1: March 3-4
- Level 2: April 28-29
- Level 3: May 19-20
- Level 4: June 16-17
- Level 5: July 21-22
- Level 6: August 18-19
- Level 7: September 15-16
- Level 8: October 6-7
- Level 9: November 17-18

All Levels begin Saturday at 3pm and end Sunday at 6pm.

Program Cost

- \$295 per level, due 2 weeks prior to the beginning of the level
- \$2,500 for the entire Program if paid in full prior to your first class
- Early bird discount: \$2,250 for the entire Program if paid by January 31, 2012

We accept Cash, Check, Visa and Mastercard.

Location:

Luminous Warrior
520 10th Street NW, 2nd Floor
Washington, DC 20004
Phone: 202-670-7086
Website: <http://luminouswarrior.com>

How to get to the center:

We are located on 10th Street, in between F Street and E Street NW, across the street from Ford's Theater. We are just 2 blocks from Metro Center's 11th Street exit. Look for our door in between two souvenir shops. You will see our name, logo and a big number "520" in white lettering on the door. Ring the buzzer to be let in. Once you enter, take the stairs up to the second floor.

Some rules and regulations to keep in mind:

We have a no-street-shoe policy at our center. You are welcome to be barefoot, wear socks or clean and non-marking shoes or sandals in the center. No heels please. Pets are not allowed unless they are service dogs. Only water is allowed in the meeting area. No alcohol or illegal drugs please.

Lodging Options:

Luminous Warrior does not provide lodging. Below are a few suggestions within half a mile of the Center. If the options below are too pricey, there are many more options in all price ranges available, all of which are within easy walking distance to the Center. Click here to see a [Google Map](#).

1. Courtyard Washington Convention Center: 900 F Street NW, Washington, DC, (202) 638-4600, marriott.com
2. Grand Hyatt Washington: 1000 H Street Northwest, Washington D.C., (202) 582-1234, grandwashington.hyatt.com
3. W Washington DC: 515 15th Street NW, Washington D.C., (202) 661-2400, whotels.com
4. Washington Marriott at Metro Center: 775 12th Street NW, Washington, DC, (202) 737-2200, marriott.com

Transportation:

Washington Reagan National Airport (DCA) is the closest airport to the center.
<http://www.metwashairports.com/reagan/reagan.htm>

You can take the metro from the airport to Metro Center. We are located just 1.5 blocks from the 11th and G Street exit. All in all this is a 20 minute commute or a 15 minute ride by cab.
Shuttle: <http://www.visitingdc.com/airport/reagan-national-airport-shuttle.htm>

BWI Airport is the next option. We recommend Amtrak from BWI to Union Station. You can take the red line from Union station to Metro Center. All this together is about a 45-minute commute.
Shuttle: <http://www.bwiairport.com/en/travel/ground-transportation/trans/airportshuttle>

Dullas Airport (IAD) is the last and farthest option. <http://www.metwashairports.com/dulles/dulles.htm>
It takes about an hour to get to our center and we recommend the airport shuttle or cab. Please call us if you have any further questions. Shuttle: <http://www.visitingdc.com/airport/reagan-national-airport-shuttle.htm>

Rental Cars. We do not recommend driving in Washington DC. If you decide to drive, there is a parking lot across the street. Parking in DC is very expensive and as we mentioned before, we do not recommend you drive in the city, especially if you are unfamiliar with DC.

Super Shuttle: <http://www.supershuttle.com/>

Getting around town:

We recommend not driving in the city. Trains, metro trains, buses, shuttles, cabs are all available. Tourist buses are literally downstairs so if you'd like to go around town, you won't have any problems. We're 4 blocks from the Washington Mall and in walking distance to many restaurants. In fact, most of what you'll need is within walking distance.

Bicycles: Biking is a great way to explore the wonders of DC quickly and efficiently. There are several bike share stations that are near our center. We suggest 24-hour or 5-day membership options that typically run from \$5 to \$30. Prices can change over time, so please visit <http://www.capitalbikeshare.com/> for more information. Pack your reflective riding gear if you have it since we may do a night tour of the monuments.

Food:

There are many restaurants within walking distance to Luminous Warrior. Simply walk outside, pick a direction and trust your intuition. You will find something you like. If you are worried, ask us and we'll gladly provide you with options. Gluten free, dairy free and organic options are available in the area.

What to bring:

Please bring your portable sacred objects, mesa if you carry one (if not, feel free to bring stones, crystals and other objects that are meaningful to you such as rattle, drum, etc.). Please bring a journal, pens and a water bottle. We have a filtered water fountain at the center that you can refill your water bottle with. We also have water bottles, journals, pens, sacred or Florida water, essential oils and other items for sale at the Center. We have yoga blankets and some chairs. Please bring additional sitting surfaces, as needed.

Clothing:

The weather in DC in can be cool and rainy or sunny and warm. Please bring layers, to stay warm as needed, sun hat and glasses, sunscreen, raincoat, flashlight, etc. We may be conducting evening ceremony and outdoor exploration, so please come prepared.

If you have further questions, please e-mail Sara (sara@luminouswarrior.com) or Holly (holly@luminouswarrior.com).

Many Blessings, Munay & Ayni. We look forward to seeing you!