**Three Day EMDR Therapy of Anxiety Disorders and Trauma Processing, March 8-10, 2019**

**Hotels, Transportation and Restaurants**

**Acqua Hotel**

555 Redwood Highway

Mill Valley, CA 94941

Telephone (415) 388-9328

<https://acquahotel.com/>

**Casa Madrona**

801 Bridgeway

Sausalito, CA 94965

(800) 288-0502

(415)332-0502

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

**Mill Valley Inn**

165 Throckmorton Ave.

Mill Valley, CA 94941

(415) 389-6608

<https://millvalleyinn.com/>

**Best Western Corte Madera**

56 Madera Blvd

Corte Madera, CA 94925

(415) 924-1502

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

**Holiday Inn Express Mill Valley**

160 Shoreline Hwy

 Mill Valley, CA 94941

(415) 332-5700

<https://www.ihg.com/holidayinnexpress/hotels/us/en/mill-valley/sfomv/hoteldetail>

**Marin Suites Hotel**

45 Tamal Vista Blvd

Corte Madera, CA 94925

(415) 924-3608

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

**Travelodge by Wyndham Mill Valley/Sausalito**

707 Redwood Hwy

Mill Valley, CA 94941

(415) 569-3948

<https://www.wyndhamhotels.com/travelodge/mill-valley-california/travelodge-mill-valley-sausalito/overview?CID=LC:TL::GGL:RIO:National:09550&iata=00065402>

**Transportation:**

If you are coming from the airport:

**Larry’s Limo Service**

(415) 336-2727

Larry is prompt and has reasonable prices. He also specializes in Wine Country Tours and Bay Area Tours!

The **Marin Airporter** is a Public Bus Service. The cost is $22 although you will likely have to take a taxi to get to your hotel from the dropoff point in Mill Valley.

Marin Airporter

(415 461-4222

<http://marinairporter.com/>

Taxis and app based vehicles like Lyft are also available.

Taxis typically run $110

**Directions:** From SFO to Mill Valley Golf Clubhouse, Typically 40 minutes if no traffic

San Francisco International Airport Take US-101 N and I-280 N to CA-1 N/Junipero Serra Blvd.

Take exit 49B from I-280 N

1. Head northwest on US-101 N

2. Use the right 2 lanes to take exit 423B for Interstate 380 W toward San Bruno/Interstate 280

3. Continue onto I-380 W

4. Use the right 3 lanes to take exit 5A for Interstate 280 N toward San Francisco

5. Merge onto I-280 N 6. Use the left 3 lanes to take exit 49B for CA-1 N toward 19th Avenue/Golden Gate Bridge Get on US-101 N from 19th Ave

7. Continue onto CA-1 N/Junipero Serra Blvd

8. Use the left 3 lanes to turn slightly left onto 19th Ave

9. Continue onto Crossover Dr

10. Continue onto Park Presidio Bypass

11. Continue onto Park Presidio Blvd

12. Continue onto Veterans Blvd

13. Keep left at the fork and merge onto US-101 N

14. Follow US-101 N to CA-131 W/Tiburon Blvd in Marin County.

15. Take exit 447 from US-101 N

16. Merge onto US-101 N 10 min (10.2 mi)

17. Take exit 447 for CA-131/Tiburon Blvd toward E Blithedale Ave

18.Take E Blithedale Ave to Buena Vista Ave in Mill Valley

19. Use the left 2 lanes to turn left onto CA-131 W/Tiburon Blvd

20. Continue onto E Blithedale Ave

21.Turn right onto Carmelita Ave

22. Turn right onto Buena Vista Ave Destination will be on the right Mill Valley Golf Course 0.2 mi

https://goo.gl/maps/jGgLiYP1hk92

**Food and Restaurants**:

We will provide continental breakfast and afternoon snacks.

***We will be providing catered lunch for a fee for individuals who would like it. Let Priscilla Marquis know if you will be joining us for lunch!***

**Mill Valley and surrounding areas have some amazing restaurants. Below is a list of local restaurants:**

**Sol Food** – Casual Puerto Rican Food $

401 Miller Avenue

Mill Valley, CA 94941

 (415) 380-1986

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

**Piaza D’Angelo** – Amazing Italian! $$

22 Miller Avenue

Mill Valley, CA 94941

(415) 380-2000

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

**Piatti** – Traditional Italian $$

625 Redwood Highway

Mill Valley, CA 94941

(415) 380-2525

<http://millvalley.piatti.com/>

**Boo Koo** – Casual Asian $

25 Miller Avenue

Mill Valley, CA 94941

(415) 888-8303

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

**Bungalow 44** – Elegant California Cuisine $$$

44 E. Blithedale

Mill Valley, CA 94941

(415) 381-2500

[www.bungalow44.com](http://www.bungalow44.com)

**Super Duper Burgers** – Grass fed and Organic Burgers $

430 Miller Ave.

Mill Valley, CA 94941

(415) 380-8555

<http://superduperburgers.com/>

**Amberjack** - Sushi $

72 E. Blithedale

Mill Valley, CA 94941

(415) 383-1327

**Playa** – Upscale Mexican $$

41 Throckmorton

Mill Valley, CA 94941

(415) 384-8871

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

**Shoreline Coffee Shop** – Organic California Comfort Food $

221 Shoreline Avenue

Mill Valley, CA 94941

(415) 388-9085

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

**Good Earth Natural Foods** – similar to WF but better $

201 Flamingo Road

Mill Valley 94941

(415) 383-0123

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