

## Workshop Guide



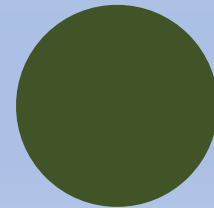
**Integrated Therapies Institute promotes cutting edge advances in manual and movement education by hosting a wide array of internationally recognized instructors at our beautifully outfitted, purpose-built and environmentally friendly teaching center.**

We're excited to host you for this amazing educational experience. Please take a moment to read through the following information which addresses important subjects from travel and lodging, to parking and Wi-Fi codes.

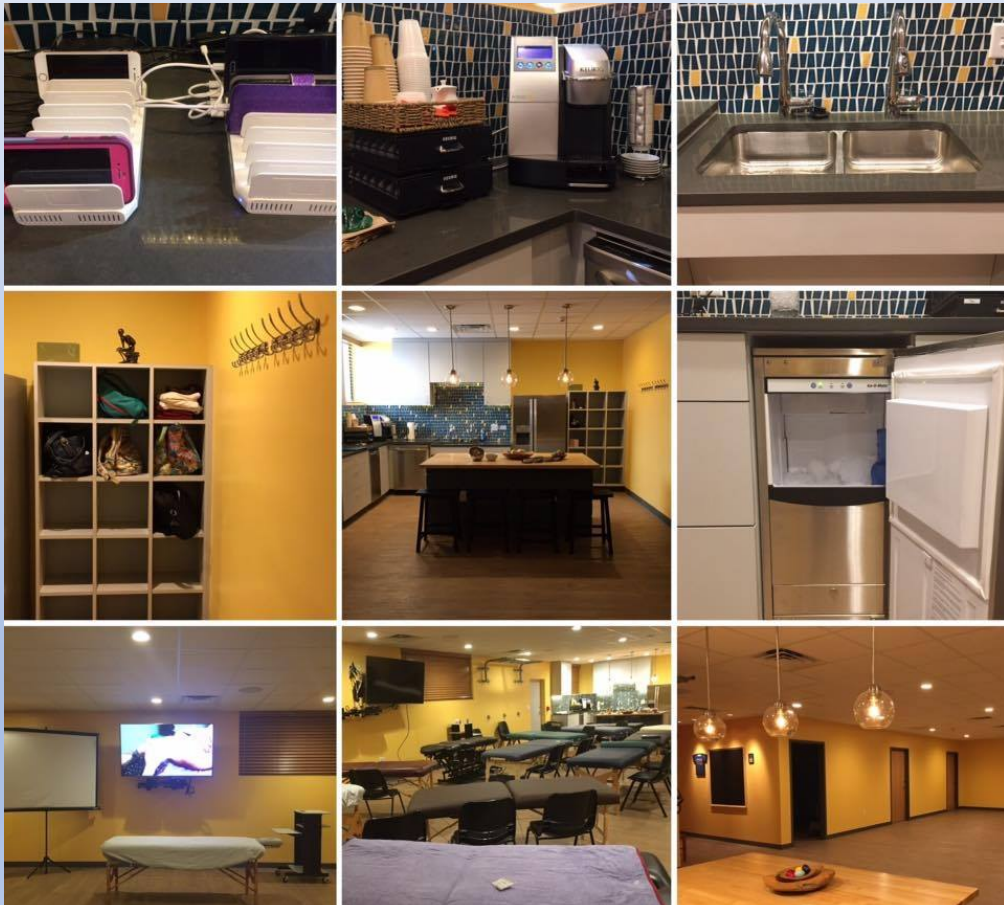


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# Welcome to Integrated Therapies Institute



# Amenities



- Full-sized refrigerator with filtered water
- Commercial Keurig station stocked with your favorite coffees and teas
- Basic hearty and healthy snacks
- Device charging station
- Sonic ice maker
- Toaster
- Microwave
- Cubby storage for your personal items
- Dual handwashing station

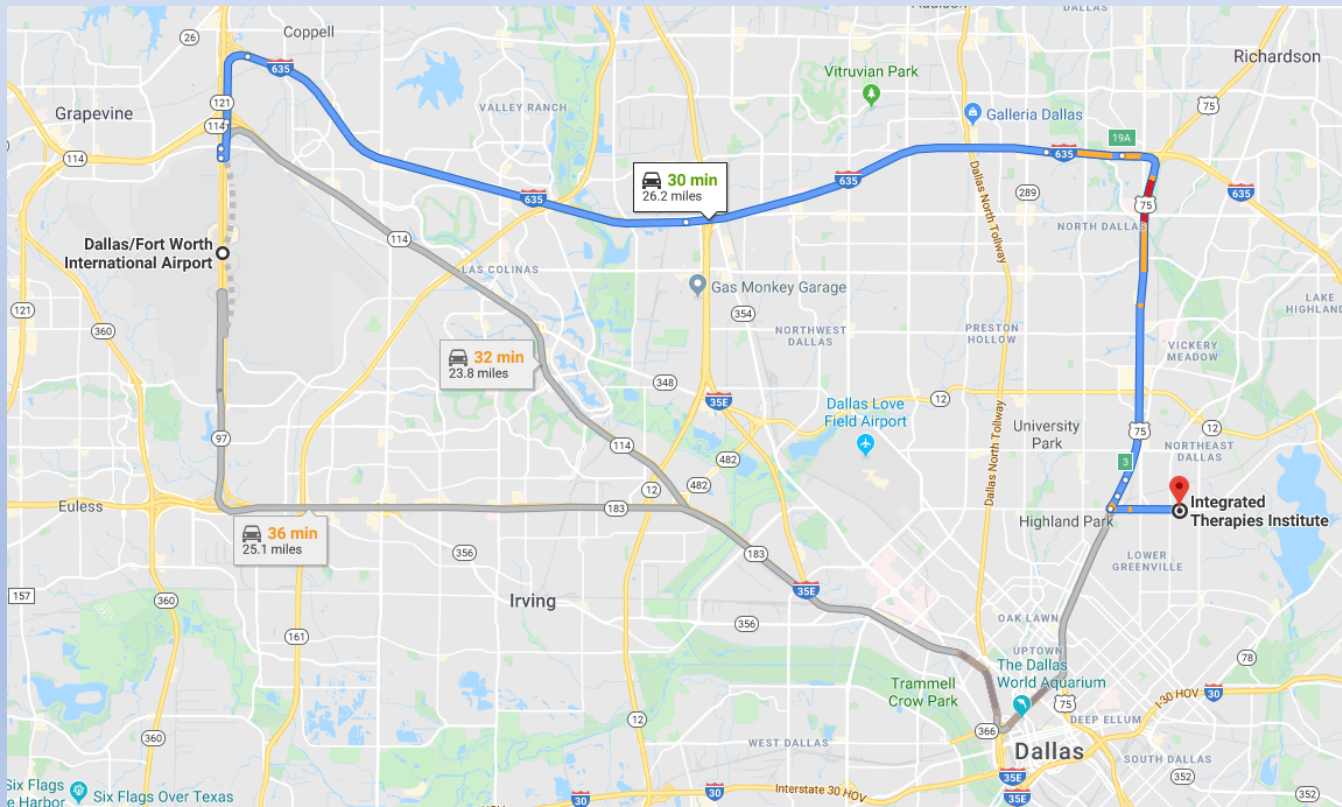
# Things to bring and know

- Those who are not flying should bring a therapy table. If this is not possible, please notify the instructor or host in advance
- Students are required to supply their own sheets, towels, lubricants, etc.
- Out of sensitivity for those with allergies or migraines, we ask that you refrain from using any scents including perfume, cologne and essential oils
- As we have a full-size refrigerator and microwave, feel free to bring your own food and beverages
- There is ample, free parking in our back lot with direct entry to the Institute
- The building door code is 1492 (needed on weekends)
- Restroom code is 1492\* - ladies room handle only lifts up
- Wi-Fi login: IST 5G  
Password: 123456789

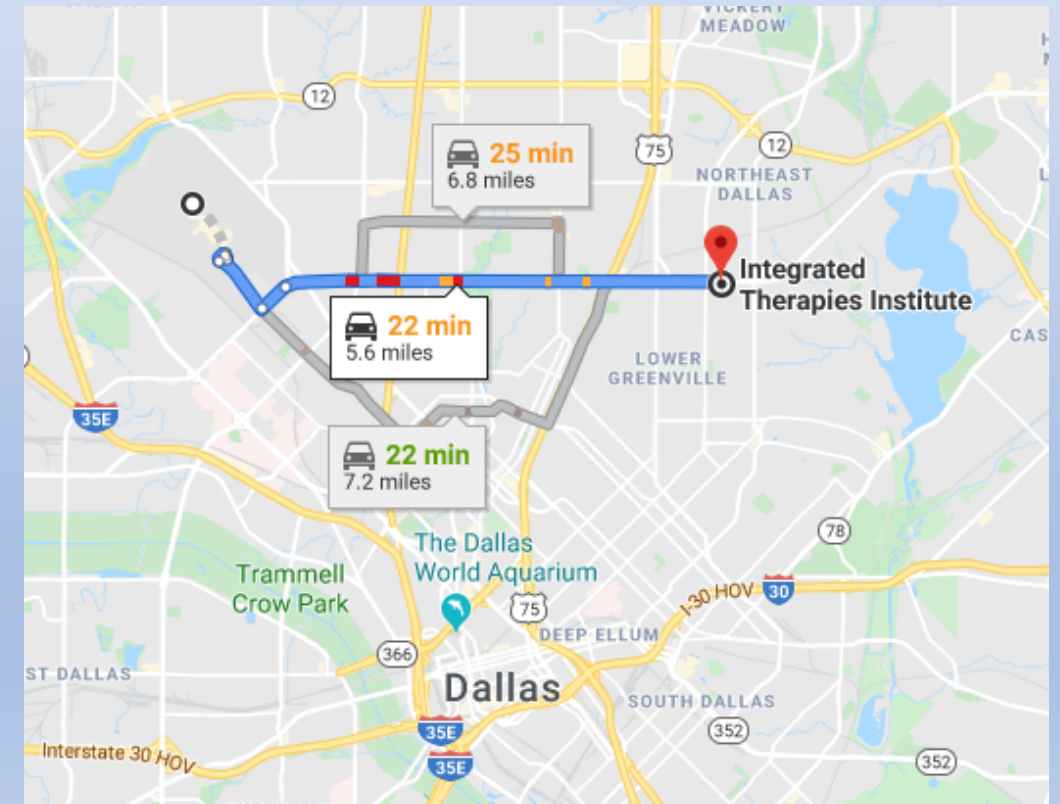


# Getting Here from Airports

From DFW International | 23.8 miles 32 mi



From Dallas Love Field | 5.6 miles 23 min



# Riding DART Light Rail to ISTI

- Want to save money and travel stress free from DFW Airport? You can take the DART light rail from DFW airport to within 1 mile of the Institute with no transfers.

- \$2.50 for a 2 hour pass and bags ride free

- Depart from:

**DFW International Airport, Terminal A**

**(American Airlines Terminal)**

**2049 N. Service Road, DFW Airport 75261**

**TAKE the ORANGE LINE**

- Arrive at:

**SMU/Mockingbird Station**

**Mockingbird Lane and North Central Expwy.**

**5465 E. Mockingbird Lane, Dallas 75206**



- From Mockingbird Stations, you can walk, take Uber/Lyft/taxi or bus to your place of lodging or ISTI (1.2 miles)
- For public transit assistance, call DART Customer Service at 214-979-1111 or visit DART.org



# Lodging and Accommodations

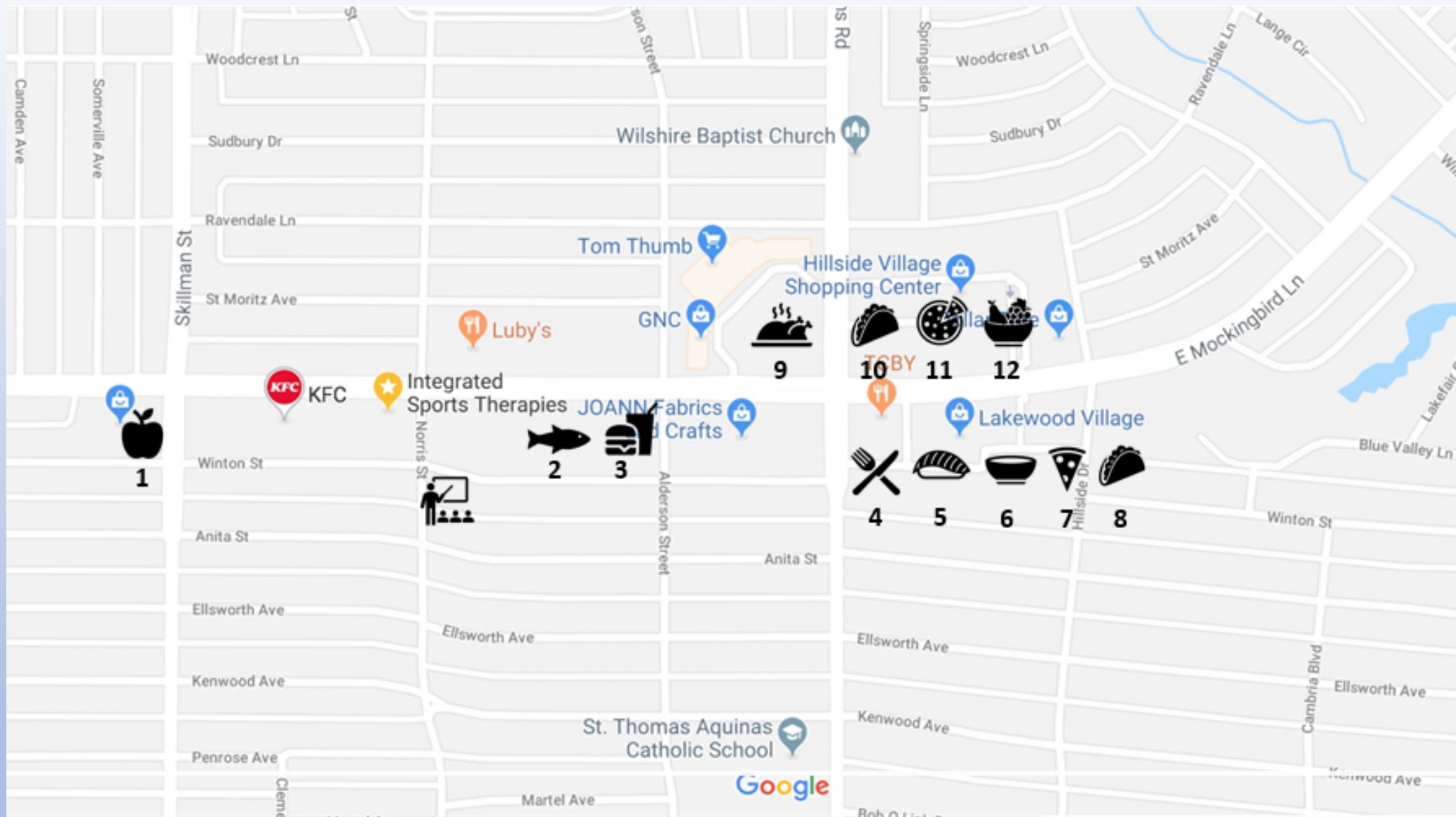
- [The Highland Dallas – Curio Collection by Hilton](#)
- [The Magnolia Hotel - Park Cities](#)
- [The Beeman Hotel](#)
- [Doubletree Hotel - Campbell Centre](#)
- [La Quinta – Uptown](#)
- [Airbnb near ISTI](#)
- [VRBO near ISTI](#)



# Restaurant Guide

1. **Snap Kitchen** – Healthy, pre-prepared and portion-controlled meals, snacks and drinks.
2. **Big Shucks** - Fresh grilled and fried seafood in a casual oyster bar style environment.
3. **Burger House** – A local favorite. Delicious burgers and chicken sandwiches. They're famous for their French fry seasoning and the tots and onion rings are also tasty.
4. **Palmer's Chicken** – Nashville-style hot chicken with delicious sides.
5. **Poke Bop** - Fast, fresh and delicious traditional Hawaiian poke bowls along with sushi rolls and bubble tea.
6. **Ginger Thai** – One of Dallas' best Thai restaurants. If you are dining during lunch, ask for your check when ordering as they can be a bit slow.
7. **Lover's Pizza and Pasta** – Family owned/operated with all food made from scratch. Not in the mood for Italian? Try one of their delicious salads, Philly cheesesteak and grilled chicken sandwiches.
8. **Taco Joint** – Locally owned, casual Tex-Mex restaurant specializing in tacos and taco sauces.
9. **Chop Shop** – Delicious salads, sandwiches and cold brew coffee.
10. **Manny's Uptown Tex-Mex** – Festive environment with extensive and delicious Tex-Mex offerings.
11. **Olivellas** – Voted best pizza in Dallas, they specialize in thin Neapolitan style pizza. Their salads and pasta dishes are spectacular as well.
12. **Dream Café** - Offering organic, vegan and healthy options along with smoothies in a fun, bright environment. Their service and kitchen are very slow, so plan ahead and call your order in for pick-up.





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|----------------------------|----------------------------|-----------------|----------------------|-------------|
| 1. Snap Kitchen            | 2. Big Shucks              | 3. Burger House | 4. Subway Sandwiches | 5. Poke Bop |
| 6. Ginger Thai             | 7. Lover's Pizza and Pasta | 8. Taco Joint   | 9. Boston Market     |             |
| 10. Manny's Uptown Tex-Mex | 11. Olivellas              | 12. Dream Cafe  |                      |             |