



Wellness & Health Coach Certification Training

(Wellness Mapping 360°™ methodology)

September 17th – September 20th

(Weds - Sat)

Activities Available

Ocean Walk

Navy Museum

[SeaWorld San Diego](#)

[San Diego Zoo](#)

[San Diego Wild Animal Park](#)

[LEGOLAND California](#)

[Old Town Trolley](#)

What to Bring?

Pen and paper for notes

Good walking shoes

A journal for reflection

Casual attire - Dress for all weather possibilities *It is September and will most likely will be wonderful, dry, and sunny, though near the ocean can be cool and misty as well.*

A good attitude and openness to learning!

We will be in walking distance to the Bay, Gas lamp, and Little Italy.



Details: A Health and Wellness Coaching Methodology for Health & Wellness Professionals

The Training Location: This training is being held in the Gas lamp district in San Diego. You will be walking distance to the water and restaurants, stores galore.

the Bristol Hotel - City Scene Room

1055 First Avenue (1st & Broadway)

San Diego, CA. 92101

Phone: 619-481-5084

<http://www.thebristolsandiego.com>

- **Airport Taxi**
Renting a vehicle is not needed and possibly a burden in the Gas Lamp district. \$20 round trip.
- **[San Diego Airport Taxi-Airport Shuttle Service](#)**

Lodging Information

the Bristol Hotel

1055 First Avenue

San Diego, CA. 92101

Phone: 619-481-5084

<http://www.thebristolsandiego.com>

Room Rate - \$129.00 on Wednesday 9/17 – 9/20. To receive this rate call and ask for the Real Balance room block. Parking Lot C \$15.00 a day near by.

By arrangement, we have also held a small block of rooms for Tuesday night at the neighboring hotel **The Sofia** for \$225.00 for that night only.

150 Broadway

800-916-4339

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

Map of San Diego: <http://www.sandiego.org/maps>

Traveling from outside of San Diego? Plan on spending a day or two after or before the training so you have time to explore the area.

If you need assistance please contact Deborah

Deborah@realbalance.com 1-866-568-4702 (toll free) 568-4700