



## **InMindOut Emotional Wellness Biofeedback and Neurofeedback**

### **In-Person Phase 2 Important Details**

#### **In Class Location:**

Crowne Plaza Hotels & Resort  
1111 NE Loop 410  
San Antonio, TX 78209

#### **Phone Number:**

(210) 995 - 5889

#### **Class Times:**

8:30am - 6pm (tentatively)

*Please ensure that you arrive to the class on time. Dismissal times will differ depending on instructor and the number of participants.*

#### **Staying Overnight?**

The Crowne Plaza guest rooms are \$99 per room, not including breakfast. **Please call to make your reservation, and let them know you are with our program to get the \$99 nightly rate.**

Free shuttle service to and from the airport to the hotel as well as services rides within a 3-mile radius of the hotel.

#### **Amenities include:**

WiFi  
Flat Screen TVs  
Business Center and The Marketplace  
Outdoor swimming pool  
24-hour fitness center  
ATM on site  
Restaurant and bar inside the hotel

To decompress in the evening, we are only 15 minutes from the famous River Walk. A great outlet for the evening with live music, delicious food, and lots of entertainment options for all ages. Why not make the most of your trip and mix business with pleasure!

Should you have any questions please let us know. We are more than happy to help! Please email Naomi at [naomi.ross@inmindout.com](mailto:naomi.ross@inmindout.com) with any questions regarding the course. We look forward to seeing you!