

WELCOME TO ASHEVILLE!



LETTING GO WEEKEND

ASHEVILLE, NORTH CAROLINA

Dear Letting Go Participant,

Welcome to your Letting Go Weekend! We are excited and looking forward to working with you and sharing this life-changing experience! Following below is your Welcome Package, which includes information on accommodations, places to eat, area attractions, how to get here, what to bring and the schedule. The registration and payment forms are in a separate PDF.

Please do not hesitate to contact either of us, by phone, text or email if you have any further questions. We are excited to begin your Letting Go journey!

Warmly,

Gayle Nelson,

MSW, LCSW, ACHT, CHTP

Gaylenelsonlcsw@gmail.com

(954) 560-8953

Keesha Sullivan,

MSW, LCSW, ACHT

Ksullivan.lcsw@gmail.com

(727) 692-7364

Fax: (866) 933-0224

**PLEASE NOTE, A MINIMUM OF 6 PERSONS IS REQUIRED TO
CONDUCT THIS WORKSHOP**

PLAN YOUR STAY

ACCOMMODATIONS

The first two suggestions below are closest to Town Mountain Road, and the east side of Asheville, where the Letting Go Weekend is being held (exact location and directions will follow upon full registration).

PRINCESS ANNE BED & BREAKFAST

301 E Chestnut Street, Asheville, North Carolina
(828) 258-0986

Charming and historic inn, includes breakfast and evening hors d'oeuvres. It is also in walking distance to City Bakery coffee shop and Bone & Broth dining on Charlotte Street.

Rooms starting at \$109.00

HILTON GARDEN INN

309 College Street, Asheville, North Carolina
(828) 255-0001

A 10 minute walk to downtown. Free shuttle to downtown, a rooftop bar, and restaurant on site.

Rooms starting at \$140.00

ALOFT HOTEL

51 Biltmore Avenue, Asheville, North Carolina
(828) 232-2838

The Aloft is a chic hotel in the heart of downtown and steps to shopping and dining. Rooftop pool and lively lounge, always a sweet dog up for adoption in the lobby. Uber or drive to venue is 10-12 minutes.

Rooms starting at \$160.00

There are many other hotel and Bed and Breakfast options all around Asheville and of course, VRBO and AirBnB. They say you can “get anywhere in Asheville in 10 minutes” and this is pretty much true, so you can’t go wrong wherever you choose! Chain hotels that offer better value, but are not scenic, are east of town. Downtown has many other great options, but are somewhat pricier, like the Indigo, and AC Marriott. Montford is the historic district and has other bed and breakfast options that are great choice too. Asheville is always a choice venue for many events, so **please book as early as you can.**

PLACES TO EAT AND PICK UP FOOD

Asheville has a vibrant food scene, and people travel from all over to enjoy the abundant variety of cuisines. Again, it's always busy in Asheville, so reservations are usually needed. Given our schedule for the weekend, you will most likely not have time for long meals, but perhaps you will add a day or two to your weekend to enjoy Asheville's many options. Here are a few of our favorite choices close to the venue and lodging.

WALKING DISTANCE FROM THE PRINCESS ANNE AND HILTON GARDEN

City Bakery
Bone and Broth
The Chop Shop
Taco Temple

WALKING DISTANCE FROM ALOFT

City Bakery; convenient for picking up breakfast. Standard fare, not five star but still good.

For dining, there are many, many choices, but some of our favorites and/or convenient options are listed below.

DOWNTOWN ASHEVILLE

White Duck Taco, taqueria, convenient and good for a quick lunch
Green Sage Café, healthy, organic, something for everyone
Laughing Seed, vegan
Limonas, California Mexican
En La Calle, appetizers and small plates
Bouchon, French, amazing mussels
White Labs Pizza, brewery yeast suppliers turned pizza makers, amazing crusts
Curate, Spanish
Table, farm-to-table
Mela, Indian
Dobra Tea House, tea and limited menu
Plant, vegan
Whole Foods Market, located on Merrimon

WEST ASHEVILLE AND RIVER ARTS DISTRICT

Sunny Point, a breakfast classic, always packed, but worth a wait to experience

Taco Billy's, love the breakfast tacos

Dobra Teahouse, tea with a more expansive menu, many vegan options

Bull and Beggar, new American fare, hidden local gem

Gan Shan Station, Asian bowls, lunch only, vegan options

MONTFORD HISTORIC DISTRICT

Nine Mile, Caribbean, vegetarian options

Chiesa, Italian

The Montford Rooftop Bar, great for sunset

THINGS TO DO

There are many things to do in Asheville proper and the surrounding areas, and it has something to offer everyone- recreation and nature, historic local attractions, culinary experiences, craft breweries, music, arts, yoga, spas and wellness. There are so many to choose from, but here are a few of our favorites.

RECREATION AND NATURE

Blue Ridge Parkway, The Blue Ridge Parkway has four primary accesses in Asheville at US 25, US 70, US 74A & NC 19. Suggested drives and/or hike-towards the north Craggy Gardens, Mount Mitchell Summit. Towards the south, Folk Center, Graveyard Fields, Devils Courthouse Falls

North Carolina Arboretum

French Broad River kayaking and tubing

Pisgah National Forest

Dupont State Forest

Shining Rock Wilderness

Max Patch

Brevard County Waterfalls (Looking Glass, Slide Rock and more)

HISTORIC

Biltmore Estate

Groewood Village and Grove Park Inn

Montford Tours-Grayline trolley, LaZoom comedy bus

YOGA

Asheville Community Yoga
Asheville Yoga Center

SPA AND WELLNESS

Still Point Wellness Float and Massage
Spa at the Omni Grove Park Inn
Asheville Salt Cave

MUSIC

Asheville Music Hall
The Orange Peel
Salvage Station
Everywhere!

ARTS

Downtown
River Arts District
Also everywhere!

BREWERIES AND CIDER

New Belgium Brewing
Sierra Nevada
One World Brewing
Urban Orchard

GETTING HERE

BY PLANE

The Asheville Regional Airport (AVL) is Western North Carolina's largest airport. It offers jet and commuter service on United, American, and Delta through its carriers - Atlantic Southeast Airlines and Comair. Asheville has non-stop service to Atlanta, Charlotte, Chicago, Detroit, New York City, Newark, Orlando and Tampa. Allegiant Air is a good option if traveling from the south Florida area. The airport is located fifteen miles south of downtown Asheville near the town of Fletcher. Ground transportation and major rental car companies are available at the airport terminal. Uber and Lyft are also options.

Flights into Greenville-Spartanburg International Airport (GSP) located in Greenville, South Carolina, Charlotte Douglas International Airport (CLT) located in Charlotte, North Carolina, or McGhee Tyson Airport (TYS) located in Knoxville, Tennessee, are sometimes cheaper than flying directly to Asheville. Greenville is about a 1.5- hour drive. Charlotte and Knoxville are 2-hour drives.

BY TRAIN

The closest Amtrak train stations are in Greenville, South Carolina or Spartanburg, South Carolina.

BY CAR

Asheville is located at the intersection of Interstate 26 and Interstate 40, with an I-240 connector that passes through downtown. The Asheville area is also served by 10 US and state highways.

WHAT TO BRING

Please check the weather forecast and plan accordingly. For the workshop, you will need comfortable, casual layered clothing and shoes that are easy to slip off and on. There will be back jack and folding chair seating available, but many people like to bring their own version of portable seating. Reusable water bottles are recommended.

Other suggestions below:

- Notebook and pen
- Item for altar

SCHEDULE

*Please note this is an approximate schedule and may be slightly adjusted as needed.

There will be a one-hour lunch break mid-day. We will provide snacks and a light lunch, with a variety of options. Please let us know of any allergies or dietary restrictions and feel free to bring your own too.

Friday: 6-9pm

Saturday: 9am - 6pm

Sunday: 9am - 6pm

ABOUT US



KEESHA SULLIVAN

MSW, LCSW, ACHT

Keesha is a Licensed Clinical Social Worker, Advanced Heart-Centered Clinical Hypnotherapist, Licensed Personal Transformation Intensive Leader and Founder of Awakened-Heart, Psychological Approaches to Mental Health Wellness, LLC . Keesha has a private practice in the Tampa Bay area and works with individuals, couples and groups utilizing a transpersonal, dynamic and progressive approach. She received her Bachelors of Science in Social Work at Marist College and Masters of Social Work from Fordham University in NYC. She has over 20 years experience as a therapist, in a variety of settings, including school social work. Her goal as a therapist is to facilitate the type of change that “each individual personally envisions for themselves, so they may reach their highest potential and well being.”



GAYLE NELSON

MSW, LCSW, ACHT, CHTP

Gayle is a Licensed Clinical Social Worker, Advanced Heart-Centered Clinical Hypnotherapist, Certified Healing Touch Practitioner, Licensed Personal Transformation Intensive Leader, SoulCollage™ Facilitator and the founder of Gayle Nelson, Inc., Integrative Psychotherapy. Gayle holds a B.A. in Elementary and Early Childhood Education from University of Florida and a Masters Degree in Social Work from Florida Atlantic University. Gayle has private practices in both Wilton Manors and Oakland Park, Florida, where she works with individuals, couples, families and groups, integrating Jung-oriented, transpersonal and mind-body practices to assist clients in profound healing and self discovery.

“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.” - Buddha