

Balance Occupations--SSO:USA 2018, Lexington, KY

Pre-registered, Individual Pay Balance Occupations

Sunrise Yoga, Friday, 10/12/18, 6:30 am to 7:30 am, \$20 paid on site.

For a truly restorative start to the first full day of the conference, sync up with the rhythmic wisdom of nature with Sunrise Yoga. Mindful practices will introduce you to new morning rituals, including awareness cultivation, Tantrik meditation, yoga nidra, gentle asana sequences, and breath-based sun salutation. Pre-registration required by 9/25/18, at (859) 288-2020.

Learn to Make Bourbon Balls, Friday, 10/12/18, 5:00 pm to 6:00 pm, \$10, pay at the door.

Pre-register to make a small batch of bourbon balls, a traditional Kentucky treat, using world-famous Maker's Mark bourbon, then dipping into luscious chocolate. Our bourbon ball expert, Cindy Hayden, will lead you through the steps as you prepare your own treat box to keep, gift or share. Limited to 25 participants.

[Click here to register for the "Learn to Make Bourbon Balls" event](#)

Thoroughbred Racing, Scheduled, No Pre-registration, Pay on Your Own

We're Off to the Races at Keeneland Race Course! Saturday, 10/13/18, grab your box lunch at 12:40 pm, meet at the front door for ride sharing (9 miles), first post is at 1:05 pm, general admission \$5, <http://www.keeneland.com/>

If animals, beauty, tradition, or excitement may be restorative to your conference-stimulated brain, come out to the Fall Thoroughbred Meet at beautiful Keeneland Race Course. Scan those magnificent horses and bright silk-clad jockeys in the manicured paddock before the race, learn to place a bet, hear that classic trumpet call, and then cheer on your thundering favorites. Have a mint julep, watch the crowd, enjoy adult play Kentucky style! Located in the Horse Capital of the World, Keeneland is an internationally renowned racecourse, the Thoroughbred industry's leading auction house, and a National Historic Landmark. Founded in 1936, Keeneland's mission is to continually invest in the industry and to preserve the tradition of Thoroughbred racing. For a preview of your visit, stream one of the thoroughbred racing movies filmed at beautiful Keeneland Race Course: *Seabiscuit* (2003), *Dreamer* (2005), or *Secretariat* (2010). More info on Keeneland's history and traditions at <https://en.wikipedia.org/wiki/Keeneland>.

Breakfast at the Track, Workouts, and Tours, Saturday, 10/13/18, 5:00 am to 10:30 am (9 miles from Griffin Gate Marriott)

Experience the sunrise activities of Keeneland. Walk the grass between rows and rows of stables to see the horses, morning chores, and preparations for the racing day. Consider the ethnic diversity of the skilled backstretch workers on which Keeneland depends.

Track Kitchen, 5:00 am to 10:00 am. For an inside look at the thoroughbred racing industry, have a simple cafeteria-style breakfast with behind the scenes track workers.

Breakfast with the Works, 7:00 am to 8:30 am. Trackside Equestrian Dining Room, \$7, no reservations or prior purchase necessary.

Tours, 8:30 am to 10:30 am. Take a walking tour of Keeneland with guides positioned throughout the grounds to offer assistance and highlight features of the racetrack.

Paddock Demonstration, 8:45 am. Live educational equine demonstration in the saddling paddock.

Warning: These times can conflict with SSO:USA Annual Business Meeting and Breakfast, 8:00 am to 9:00 am, and following sessions.

Don't Miss the Party!

SSO:USA Kentucky House Party, 299 Adams Lane, Richmond, Kentucky, Saturday, 10/13/18, 7:00 pm to pretty late (33 miles from Griffin Gate Marriott)

In keeping with the Kentucky tradition of hospitality, Doris Pierce and her SSO Conference Local Site Committee invite conference participants to join them at her house for casual Southern food, drink, conversation, porch sitting, tree gazing, and live music. Get out to the country. Restore yourself in good company. Musicians, bring your voices and instruments! Some beds, couches, and inflatable mattresses available to later partiers. Responsible graduate students can be recommended to provide paid shared transportation from the Resort and back. Questions: doris.pierce@eku.edu

Recommended Resort Activities and Local Sites, On Your Own

Griffin Gate Marriott Spa

https://www.marriott.com/hotelwebsites/us/l/lexky/lexky_pdf/Spa_Brochure_2016.pdf

The Griffin Gate Marriott Resort and Spa offers world-class spa services on site, just down the stairs from the lobby, across from the indoor pool. Treat yourself to soothing restoration, in keeping with our conference theme. Conference registrants receive a 20% discount on all spa services. Since the spa gets very busy, it's best to reserve your appointment times at least a month ahead at (859) 288-2020—and be sure to mention you are with the SSO:USA!

Legacy Trail, <https://www.lexingtonky.gov/legacy-trail>

If exercise is what restores you, the Legacy Trail is a great path for running, biking, or walking, and it passes right through the grounds of the Griffin Gate Marriott Resort. The Legacy Trail is a shared-use greenway trail that connects downtown Lexington with area neighborhoods, parks, and historic sites as it follows a northward course to the Kentucky Horse Park. The trail stretches 12 miles from the North Side YMCA to the Kentucky Horse Park campgrounds. Eight of the 12 miles are located off of roadways, and the entire length is paved. There is interpretative signage along the way and an additional trailhead at Coldstream Park.

Griffin Gate Marriott Bike Rental

Full day \$20 adult, \$15 child; half day (8:00 am to 1:00 pm or 1:30 pm to 6:00 pm) \$15 adult, \$10 child. Reserve in advance at (859) 288-6174, pickup bikes outside the golf shop.

Horse Farms, <https://www.visitlex.com/idea-guide/horse-farm-tours/>

There are many different ways to visit the beautiful horse farms of the bluegrass: there are guided tours or you can make an appointment to tour a single farm. Visit famous thoroughbreds, understand the many different types of thoroughbred facilities, contemplate the breeding and racing histories of each stable, and see gorgeous farms.

Recommended: Blue Grass Tours, Daily: 9:00 am to 12:00 pm, 1:30 pm to 4:30 pm, \$35 adults, \$32 seniors. Reservations required at least 24 hours in advance, minimum of 4 guests. Tours run rain or shine – 24-hour cancellation policy. Will pick up at Marriott. Call (859) 252-5744 or *email* to check availability and reserve your seat. www.bluegrasstours.com

Kentucky Horse Park, <http://kyhorsepark.com/>

Visit the world-renowned International Museum of the Horse, an affiliate of the Smithsonian Institution, the American Saddlebred Museum - the *Showplace for Saddlebreds*, a Horse-Drawn Tour and equine presentations throughout the day. Tickets: \$20 adults, \$18 seniors.

Kentucky Bourbon Trail, plan your own trip to tour multiple distilleries, <https://kybourbontrail.com/>

Awaken your senses and explore the birthplace of Bourbon as you embark on a self-guided journey to discover the story inside every bottle on The Kentucky Bourbon Trail® and the Kentucky Bourbon Trail Craft Tour®. Meet the Kentucky distillers preserving unparalleled tradition through centuries of dedication, care, and craftsmanship. The Kentucky Bourbon Trail is your gateway to the best Bourbon brands, flavors, and varieties. (Or go in style with a limo <http://rrlimo.com/kentucky-bourbon-trail/>)

Alltech Town Branch Distillery (local in Lexington), <http://www.kentuckyale.com/>

Alltech Lexington Brewing & Distilling Co. offers the unique distinction of being both a brewery and distillery and has been a proud member of the Kentucky Bourbon Trail® experience since 2012. The brewery is a premier barrel-aging brewery thanks to its location in the heart of bourbon country. Experience a behind-the-scenes look at beer and spirits production and sample the products. This is the only location on the Kentucky Bourbon Trail® at which you will get to sample beer as well as bourbon!

Mary Todd Lincoln House, West Main Street, Lexington, <https://www.mtlhouse.org/visit>

This house was the Todd family home from 1832 to 1849. Mary Todd lived here from the ages of 13 to 21, when she left for Springfield, Illinois, to live with a sister. There she met Abraham Lincoln and they were married in November 1842. The Lincolns stayed at this home during a three-week visit to Lexington in November 1847. The Lincolns visited Lexington on several other occasions, including to settle the estate of Mary's father in 1849.

Ashland Estate, center of Lexington, <http://henryclay.org/>

Tour the Ashland estate and learn about Henry Clay – lawyer, state representative, United States Senator, Congressman, Speaker of the House, a peace commissioner, and Secretary of State. On April 15, 1849, Henry Clay wrote, “I am in one respect better off than Moses. He died in sight of, without reaching, the Promised Land. I occupy as good a farm as any that he would have found, if he had reached it; and it has been acquired not by hereditary descent, but by my own labor.” Henry Clay deeply loved Ashland, the farm and home he had built upon it. For him, it provided a place of refuge and sanctuary from a difficult and often disappointing world and was one of the few places where Clay regularly found happiness.

Shaker Village of Pleasant Hill (30 miles from hotel), <https://shakervillageky.org/>

Shaker Village is reconnecting its campus to inspire a new community of adventurers, learners, makers and doers. Just like Shaker farms were hubs of agricultural ingenuity, [The Historic Centre](#), [The Farm](#) and [The Preserve](#) are centers of exploration—jumping-off points for trailblazing experiences. Find architectural wonders, plan a backyard garden, try your hand at SUP Yoga, then taste a new dish fresh-from-the-garden.

Discover the Crafts Capital of the World—Berea, Kentucky! (39 miles from hotel)

See world-class artists complete fine Appalachian hand-crafted works in glass, ironwork, jewelry, pottery, wood, and photography. Dine at historic [Boone Tavern](#) while in Berea. Berea is home to a thriving population of weavers, instrument makers, furniture artisans, jewelry designers, glass workers, potters, painters, sculptors, and musicians. The story of Berea's artisan community is interwoven with the historic Berea College, the first interracial and coeducational college in the South. Berea has a longstanding tradition of diversity, social justice, environmental responsibility, and community service. Both college and town are committed to sustainability and conservation. Nestled in a valley against the Appalachian Mountains, the casual day hiker or climbing enthusiast will find plenty to explore by starting at the Indian Fort Theater, just outside of Berea. A breathtaking view is available at the top of any of the trails. Berea is located 39 miles south of Lexington, Kentucky on Interstate 75.