



# THE HENDRICKS INSTITUTE PRESENTS

## BODY INTELLIGENCE 5-DAY ADVANCED TRAINING FEBRUARY 4-8, 2019

Ojai, California

*With Kathlyn Hendricks, Ph.D. BC-DMT and Gay Hendricks, Ph.D.*

### LOCATION

**The Sane Center**  
316 E. Matilija Street  
Ojai, CA 93023

### SCHEDULE\*

**Monday, February 4, 9:30 am – 6:00 pm** (Registration/Check-in begins at 9:00 am)

**Tuesday, February 5, 9:30 am – 6:00 pm**

**Wednesday, February 6, 9:30 am – 6:00 pm**

**Thursday, February 7, 9:30 am – 6:00 pm**

**Friday, February 8, 9:30 am – 4:00 pm**

**\*This is a 5-Day workshop and our expectation is that you will attend all 5 days in full. We recommend arriving the day before the training begins. If you have any questions about this schedule and your ability to attend, please contact our Enrollment Consultant **BEFORE** enrolling and confirming your travel plans.**

### TRAINING COST

- Tuition: \$1,995 per individual
- Early Bird Rate: \$1,495 per individual, **on or before January 6, 2019**
- Repeat Attendees: \$995 per individual *if you have taken the Body Intelligence 5-Day Advanced Training in the past; you must enroll directly with our Enrollment Consultant, Nancy Stubbs – see below for her contact information.*
- Cancellation Policy – 90% refund (10% withheld as a cancellation fee) of the training tuition paid.
- Transfer Policy – 10% transfer fee will be assessed and depending upon which future training you choose, any applicable Early Bird discount may be forfeited, requiring additional monies to meet the full tuition amount for that training.
- The prerequisite for this course is completion of Evolutionary Playground: The Path of Play. **If you have not yet met this prerequisite, please contact our Enrollment Consultant.**

## REGISTRATION / INFORMATION / QUESTIONS

You may register online at <https://hendricks.com/seminars/> to access our on-line enrollment form, or call our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772, Ext 1 (Pacific Time). Her email address is [nancy@hendricks.com](mailto:nancy@hendricks.com).

This course is also available for enrollment in combination with our Evolutionary Playground: The Path of Play 3-Day Seminar. Look for The Body Intelligence Special on our website's Seminars page. The tuition for both trainings taken back-to-back is \$1,595. This discounted tuition ONLY applies to the combined enrollment and attendance in both courses.

## IN CASE OF LAST MINUTE DELAYS

If you should experience any delays in arriving at the seminar location, or need to contact us during the trainings, please call 303-345-1983 (Nancy Stubbs' cell phone).

## ACCOMMODATIONS

There are a variety of lodging options in Ojai to accommodate lodging preferences and budgets, several of which are listed below. You may also choose to find accommodations in nearby Ventura, however, please be sure to check estimated drive times between your lodging option and the training venue to ensure plenty of time to arrive. It may take 30-45 minutes from Ventura, depending on where you stay and traffic considerations.

### Ojai lodging options:

[www.ojairanchoinn.com](http://www.ojairanchoinn.com), [www.sunidoinn.com](http://www.sunidoinn.com), [www.blueiguanainn.com](http://www.blueiguanainn.com), [www.emeraldiguana.com](http://www.emeraldiguana.com),  
[www.ojaiinn.com](http://www.ojaiinn.com), [www.ojairesort.com](http://www.ojairesort.com), [www.oaksspa.com](http://www.oaksspa.com), [www.bestwesterncalifornia.com](http://www.bestwesterncalifornia.com),  
[www.lavenderinn.com](http://www.lavenderinn.com), [www.airbnb.com](http://www.airbnb.com)

## ADDITIONAL VISITOR & LOCAL INFO

[www.ojaiconcierge.com](http://www.ojaiconcierge.com)      [www.ojaivisitors.com](http://www.ojaivisitors.com)

## FLIGHTS, HOTELS, CAR RENTALS

Airport Rental Cars - [www.rentadeal.com](http://www.rentadeal.com)

Flights, Hotels, Rental Cars - [www.priceline.com](http://www.priceline.com), [www.travelocity.com](http://www.travelocity.com)

## AIRPORT & AIRLINE RESERVATIONS

The closest airports are Santa Barbara (SBA) and Oxnard (OXR), and the largest airport is Los Angeles (LAX). Burbank (BUR) is also a good alternative.

## AIRPORT SHUTTLE FROM SBA

[www.rrshuttle.com/airports/sba.html](http://www.rrshuttle.com/airports/sba.html), 1-800-247-7919

Check the website for rates and reservations for one-way and round-trip fares. *Advanced reservations are required at least one day in advance of arrival and departure.*

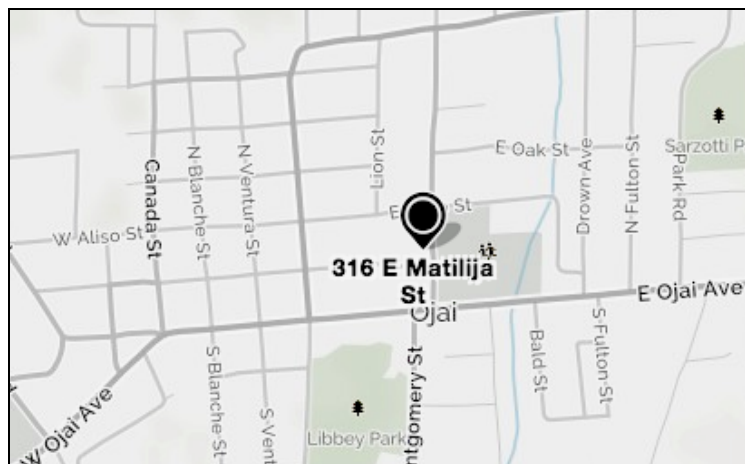
## AIRPORT SHUTTLE FROM LAX

There are two options: The Ventura County Airporter, [www.venturashuttle.com](http://www.venturashuttle.com), 1-805-650-6600; and Roadrunner Shuttle and Limousine Service, [www.rrshuttle.com/index.html](http://www.rrshuttle.com/index.html), 800-247-7919. Check the websites for rates and reservations for one-way and round-trip fares as well as drop-off destination options as some shuttles may not go to Ojai. *Advanced reservations are recommended at least one day in advance of arrival and departure.*

## DIRECTIONS

**From the North** - Take the 101 S. Take exit 70B for Hwy CA-33 toward Ojai. Follow CA-33, which turns into CA-150, for approximately 13 miles. Once in Ojai, the Post Office tower will be on your right; the Arcade shops on your left. Turn left on N Montgomery Street, just past the Arcade shops. The Sane Center is one block to the north, on the left side.

**From the South** - Take the 101 N. Take exit 70B for Hwy CA-33 toward Ojai. Follow CA-33, which turns into CA-150, for approximately 13 miles. Once in Ojai, the Post Office tower will be on your right; the Arcade shops on your left. Turn left on N Montgomery Street, just past the Arcade shops. The Sane Center is one block to the north, on the left side.



## PARKING

The small parking lot/space adjacent to the training venue is for the residents of nearby homes/apartments only. Please do not park in this lot.

The best places to park are at Ojai Arcade Plaza (all day parking) which can be entered from 300 E. Matilija St, on the north side of Matilija or from the south side of 300 Aliso St. It is about 100 steps away from The Sane Center. **IMPORTANT:** It is closed Sunday mornings because of the Ojai Farmers Market. You can also park at Ojai Park & Ride/Bus Station at 450 E. Ojai Ave (it's at the skate park just past Ojai Valley Woman's Club). Free street parking is also available, most of which is all-day but some may be time-limited.

In addition, please do not use the parking lot and property of neighboring buildings for conversations during breaks or for assigned training activities.

## DINING

Ojai's restaurants are plentiful and wonderful! The training venue is within easy walking distance of downtown Ojai where many restaurant options are located. Ojai's natural foods grocery store is also within easy walking distance. For a complete restaurant guide go to: [www.ojairestaurants.com](http://www.ojairestaurants.com).

## LUNCH, BREAKS, SNACKS

We will take 2-hour lunch breaks on Monday through Thursday, and a 90-minute lunch break on Friday. We have a short morning break each day and a short afternoon break each day with the exception of the last day (no afternoon break). Lunch is not provided. You are welcome to bring snacks and **please use sealable containers for snacks**.

## WHAT TO BRING

We recommend bringing a journal or notepad and something to write with, i.e., pen, markers, pencil. **Please also bring a reusable, closed-top water bottle and/or mug of your own; we provide drinking water and herbal teas and appreciate your assistance in reducing non-recyclable and non-compostable waste at our events.** We do not provide coffee, so be sure to allow plenty of time to pick some up on the way if you're a coffee drinker. **A recommended brand of vacuum insulated mugs and bottles is <https://www.zojirushi.com/app/category/vacuum-insulated-mugs-bottles>.**

## ENVIRONMENTAL INFORMATION / WHAT TO WEAR

Ojai in early February is usually sunny with temperatures ranging in the mid-60s to 70s (Fahrenheit) during the day, and upper 30s-low 40s at night. **We recommend checking the local weather before your arrival.** Mornings can feel cool. Bring layers of clothing and clothing that will allow you to move, stretch and breathe easily during the training. Recommended dress is anything from casual to business casual, i.e., shorts, jeans, slacks, skirts, dresses, yoga/exercise-type wear.

## PRE-TRAINING RESOURCES

The Hendricks Institute website, [www.hendricks.com](http://www.hendricks.com), has a variety of useful resources, including books, videos, CDs and online courses. We encourage all training participants to read Gay's book, *The Big Leap*, and our book, *At The Speed of Life*, prior to coming to get the most benefit from the relationship dynamics that all our seminars and trainings address in one way or another. **Note: When you register for The Body Intelligence 5-Day Advanced Training, you will receive a downloadable copy of *At The Speed of Life* as our gift to you!**

We also recommend checking out our **Hearts in Harmony with Katie and Gay Hendricks** and **Foundation for Conscious Living** Facebook pages, completing *Essentials Online* (ask our Enrollment Consultant about this prerequisite and the purchase options), and lastly, our YouTube Channel for videos that will give you an orientation to our approach, <https://www.youtube.com/channel/UCIMO-K91XTAnCcfipSmUatw>.

## COMMITMENT FORM

The key to the work of The Hendricks Institute is commitment. Conscious commitment begins the process of positive change. Beginnings matter. To create the results you desire in your life by attending this event, it's essential to pause, read, digest, and sign the Commitment Form. We recommend that you bring it with you to inspire you to recommit as needed throughout the training. Celebrate your willingness to give yourself this experience 100%. There is no need to turn this in at the training. This form is for your reference and for your ongoing exploration!

## THE KEY TO OUR WORK IS COMMITMENT

*Conscious commitment begins the process of positive change. Modern definitions of 'commitment' include a pledge or promise to do something, and dedication to a long-term course of action: engagement, involvement. We have found several commitments to be extraordinarily powerful in allowing the process of change to happen gracefully and with maximum velocity. We invite you to embrace these commitments as your entry-gate to the creative possibilities of the work you do with us.*

### ONE

I commit to knowing myself authentically and completely. I commit to regarding every interaction as a learning opportunity. I commit to letting go of any of my defensive postures that inhibit rapid learning.

### TWO

I commit to expressing myself authentically, and to being an opening in which others can express themselves authentically.

### THREE

I commit to the masterful practice of integrity, *including* acknowledging all key feelings, expressing the unarguable truth and keeping my agreements.

### FOUR

I commit to taking full responsibility for my feelings and the circumstances of my life, and to being a catalyst for others taking full responsibility. Specifically, I take complete responsibility for my physical, emotional and psycho-spiritual well-being.

### FIVE

I commit to the full embrace and expression of my creativity, and to being a catalyst for the full expression of others' creativity.

Sign \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Training Dates \_\_\_\_\_ Training Location \_\_\_\_\_