



THE HENDRICKS INSTITUTE  
PRESENTS

## Evolutionary Playground: The Path of Play 3-Day Seminar

March 15-17, 2019

Seattle, Washington

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

### LOCATION

**OmCulture - Wallingford**

2210 N Pacific St.

Seattle, WA 98103

<http://www.omculture.com>

### SCHEDULE\*

**Friday, March 15, 9:30 am – 6:00 pm** (Registration/Check-in begins at 9:00 am)

**Saturday, March 16, 9:30 am – 6:00 pm**

**Sunday, March 17, 9:30 am – 4:00 pm**

**\*This is a 3-Day Seminar and our expectation is that you will attend all 3 days in full.**

We recommend arriving the day before the seminar begins. If you have any questions about this schedule or are unable to attend all three days in full, please contact our Enrollment Consultant **BEFORE** enrolling and confirming your travel plans.

### SEMINAR COST

- Tuition: \$695 per individual
- Early Bird Rate: \$595 per individual, **on or before February 14, 2019**
- Group Rates are available for 3+ people from the same organization, i.e., business or non-profit. Contact our Enrollment Consultant for parameters, rates and registration.
- Repeat Attendees: \$350 per individual *if you have taken an Essentials 3-Day Seminar OR Evolutionary Playground course in the past; you must enroll directly with our Enrollment Consultant, Nancy Stubbs – see below for her contact information.*
- Attendees of *Evolutionary Playground: The Path of Play* will receive complimentary access to the prerequisite course – the Essentials Online self-study product (valued at \$97).
- Cancellation Policy – 90% refund (10% withheld as a cancellation fee) of the seminar tuition paid less \$97 for the Essentials Online product.
- Transfer Policy – 10% transfer fee will be assessed and depending upon which future seminar you choose, the Early Bird discount may be forfeited, requiring additional monies to meet the full tuition amount for that seminar.

## REGISTRATION / INFORMATION / QUESTIONS

You may register online to access our on-line enrollment form at <https://hendricks.com/seminars/> 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).

## 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 seminar, please call 303-345-1983 (Nancy Stubbs' cell phone).

## ACCOMMODATIONS

There are a variety of lodging options in Seattle to accommodate lodging preferences and budgets, several of which are listed below and are all within a 5-10 minute drive of the venue. You may also choose accommodations in nearby cities of Shoreline, Bellevue, Mercer Island, Mountlake Terrace, Renton, Burien, or Tukwila. Please be sure to check estimated drive times between your lodging option and the seminar venue to ensure plenty of time to arrive. It may take 30-60 minutes or more depending on where you stay and traffic considerations. Additionally, the bridge over Lake Washington from Bellevue to Seattle on SR 520 is a toll bridge (<https://www.wsdot.wa.gov/Tolling/520/default.htm>).

### Nearby lodging options:

#### **Staybridge Suites Fremont**

3926 Aurora Ave N  
Seattle, WA 98103

<https://www.ihg.com/staybridge/hotels/us/en/seattle/seasb/hoteldetail>

#### **Residence Inn by Marriott – Seattle University District**

4501 12th Ave NE  
Seattle, WA 98105

<https://www.marriott.com/hotels/travel/seaud-residence-inn-seattle-university-district/>

#### **Hotel Hotel**

3515 Fremont Ave N  
Seattle, WA 98103

<https://thehello.com/locations/hotel-hotel-fremont/>

#### **Watertown Hotel – University District**

4242 Roosevelt Way NE  
Seattle, WA 98105

<https://www.staypineapple.com/watertown-hotel-seattle-wa/rooms>

## ADDITIONAL VISITOR & LOCAL INFO

<http://www.visitseattle.org>

## AIRPORT & AIRLINE RESERVATIONS

The closest airport is Seattle-Tacoma International Airport (SEA).

## TRANSPORTATION FROM SEATTLE-TACOMA INTERNATIONAL

There are several door-to-door airport shuttle service options available! Check each one for their rates and reservation requirements for one-way and round-trip fares.

<https://www.portseattle.org/page/scheduled-airporters-and-door-door>

Additional modes of transportation include rental car companies, app-based services (Lyft, Uber, Wingz), public transportation (bus and light-rail), as well as taxi and limo services. Check out the options available at the airport here: <https://www.portseattle.org/sea-tac/ground-transportation>

## 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)

## DIRECTIONS

**From the North** - Take I-5 South to Exit 169 toward NE 45<sup>th</sup> Street. Keep right to stay on 5<sup>th</sup> Ave NE. 5<sup>th</sup> Ave NE turns right and becomes NE 42<sup>nd</sup> Street. Turn left onto 2<sup>nd</sup> Ave NE. 2<sup>nd</sup> Ave NE turns right and becomes NE Pacific Street. OmCulture will be on the right in 0.4 miles.

**From the South** - Take I-5 North to exit 169 toward NE 45<sup>th</sup> Street. Keep left to continue on 7<sup>th</sup> Ave NE. Use any lane to turn left at the first cross-street onto NE 45<sup>th</sup> Street. Turn left onto Thackeray Place NE. Turn right onto NE 42<sup>nd</sup> Street. Turn left onto 2<sup>nd</sup> Ave NE. 2<sup>nd</sup> Ave NE turns right and becomes NE Pacific Street. OmCulture will be on the right in 0.4 miles.

## VENUE PARKING

Parking for OmCulture Wallingford can be found behind and uphill from the venue into the neighborhood on Bagley Ave N., Meridian Ave N, N 36<sup>th</sup> Street, etc. There are five parking spots *right in front* of the building. Do NOT park on either side of the OmCulture building – *your vehicle will be towed.* Please park horizontally to the building so we can fit a maximum number of cars in that area.

On-street angled parking is available on the street below OmCulture on N Northlake Way towards the water. More space will be available here on Saturday and Sunday as it is a business area.

## 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 at our seminars 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>.**

## LUNCH, BREAKS, SNACKS

We will take 2-hour lunch breaks on Friday and Saturday, and a 90-minute lunch break on Sunday. 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.**

## DINING

Wallingford's nearby restaurants are varied and wonderful! The seminar venue is closest to restaurants in the Wallingford, Fremont, and University neighborhoods, and using Yelp or Google to search for restaurants near Gas Works Park will provide you with a list of delicious options (see Yelp link just below). About 10 blocks north on or near 45th Street you'll find several good options. A local grocery chain, PCC Natural Community Markets, has a store about 15 blocks west of the venue along with many more restaurants and interesting local culture in the Fremont neighborhood.

[https://www.yelp.com/search?find\\_desc=restaurants+gas+works&find\\_loc=Wallingford,+Seattle,+WA](https://www.yelp.com/search?find_desc=restaurants+gas+works&find_loc=Wallingford,+Seattle,+WA)

## ENVIRONMENTAL INFORMATION / WHAT TO WEAR

Seattle in mid-March starts to see more sunshine as Spring approaches, and average high temperatures are in the mid-50s (Fahrenheit) and average low temperatures are in the low 40s (Fahrenheit). Bring layers of clothing and clothing that will allow you to move, stretch and breathe easily during the seminar. Recommended dress is anything from casual to business casual, i.e., shorts, jeans, slacks, skirts, dresses, yoga/exercise-type wear. Be sure to include a jacket with a hood and/or an umbrella, just in case of rain.

## PRE-SEMINAR 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 recommend reading *The Big Leap* by Gay Hendricks, checking out our *Hearts in Harmony with Katie and Gay Hendricks* and *Foundation for Conscious Living* Facebook pages, **completing *Essentials Online* (our gift to you for enrolling and is the prerequisite to this seminar if you haven't completed our Essentials 3-Day Seminar in the past)**, and lastly, our YouTube Channel for videos that will give you an orientation to our approach, <https://www.youtube.com/channel/UCIM0-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 seminar. Celebrate your willingness to give yourself this experience 100%. There is no need to turn this in at the seminar. This form (on the next page) 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 \_\_\_\_\_

Seminar Dates \_\_\_\_\_ Seminar Location \_\_\_\_\_