



THE HENDRICKS INSTITUTE
PRESENTS

**THE BODY INTELLIGENCE SPECIAL:
Evolutionary Playground: New Paths to Change for Uncertain Times
AND
The Body Intelligence 5-Day Advanced Training**

FEBRUARY 1-8, 2019

Ojai, California

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

LOCATION

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

SCHEDULE*

Friday, February 1, 9:30 am – 6:00 pm (Registration/Check-in begins at 9:00 am)

Saturday, February 2, 9:30 am – 6:00 pm

Sunday, February 3, 9:30 am – 4:00 pm

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 an 8-Day Series and our expectation is that you will attend all 8 days in full.**

We recommend arriving the day before the Evolutionary Playground Seminar begins.

If you have any questions about this 8-Day schedule and your ability to attend, please contact our Enrollment Consultant **BEFORE** enrolling and confirming your travel plans.

TRAINING COST

- Tuition: \$1,595 per individual for all 8 days (the 3-Day Seminar and the 8-Day Advanced Training taken back-to-back)
- Student Rate: \$795 per individual. You must be a current and active-status student in a program of study at the time of enrollment. Contact our Enrollment Consultant, Nancy Stubbs, for more information and to enroll.
- Cancellation Policy – 90% refund (10% withheld as a cancellation fee) of the training tuition paid. If you choose to cancel your enrollment in one of the two trainings that comprise the Body Intelligence Special rate of \$1,595, please be aware that your resulting tuition for the other

course may be subject to the full tuition amount and therefore require additional monies to meet that full tuition. Contact our Enrollment Consultant for more information.

- 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 Evolutionary Playground: New Paths to Change for Uncertain Times is completion of Essentials Online. All enrollees of Evolutionary Playground will receive complimentary access to this online self-paced workbook- and video-based program.** You will receive a link, passcode, and instructions upon completing your enrollment in The Body Intelligence Special. Check your Spam/Junk folder if you do not receive an email in your Inbox with the link and passcode.

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.

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, www.sunidoinn.com, www.blueiguanainn.com, www.emeraldiguana.com, www.ojaiinn.com, www.ojairesort.com, www.oaksspa.com, www.bestwesterncalifornia.com, www.lavenderinn.com, www.airbnb.com

ADDITIONAL VISITOR & LOCAL INFO

www.ojaiconcierge.com www.ojaivisitors.com

FLIGHTS, HOTELS, CAR RENTALS

Airport Rental Cars - www.rentadeal.com

Flights, Hotels, Rental Cars - www.priceline.com, 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, 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.

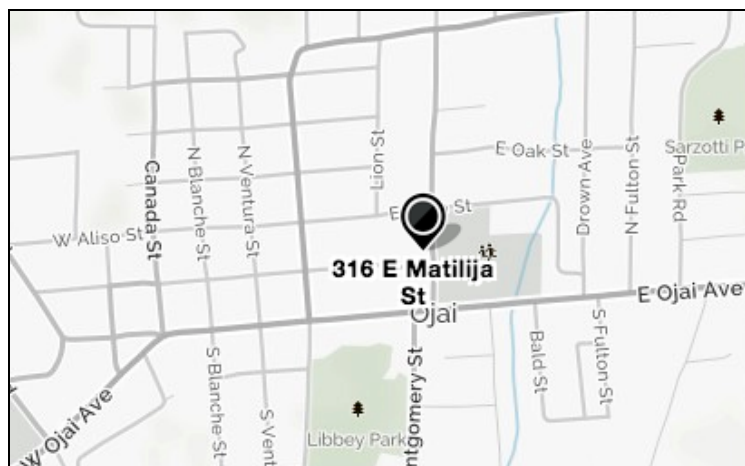
AIRPORT SHUTTLE FROM LAX

There are two options: The Ventura County Airporter, www.venturashuttle.com, 1-805-650-6600; and Roadrunner Shuttle and Limousine Service, 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 Living 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.ojarestaurants.com.

LUNCH, BREAKS, SNACKS

We will take 2-hour lunch breaks on Friday and Saturday of Evolutionary Playground and on Monday through Thursday of The Body Intelligence 5-Day Advanced Training, and a 90-minute lunch break on last day of each course. 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, has a variety of useful resources, including books, videos, CDs and online courses.

All participants of Evolutionary Playground: New Paths to Change for Uncertain Times will receive the prerequisite online self-study course, Essentials Online. A link, passcode, and instructions will be sent to you upon completing your enrollment. **Check your Spam/Junk folders if you do not receive this email in your Inbox.**

All participants of The Body Intelligence 5-Day Advanced training will receive a downloadable copy of *At The Speed of Life*, as our gift to you. We encourage all training participants to read Gay's book, *The Big Leap*, and *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.

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/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 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 _____