



## THE HENDRICKS INSTITUTE PRESENTS

### EVOLUTIONARY PLAYGROUND: NEW PATHS TO CHANGE FOR UNCERTAIN TIMES

October 11-13, 2019

Santa Cruz, California

With Kathlyn Hendricks, Ph.D. BC-DMT

## LOCATION

### Subud Center

3800 Soquel-San Jose Road (also known as Old San Jose Road)

Soquel, CA 95073

<http://www.subudcenterrental.com/>

## SCHEDULE\*

Friday, October 11, 9:30 am – 6:00 pm ([Registration begins at 9:00 am](#))

Saturday, October 12, 9:30 am – 6:00 pm

Sunday, October 13, 9:30 am – 4:00 pm

**\*This is a 3-Day workshop and our expectation is that you will attend all 3 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 each day in full, contact our Enrollment Consultant BEFORE enrolling and confirming your travel plans.**

## TUITION, DISCOUNTS, PREREQUISITE, CANCELATION POLICY

- Tuition: \$695 per individual
- Early Bird Rate: \$595 per individual, **on or before September 12, 2019**
- Repeat Attendees: \$350 per individual *if you have taken an Essentials 3-Day Training OR Evolutionary Playground course in the past.* **Must enroll directly with our Enrollment Consultant, Nancy Stubbs – see below for her contact information.**
- We offer a discounted tuition of \$350 per person for the following circumstances. To receive this rate, **you must meet the designation and enroll directly with our Enrollment Consultant, Nancy Stubbs – see below for her contact information.**
  - Student (you must be a current and active-status student in a related program of study at the time of enrollment)
  - Military (Active or Vet)
  - First Responder (currently/actively employed as an EMT, paramedic, firefighter, police officer; includes trained volunteer/seasonal wildland and municipal firefighters)

- Business/Organization Group Rates: \$450 per individual (3-5 people); \$400 per individual (6+ people). **Must enroll directly with our Enrollment Consultant, Nancy Stubbs – see below for her contact information. She will provide information about the requirements and parameters for receiving a group rate.**
- **All participants of Evolutionary Playground: New Paths to Change for Uncertain Times will receive the prerequisite online self-study course, Essentials Online (value \$97).** 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.**
- Cancellation Policy – 90% refund (10% withheld as a cancellation fee) of the training tuition paid less \$97 for the Essentials Online product.
- Transfer Policy – 10% transfer fee will be assessed and depending upon which future training you choose, the Early Bird discount may be forfeited, requiring additional monies to meet the full tuition amount for that training.

## 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) or 303-345-1983.** Her email address is [nancy@hendricks.com](mailto:nancy@hendricks.com). Feel free to reach out to her with any questions about this training, the logistics, and more information about our other trainings.

## IN CASE OF LAST MINUTE DELAYS

If you should experience any delays in arriving at the training location, or need to contact us during the trainings, please call 831-325-1437 to reach Nancy Voogd (pronounced Vogue'd), the training sponsor. You may also call our Enrollment Consultant, Nancy Stubbs, at 303-345-1983.

## 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 trainings and appreciate your assistance in reducing non-recyclable and non-compostable waste at our training 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>.**

## VISITOR & LOCAL INFO

Located on the northern edge of Monterey Bay, Santa Cruz is a vibrant coastal community with access to beaches, redwood forests, hiking, surfing, sailing, biking, and much more. <http://www.santacruz.org/>

San Francisco and other Bay Area communities are located to the north, providing an even more expanded set of options should you want to explore the area a few days before or after the training.

## AIRPORT & AIRLINE RESERVATIONS

The closest airport is San Jose International airport (SJC) and the largest nearby is San Francisco International airport (SFO).

# FLIGHTS, HOTELS, CAR RENTALS

Airport Rental Cars - <http://www.rentadeal.com>

Flights, Hotels, Rental Cars - <http://www.priceline.com>, <http://www.travelocity.com>

## AIRPORT SHUTTLE

Should you choose to not rent a car at your airport of choice, there are many airport shuttles from which to choose. Be sure to check prices and advance booking requirement for the shuttle company of your choice. Here is a list of what are considered to be the “Ten Best” airport shuttles for the area:

[https://www.yelp.com/search?cflt=airport\\_shuttles&find\\_loc=Santa+Cruz%2C+CA](https://www.yelp.com/search?cflt=airport_shuttles&find_loc=Santa+Cruz%2C+CA)

**Important note on choosing not to rent a car:** This venue is located approximately 20 minutes from Santa Cruz, possibly more depending on where you choose to stay. If you decide to not rent a car, make plans to utilize local taxi services, and/or Uber, Lyft, etc. to get to the training venue. **We do not have a means for helping you secure a rideshare with another participant prior to the training.**

## ACCOMMODATIONS

All lodging options are off-site and are not included in the tuition for this seminar. Links to hotels and AirBnB options available in the Santa Cruz area: <http://www.santacruz.com/hotels>, <http://www.airbnb.com>

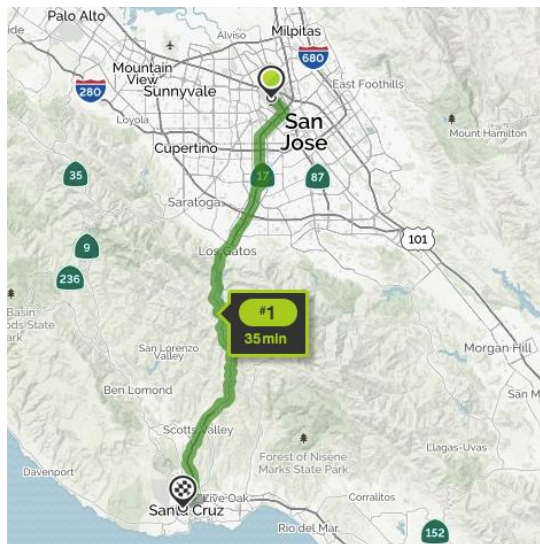
Several hotel options within a 15-20 minute drive of the venue include:

<https://www.chaminade.com/>

<http://www.marriott.com/hotels/travel/sjccp-fairfield-inn-and-suites-santa-cruz--capitola>/<http://www.qualityinncapitola.com/>

<http://www.riosands.com/en-us>

## DIRECTIONS FROM SAN JOSE AIRPORT TO SANTA CRUZ

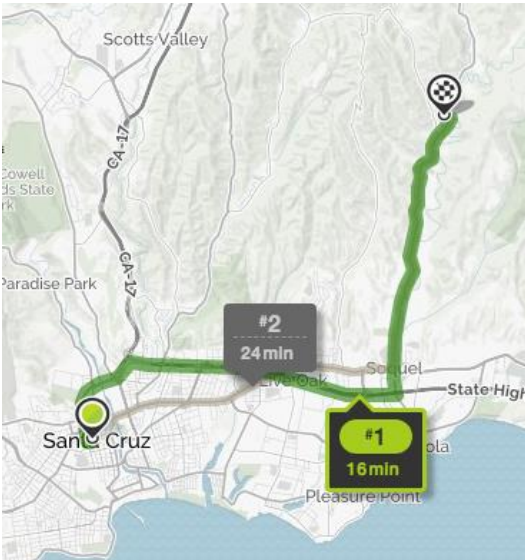


1. Start out going southeast on Airport Blvd.
2. Merge onto I-880 S via the ramp on the left toward Santa Cruz.
3. After 3.25 miles ... I-880 S becomes CA-17 S
4. After 26.5 miles ... Merge onto CA-1 N/state Highway 1 toward Half Moon Bay/Boulder Creek/CA-9
5. Continue on to your specific Santa Cruz area destination.

# DIRECTIONS FROM SANTA CRUZ TO THE SUBUD CENTER

## Subud Center

3800 Soquel-San Jose Road (also known as Old San Jose Road); Soquel, CA 95073



1. From your specific location in Santa Cruz, access CA-1 S/State Highway 1 toward Watsonville/Monterey
2. Take the Porter Street/Bay Avenue exit, EXIT 437
3. Turn left onto Porter Street
4. Porter Street becomes Old San Jose Road
5. After 3.4 miles, you will reach the training venue. It is 0.1 miles past Purling Brk. If you reach Soquel Creek Rd, you've gone about 0.2 miles too far.

## 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**. There is no refrigeration resource onsite available for participants' use.

A refrigerator, microwave, and toaster oven are available for our shared use. Dishes and cutlery are also conveniently available.

**Please respect the space and wash/put away that which you use, leaving all areas clean for the next person using it.**

## DINING

There are no restaurants within walking distance of the Subud Center. However, you might consider bringing your lunch to enjoy the sunshine and scenery! There are outdoor tables and grassy areas to enjoy a picnic onsite.

There are many restaurants within a 10-20 minute drive in downtown Soquel, Capitola or Santa Cruz. Some local favorites:

**Dharmas:** Natural, organic vegetarian eatery with gluten-free options too. Low-key, relaxed space. Located in Capitola. <http://www.dharmasrestaurant.com>

**Laili:** Mediterranean/Afghan food specializing in Lamb, seafood and veggie dishes. Located in downtown Santa Cruz. <http://lailirestaurant.com/>

**Shadowbrook:** Fine dining in a unique restaurant located in Capitola and situated along a waterway. Serving salmon, seafood, pasta, vegetarian dishes, prime rib, steak. Reservations recommended. <https://www.shadowbrook-capitola.com/>

**Café Gratitude:** Vegan cafe offers a variety of raw and cooked eats. Located in Santa Cruz. <https://bit.ly/2qBsMLu>

**HOME:** Serving local seasonal vegetables and meats. Creative, unique menu that changes daily. Located in nearby Soquel Village. <http://www.homesoquel.com/>

**Carpos:** Serving classic American food, i.e., chicken, steak, seafood, salad bar, burgers. Very casual. Outdoor seating available. Located in Soquel. <http://www.carposrestaurant.com/>

**Café Cruz:** Extensive and varied menu, including vegetarian, vegan, and gluten-free options. Serving lunch and dinner. Located in Soquel. <http://www.cafecruz.com/>

**Silver Spur:** Located near Soquel (breakfast and lunch only), between Santa Cruz and Soquel. <http://www.scsilverspur.com/>

**Gayle's Bakery & Rosticceria:** Great for take out or eating in. Soups, salads, sandwiches, bakery, "Blue Plate Dinners" to go offered daily. Open 6:30 am-8:30 pm. Located in Capitola. <https://www.gaylesbakery.com/>

**Avenue Café:** Excellent breakfast and Mexican food. Breakfast and lunch only. Limited seating. Located in Capitola. <http://www.avenuecafecapitola.com/>

**Bangkok West Thai Cuisine:** Nice ambiance. Located in Aptos. <http://www.bangkokwest.com/>

## ENVIRONMENTAL INFORMATION

Soquel in October averages high 60s/low 70s during the day, and mornings and evenings can be cool with nighttime averages in the high 40s, so be prepared for a range of temperatures. 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, t-shirts, slacks, skirts, dresses, yoga/exercise-type wear. To check the weather: <https://weather.com/>

## PRE-SEMINAR RESOURCES

The Hendricks Institute website, <https://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.**

We also recommend reading Gay Hendricks' book, The Big Leap (available at your favorite bookseller or on Amazon), checking out our **Hearts in Harmony with Katie and Gay Hendricks** and **Foundation for Conscious Living** Facebook pages, and lastly, viewing our YouTube Channel for videos that will give you an orientation to our approach, <https://www.youtube.com/user/hendricksinstitute>

## 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 \_\_\_\_\_