



THE HENDRICKS INSTITUTE PRESENTS

The Body Intelligence 5-Day Advanced Training January 27-31, 2020

Ojai, California

With Kathlyn Hendricks, Ph.D. BC-DMT

LOCATION

Ojai Valley Woman's Club

441 E. Ojai Avenue

Ojai, CA 93023

www.ovwc.info/

SCHEDULE*

Monday, January 27, 9:30 am – 6:00 pm (Registration/Check-in begins at 9:00 am)

Tuesday, January 28, 9:30 am – 6:00 pm

Wednesday, January 29, 9:30 am – 6:00 pm

Thursday, January 30, 9:30 am – 6:00 pm

Friday, January 31, 9:30 am – 4:00 pm

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

TUITION, DISCOUNTS, PREREQUISITE, CANCELTION POLICY

- Tuition: \$1,995 per individual
- Early Bird Rate: \$1,495 per individual, **on or before December 29, 2019**
- Repeat Attendees: \$995 per individual *if you have taken the Body Intelligence 5-Day Advanced Training in the past.* **Must enroll directly with our Enrollment Consultant, Nancy Stubbs – see below for her contact information.**
- We offer a discounted tuition of \$995 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)

- **The prerequisite to this course is completion of our 3-day in-person Evolutionary Playground: New Paths to Change in Uncertain Times.** Evolutionary Playground is offered on January 24-26, 2020, immediately preceding The Body Intelligence 5-Day Advanced Training. Both courses are offered back-to-back as part of our Body Intelligence Special. This combined 8-day tuition pricing is \$1,595 for both trainings. Please see our Seminars page on our website for more 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, 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 for the Body Intelligence Special, 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. 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 seminar location, or need to contact us during the trainings, please call 303-345-1983 (our Enrollment Consultant, Nancy Stubbs).

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, <http://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 - <http://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. Destination will be on the right.

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. Destination will be on the right.



Ojai Valley Woman's Club, 441 East Ojai Ave., is the gray building you can see right behind the letter A.

PARKING

There is a small parking lot/space adjacent to the training venue. Other places to park are at Ojai Park & Ride/Bus Station at 450 E. Ojai Ave (it's at the skate park across the street and to the East of the Ojai Valley Woman's Club), and free street parking is also available, most of which is all-day but some may be time-limited.

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.

LUNCH, BREAKS, SNACKS

- We will take 2-hour lunch breaks on Monday through Thursday
- We will take a 90-minute lunch break on Friday, the last day of the 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**.
- There is no refrigeration resource onsite available for participants' use.

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. A recommended brand of vacuum insulated mugs and bottles is <https://www.zojirushi.com/app/category/vacuum-insulated-mugs-bottles>
- **Bring reusable container for to-go foods and leftovers, should you plan to eat out.** We are committed to sustainable living, and one action step that significantly reduces waste at our trainings (and everywhere) is to employ reusable containers for food.
- 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.

ENVIRONMENTAL INFORMATION / WHAT TO WEAR

Ojai in late January can be sunny and warm or cloudy/rainy and cool, so be prepared for both and check the local weather before your arrival. Mornings and evenings are typically 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-SEMINAR RESOURCES

All participants of the **Body Intelligence 5-Day Advanced Training** will receive a link to download Gay and Kathlyn Hendricks' book, *At The Speed of Life*, which we encourage you to read before attending the Body Intelligence 5-Day Advanced Training.

The Hendricks Institute website, www.hendricks.com, has a variety of useful resources, including books, videos, CDs and online courses.

We also recommend 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 _____