



## THE HENDRICKS INSTITUTE PRESENTS

### REBOOTING YOUR ESSENCE: RESOLVING TRAUMA AND COMING FULLY HOME TO YOU October 16-20, 2019

Ojai, California

*With Kathlyn Hendricks, Ph.D. BC-DMT and Audrey Hazekamp, M.A., Master Coach*

#### LOCATION

**Flourish Center**  
214 W. Aliso St.  
Ojai, CA 93023

#### SCHEDULE\*

**Wednesday, October 16, 9:30 am – 5:30 pm** (Registration/Check-in begins at 9:00 am)  
**Thursday, October 17, 9:30 am – 5:30 pm**  
**Friday, October 18, 9:30 am – 5:30 pm**  
**Saturday, October 19, 9:30 am – 5:30 pm**  
**Sunday, October 20, 9:30 am – 4:00 pm**

**\*This is a 5-Day Advanced Training 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, CANCELTION POLICY

- Tuition: \$1,995 per individual
- Early Bird Rate: \$1,495 per individual, **on or before October 1, 2019**
- 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 Veteran)
  - First Responder (currently/actively employed as an EMT, paramedic, firefighter, police officer; includes trained volunteer/seasonal wildland and municipal firefighters)
- Members/Graduates of the Leadership and Transformation (formerly Apprentices) Program: \$750. *Enroll directly with our Enrollment Consultant, Nancy Stubbs. Contact info below.*

- 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, or call our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772, Ext. 1. 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 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), <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 - <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: Head south on US-101 S. Take exit 70 B for Hwy CA-33 toward Ojai. Follow CA-33 for approximately 13 miles. CA-33 turns into CA-150 in Ojai, and is also known as W. Ojai Ave. Continue on Ojai Ave and turn left onto Canada St. Take second right onto W. Aliso St. Destination will be on the left.

From the South: Head north on US-101 N. Take exit 70 B for Hwy CA-33 toward Ojai. Follow CA-33 for approximately 13 miles. CA-33 turns into CA-150 in Ojai, and is also known as W. Ojai Ave. Continue on Ojai Ave and turn left onto Canada St. Take second right onto W. Aliso St. Destination will be on the left.

## PARKING

This venue is in a neighborhood and street parking is available. There is also onsite parking available.

## DINING

Ojai's restaurants are plentiful and wonderful! The training venue is within a few blocks' 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 Wednesday through 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.**

## 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 mid-October is usually sunny and warm with temperatures averaging in mid-to-high 70s during the day, and low 50s at night. **We recommend checking the local weather before your arrival.** Mornings and evenings 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, t-shirts, slacks, skirts, dresses, yoga/exercise-type wear.

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