



THE HENDRICKS INSTITUTE  
PRESENTS



**The Couples  
Course**  
**August 14-16, 2020**  
Berkeley, California  
With Kathlyn Hendricks,  
Ph.D, BC-DMT

**LOCATION**

Rudramandir Center  
830 Bancroft Way  
Berkeley, CA 94710

**SCHEDULE**

Friday, August 14: 7:00 pm – 10:00 pm (Check-in/Registration begins at 6:30 pm)

Saturday, August 15: 9:30 am – 6:00 pm

Sunday, August 16: 9:30 am - 5:00 pm

**\*This is a multi-day workshop and our expectation is that you and your partner will attend the entire training.** If you have any questions about this schedule and your ability to attend, please contact our Enrollment Consultant **BEFORE** enrolling and confirming your travel plans.

**SEMINAR COST**

- Tuition: **\$895 USD** per couple
- Early Bird Rate: **\$795 USD** per couple on or before **July 16, 2020**
- Repeat Attendee Tuition: **\$550 USD** per couple (if one or both partners have taken this Couples Course in the past; must enroll directly with our Enrollment Consultant)
- Cancellation Policy – 90% refund (10% withheld as a cancellation fee)
- Transfer Policy – 10% transfer fee will be assessed and the early bird discount may be forfeited, requiring additional monies to meet the full tuition amount.
- For questions, more information, or to enroll, please contact Nancy Stubbs, our Enrollment Consultant, at 1-800-688-0772, Ext. 1.

**Prerequisite: So that all participants get maximum benefit from the program, this course requires at least one of the following options to meet the prerequisite for The Couples Course:**

- Past completion of *Evolutionary Playground* or our *Essentials 3-Day Seminar*. If you have completed either of these courses, the Essentials Online program is not required.

- Purchase and completion of *Essentials Online*, available for self-study for \$97 along with your tuition. There is an option to enroll in The Couples Course **and** purchase Essentials Online at the same time via our Couples Course web page.

[https://hendricks.com/event/the-couples-course-2/?instance\\_id=5](https://hendricks.com/event/the-couples-course-2/?instance_id=5)

## REGISTRATION

You may register online at the link above or by calling our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772, Ext 1 (Mountain Time). Her email address is [nancy@hendricks.com](mailto:nancy@hendricks.com).

**LATs and LAT GRADS and Repeat Attendees:** Call Nancy Stubbs at 1-800-688-0772, Ext. 1 (Mountain Time) to enroll with your partner; **do not enroll online**. 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 training location, or need to contact us during the trainings, please call Gabrielle Hildebrand (one of the training sponsors) at 1-415-216-7612.

## WHAT TO BRING

We recommend bringing a journal or notepad and something to write with, i.e., pen, markers, pencil. **Please also bring a LIDDED, REUSABLE water bottle and/or hot beverage cup of your own;** we provide filtered drinking water at our trainings and appreciate your assistance in reducing non-recyclable and non-compostable waste at our training events. Here is a link to one brand that Katie recommends: <https://www.zojirushi.com/app/category/vacuum-insulated-mugs-bottles>

## WHAT TO WEAR

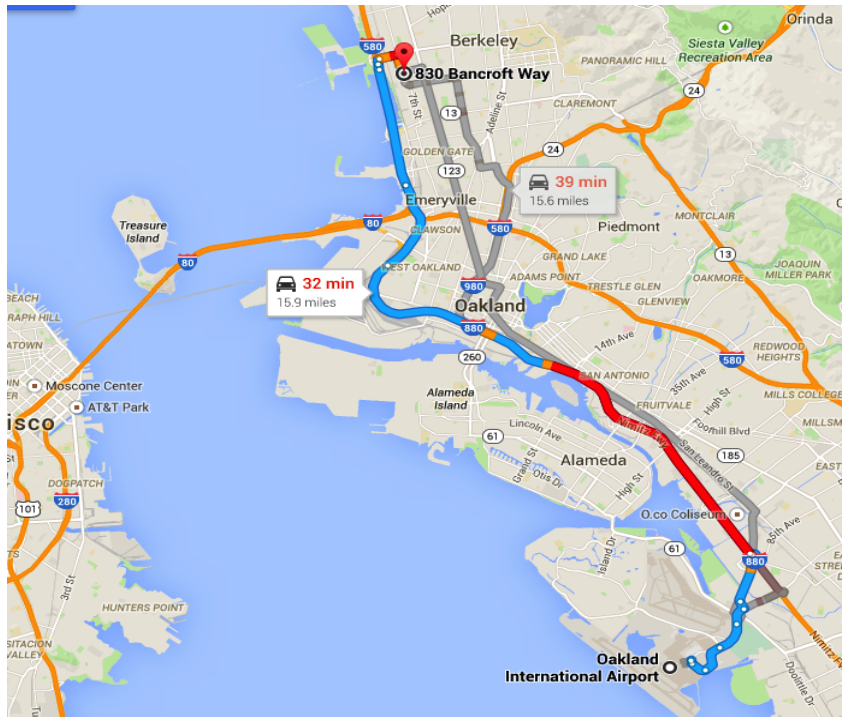
Bring layers of clothing that will allow you to regulate your temperature comfort as well as allow you to move, stretch, and breathe easily during the course. Recommended attire is anything from casual to business casual, i.e., shorts, jeans, slacks, skirts, dresses, yoga/exercise-type wear.

## AIRPORT & AIRLINE RESERVATIONS

The nearest airport is Oakland International Airport (OAK). San Francisco International (SFO) is also nearby. BART (Bay Area Rapid Transit) serves both airports. See directions and local transportation information on the next several pages of this document.

# DIRECTIONS

Oakland International Airport (OAK) to Rudramandir Center (note that travel time will be dependent upon real-time traffic and that delays may or may not be present at the time along the route suggested below).



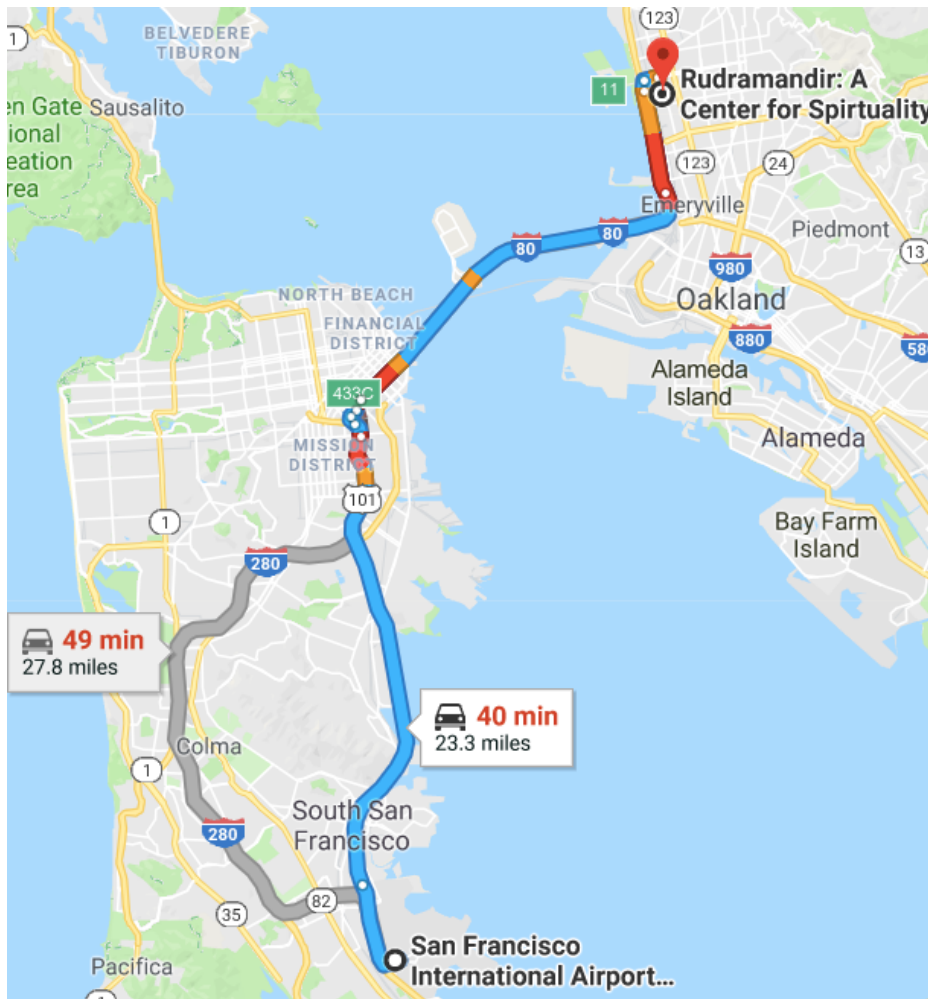
**PUBLIC TRANSIT (BART plus bus):** Go to <https://511.org/> for trip planning.

**From Oakland Airport:** The Airport BART station is located just across from the Terminal 1 baggage claim area and a short walk from Terminal 2. - See more at: <https://www.bart.gov/guide/airport/oak> - sthash.7CQamhgg.dpuf Cost is ~\$9.00.

Take the people mover from the airport BART station to the Coliseum Station. Transfer to the Richmond line and go to the North Berkeley BART station. The North Berkeley BART station is 1.4 miles from Rudramandir.

Outside of the North Berkeley BART station (or from the corner of Delaware & Sacramento on non-peak and weekends), Bus #19 leaves 15 and 45 minutes after every hour. Take the bus heading NORTH – it will circle & stop at 6th and Allston Way. Walk one block South to Bancroft. Last bus to BART from Rudramandir leaves shortly after 10 pm. Bus fare is \$2.10, exact change required.

San Francisco International Airport (SFO) to Rudramandir Center (note that travel time will be dependent upon real-time traffic and that delays may or may not be present at the time along the route suggested below).



## TRANSPORTATION TO TRAINING LOCATION

**PUBLIC TRANSIT (BART plus bus):** Go to <http://511.org/> for trip planning.

**From San Francisco Airport:** The airport BART station is located in the International Terminal, a short walk from Terminal 3, but all domestic terminals (1, 2 & 3) are one to three minutes away on AirTrain. See more at: <http://www.bart.gov/stations/sfia-sthash.302h4Q9t.dpuf> Cost is ~\$9.00

Take the Pittsburgh/Bay Point line through San Francisco to 19<sup>th</sup> Street Oakland Station. Transfer there to the Richmond train and get off at North Berkeley BART Station.

To continue by bus to Rudramandir, wait outside of the BART station (or the corner of Delaware & Sacramento non-peak and weekends), bus #19 leaves 15 and 45 minutes after every hour. Take the bus heading NORTH - will circle & stop at 6th and Allston Way. Walk one block south to Bancroft. Last bus to BART leaves shortly after 10 pm. Bus fare is \$2.10, exact change required.

## TAXI CABS TO/FROM LOCAL AIRPORTS

The approximate taxi fare from Oakland International Airport to Rudramandir Center is \$70; from San Francisco International Airport to Rudramandir is approximately \$92. Uber and Lyft are also available and are generally less expensive.

## RENTAL CARS

**OAK:** There are a number of car rental companies located at the Rental Car Center at 7600 Earhart Road, Oakland, CA 94621. The center is open 24 hours and is accessible via a shuttle from that airport that runs every 10 minutes.

**SFO:** The rental car companies are located in one central location, the SFO Rental Car Center, accessible 24-hours per day via the AirTrain Blue Line. AirTrain is conveniently located in all of the SFO terminals. Off-airport rental car agencies are served by free shuttle service from the SFO Rental Car Center.

## TRANSPORTATION AND PARKING (Check current schedules for updates to dates/times of any public transportation service)

**DIRECTIONS TO RUDRAMANDIR** – 830 Bancroft Way at 6th Street, Berkeley, CA.

This building is on the Southeast corner of the intersection.

- **FROM THE FREEWAY**—Take I-80 to Berkeley’s University Avenue exit and head East. At the first light, turn right onto Sixth Street. Proceed 3 blocks to Bancroft Way.
- **DRIVING WITHIN BERKELEY**—Take University Avenue west towards I-80, turn left onto Sixth Street. Proceed 3 blocks to Bancroft Way.
- **OR...** Take Dwight Way west towards I-80. At the light at 7th, make a soft right to 6th Street and proceed 2 blocks to Bancroft Way.
- **BART**—Take the “Richmond” Line to the North Berkeley station. To walk from BART: go South (right) on Sacramento to University Ave. Turn right on University and walk .8 mile to Sixth Street. Turn left (south) on Sixth and go 3 blocks to Bancroft Way. 20-25 minute walk.
- **BY BUS FROM NORTH BERKELEY BART STATION**—Bus #19 leaves the station (or the corner of Delaware & Sacramento non-peak and weekends) 15 and 45 minutes after every hour. Take the bus heading NORTH - will circle & stop at 6th and Allston Way. Walk one block South to Bancroft. Last bus to BART leaves shortly after 10 pm.
- **BY BUS FROM DOWNTOWN BERKELEY BART**—Take the NORTHBOUND Bus #51. Leaves Shattuck across from the station every 10 minutes and goes to University and 6th Street. Walk 3 blocks South on 6th to Bancroft. Last bus back to BART from 6th & University leaves shortly after 11:30 pm. For more information on buses, please check <http://www.actransit.org/> or call 511



Please download a parking map for use while you are here [http://frtiberkeley.com/wp-content/uploads/2015/10/parking\\_map.pdf](http://frtiberkeley.com/wp-content/uploads/2015/10/parking_map.pdf)

There is ample parking around Rudramandir Center, particularly WEST of 6th Street. Please follow these guidelines:

- Park on Bancroft between 7th and 4th Streets.
- Park on 6th, 5th, and 4th Streets between Channing and Addison.

**PLEASE DO NOT PARK ON 7TH because Rudramandir wants to reserve parking for their residential neighbors.**

## ACCOMMODATIONS and DINING

The Rudramandir website has a list of nearby accommodations and restaurants.

<http://www.rudramandir.com/index.php/contact-and-directions/nearby-hotels-and-restaurants> Check <http://airbnb.com> for additional lodging options.

## PRE-TRAINING RESOURCES

The Hendricks Institute website, <https://hendricks.com/> has a variety of useful resources including books, videos, CD's and online courses. We encourage all training participants to read the books *Conscious Loving Ever After*, *Conscious Loving*, *Lasting Love*, *Attracting Genuine Love*, **AND/OR** *Spirit-Centered Relationships* prior to attending to get the most benefit from the training. We also recommend checking out our **Hearts in Harmony with Katie and Gay Hendricks** and **Foundation for Conscious Living** Facebook pages, completing *Essentials Online* (the prerequisite to this training if you haven't completed our Essentials 3-Day Seminar or Evolutionary Playground 3-Day Seminar in the past), and our YouTube Channel for videos that will give you an orientation to our approach, <https://www.youtube.com/channel/UCIM0-K91XTAnCcfipSmUatw>.

## LUNCH, BREAKS, SNACKS

We begin on Friday night. We'll take a 1.5 to 2-hour lunch break on Saturday and Sunday. We will also have a short morning break and a short afternoon break each day. Feel free to bring snacks if you'd like, i.e., fruit, energy bars, etc. Lunch is not provided.

## ENVIRONMENTAL INFORMATION

Generally, August weather in Berkeley has an average high/low temperatures of 72/55 degrees F. Mornings and evenings are cool. Check the local weather before your arrival, and wear layers.

## 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. Although we won't be collecting them at the training, we recommend that you bring the form with you for your reference and for your ongoing exploration!

## The Hendricks Institute

# 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 \_\_\_\_\_