



THE HENDRICKS INSTITUTE
PRESENTS

Living Your Life As A Work of Art June 26-28, 2020

Boulder, Colorado

With Kathlyn Hendricks, Ph.D. BC-DMT and Lynn Cornelius, MFA

Step out of time urgency and off the treadmill for a weekend of creative practices. If you're a wanna-be artist, an artist who wants a creativity tune-up, or anyone craving beauty and meaning in their everyday lives, come collaborate with us.

LOCATION

Boulder Center for Conscious Community (BC3)

1637 28th Street

Boulder, CO 80301

<https://consciousboulder.com/>

SCHEDULE*

Friday, June 26, 9:30 am – 5:30 pm ([Registration begins at 9:00 am](#))

Saturday, June 27, 9:30 am – 5:30 pm

Sunday, June 28, 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 you are uncertain about your ability to attend each day in full, contact our Enrollment Consultant BEFORE enrolling and confirming your travel plans.**

THE FACILITATORS

To learn more about **Kathlyn Hendricks, Ph.D. BC-DMT**, please go to Hendricks.com.

To learn more about **Lynn Cornelius, MFA**, please go to LynnCornelius.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 Nancy Stubbs, our Enrollment Consultant at 303-345-1983.

REGISTRATION / INFORMATION / QUESTIONS

You may register online at <https://hendricks.com/seminars/> to access our on-line enrollment form for this course, or **call our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772, Ext 1** or directly at 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.

SEMINAR COST and REGISTRATION DETAILS

- **Tuition:** \$695 per individual
- **Early Bird Rate:** \$595 per individual, on or before May 28, 2020
- **Prerequisite:** None
- **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 and the purchase of a prerequisite course may be necessary, requiring additional monies to meet the tuition requirements for that training.

Leadership and Transformation grads: Enroll directly with Nancy Stubbs, Enrollment Consultant. Your tuition is discounted to \$350 per individual.

FLIGHTS, HOTELS, CAR RENTALS

Boulder and Denver is best served by Denver International Airport (airport code: DEN).
Flights, Hotels, Rental Cars – www.priceline.com, www.travelocity.com

ACCOMMODATIONS

Lodging options can be found at www.boulderlodging.com. Please contact the hotel of your choice for rates and availability. Accommodations are not included in your tuition fee.

Hotels nearest the training location include: Hilton Garden Inn and The Boulder Marriott. Other hotels a short distance away include Basecamp Boulder, The Millennium Harvest House, Hyatt Place Boulder/Pearl Street. Hotels near the popular downtown Boulder Pearl Street area include The St. Julien Hotel and the historic Boulderado.

If Boulder hotels are fully booked, additional hotels are 15-30 minutes away in the surrounding communities of: Superior, Broomfield, Louisville, Longmont, Lafayette, Westminster, and Denver.

<http://www.denver.org/hotels>

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

AIRPORT SHUTTLE

A reliable means of traveling from the airport to Boulder is via public transportation. Keep in mind that you will need to find alternative means of getting from the bus station in Boulder to your final destination via taxi, Lyft, Uber, or other local public transportation. This is an excellent website that can help you plan your trip; for transportation from the airport to Walnut Station (the main bus station in Boulder), look for the SkyRide AB line: <http://www.rtd-denver.com/skyride.shtml>

DIRECTIONS TO BOULDER FROM THE AIRPORT

DIRECTIONS from DENVER INTERNATIONAL AIRPORT to BOULDER:

1. Easiest and fastest route is via a toll road. Exit the airport via Peña Blvd, taking E470 North toward Boulder. E470 becomes the Northwest Parkway, which ends at US36. Take US36 towards Boulder, which becomes 28th Street upon reaching Boulder.
2. A slower route is a non-toll road. Take I-70 West to I-25 North to US-36 West. Take US-36 West to Boulder which becomes 28th Street upon reaching Boulder. Many of the hotels listed above are located on or not far off of 28th Street in Boulder.

DIRECTIONS TO THE BOULDER CENTER FOR CONSCIOUS COMMUNITY (BC3)

From south of Boulder:

Take Highway 36 north to Boulder. Hwy 36 becomes 28th Street. Turn LEFT on Arapahoe Ave. Then turn RIGHT on Folsom St., RIGHT on Canyon Blvd and RIGHT on 28th Street. Turn right into the Buffalo Village shopping center, just past the IHOP. The BC3 entrance door is in the southwest corner of the shopping center, a few doors down from Qdoba. Go up the stairs and inside the doors at the top of the stairs.

From north of Boulder:

Take Foothills Highway or 119/Diagonal Highway south to 28th Street. Continue south on 28th Street until you pass Canyon Blvd. Turn right into the Buffalo Village shopping center, just past the IHOP. The BC3 entrance door is in the southwest corner of the shopping center, a few doors down from Qdoba. Go up the stairs and inside the doors at the top of the stairs.

From east of Boulder:

Approach Boulder on Arapahoe Ave. After you cross 28th Street, turn RIGHT on Folsom St., RIGHT on Canyon Blvd and RIGHT on 28th Street. Turn RIGHT into the Buffalo Village shopping center, just past the IHOP. The BC3 entrance door is in the southwest corner of the shopping center, a few doors down from Qdoba. Go up the stairs and inside the doors at the top of the stairs.

From within Boulder:

The BC3 is on the west side of 28th Street, between Arapahoe and Canyon. You cannot turn left into the center from northbound 28th Street, so approach the center from 28th Street going south. Just after you cross Canyon Blvd, there will be an IHOP on the right. The Buffalo Village Shopping Center's entrance is just past IHOP. The BC3 entrance door is in the southwest corner, a few doors down from Qdoba. Go up the stairs and inside the doors at the top of the stairs.

VISITOR & LOCAL INFO

www.bouldercoloradousa.com, <http://www.boulderdowntown.com/>

Restaurants in Boulder are plentiful and excellent! Restaurant information is available on the above websites, and several restaurants within walking distance are listed under the Lunch/Breaks/Snacks portion of this document.

LUNCH, BREAKS, SNACKS

Lunch is on your own (not provided by The Hendricks Institute). We typically take 2-hour lunch breaks each day with the exception of the last day on which we take a 90-minute lunch break instead. We have a short morning break each day and a short afternoon break each day with the exception of the last day of the training for which we do not take an afternoon break. Feel free to bring snacks if you'd like, i.e., fruit, energy bars, nuts, etc.

DINING

There are numerous restaurants within walking distance of the training location, a sampling of which includes: Qdoba, Larkburger, Tokyo Joe's, Aloy Thai Cuisine, Smashburger, Pei Wei, Native Foods (vegan), Noodles, Mad Greens, and many more. Sprouts Farmers Market grocery store is within 2-3 minutes walking distance from the training location. And lastly, there is a coffee/tea shop right around the corner in the next building called Flatirons Coffee – it's a favorite location for those whose offices are located in the BC3 and comes highly recommended.

ENVIRONMENTAL INFORMATION

Temperature in Boulder at this time of year generally in the mid-80s F during the day. Night temperatures average in the mid-50s F. Please check weather.com for forecasts. We recommend layers and comfortable clothing.

VERY IMPORTANT HIGH ALTITUDE INFORMATION: Boulder is at 5,430' elevation. It's advisable to stay well-hydrated (with water – recommendation is at least 64 ounces per day) *beginning a week before* you arrive and while you're (up) here! **If you are not already acclimatized to high altitude, it helps you adjust if you are well-hydrated.**

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>.**

PRE-TRAINING RESOURCES

The Hendricks Institute website, www.hendricks.com, has a variety of useful resources, including books, videos, CDs and online courses. You're also welcome to explore our YouTube Channel for videos we've created over the years that support creativity, vibrant living, authenticity, and many other topics that align along these themes,

<https://www.youtube.com/user/hendricksinstitute/videos>

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<https://www.linkedin.com/in/kathlyn-katie-hendricks-9395361/>

<https://www.instagram.com/bigleaphome/>