

RUSS HUDSON & KATHLYN HENDRICKS PRESENT



Presence, Connect, Play

*Full Continuous Participation with
Consciousness and Transformation*

September 3-5, 2016

Berkeley, California

With Kathlyn Hendricks,

Ph.D, BC-DMT

And Russ Hudson

LOCATION

Rudramandir Center

830 Bancroft Way

Berkeley, California

94710

SCHEDULE

Saturday, September 3, 2016: 9:30 am – 6:00 pm (Check-in/Registration begins at 8:30am)

Sunday, September 4, 2016: 9:30 am --- 6:00 pm

Monday, September 5, 2016: 9:30 am – 5:00 pm

SEMINAR COST

- Tuition: **\$795 USD** per person
- Early Bird Rate: **\$695 USD** per person on or before **August 5, 2016**
- Special Rate for Katie and Russ' Advanced Students: Please contact Enrollment Consultant Corinna Bloom for more information. 1-415-275-0323, or email livingopenness@gmail.com
- 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 Corinna Bloom, our Enrollment Consultant, at 1-415-275-0323, or email livingopenness@gmail.com

REGISTRATION

You may register online at <http://www.hendricks.com/presence-connect-play/> to access our online enrollment form or call our Enrollment Consultant, Corinna Bloom, our Enrollment Consultant, at 1-415-275-0323. Her email address is livingopenness@gmail.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 Corinna Bloom, our Enrollment Consultant, at 1-805-798-0771

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.

BART TO TRAINING LOCATION

PUBLIC TRANSIT (BART): ~\$9.00 from either airport

From Oakland Airport: The BART station is located just across from the Terminal 1 baggage claim area and a short walk from Terminal 2. --- See more at:

http://www.bart.gov/guide/airport/inbound_oak#sthash.7CQamhgg.dpuf

Take the people mover train to the Coliseum Train Station. Transfer to the Richmond line and go to the North Berkeley BART station.

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.

From San Francisco Airport: The 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.3O2h4Q9t.dpuf>

Take the Pittsburgh/Bay Point line to 19th Street Oakland Station. Transfer to the Richmond line and get off at North Berkeley BART Station.

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. CHECK BART SCHEDULES for updated information.

TAXI CABS TO/FROM LOCAL AIRPORTS

The approximate taxi fare from Oakland International Airport to Rudramandir Center is \$60; from San Francisco International Airport to Rudramandir is \$90.

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. Shuttles stop at the south curb of the Rental Car Center upon customer request.

Here are a few of the available rental car companies:

Alamo Rent-a-Car, Phone: 1-800-GO-ALAMO (5266), www.alamo.com

Avis Rent-a-Car, Phone: 1-800-879-2847, www.avis.com

Budget Car Rental, Phone: 1-800-218-7992 www.budget.com

Enterprise Rent-a-Car, Phone: 1-800-261-7331, www.enterprise.com

TRANSPORTATION AND PARKING

DIRECTIONS TO RUDRAMANDIR – 830 Bancroft Way at 6th Street, Berkeley, CA. Our 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 #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 ACTransit.org or call 511

Download and print this parking map to use when you visit Rudramandir.

http://rudramandir.com/images/Parking_Map.jpg

There is ample parking around Rudramandir Center, particularly WEST of 6th Street. However, out of respect for the residential neighbors, please follow these guidelines:

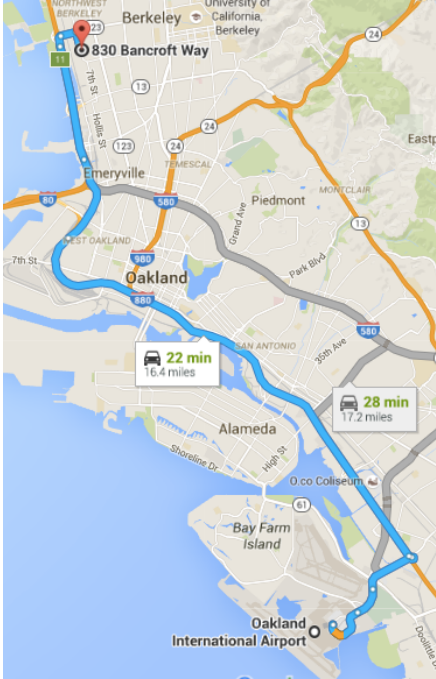
1. Park on Bancroft between 7th and 4th Streets.
2. Park on 6th, 5th, and 4th Streets between Channing and Addison.

PLEASE DO NOT PARK ON 7TH STREET as it is all-residential and we want to reserve parking for our residential neighbors.

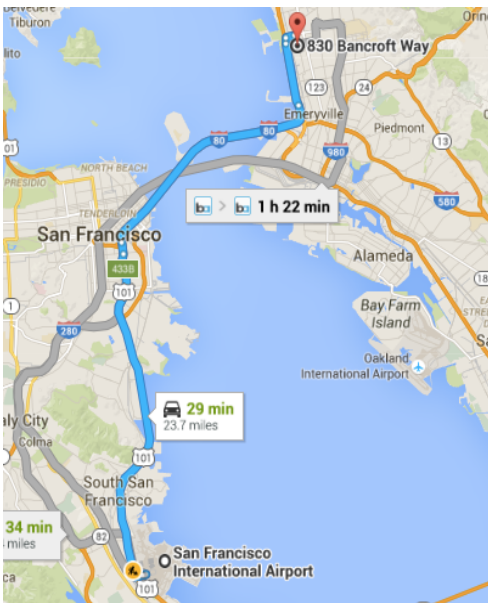
DIRECTIONS

(Please note: The maps below are screen shots. *The travel times listed are based on the time of day the screen shots were taken and may not be representative of actual travel times during other times of the day/week.*)

Oakland International Airport (OAK) to Rudramandir Center



San Francisco International Airport (SFO) to Rudramandir Center



ACCOMMODATIONS

Easy walking distance:

- **La Quinta Inn** (see next section for discounted rates) – 920 University Avenue, Berkeley, 94710, (510) 849-1121
- **Individual Rooms for rent, daily or weekly rates** are located in two homes within a block from Rudramandir:

Rooms at Judy's: Contact Judy at gringa445J@gmail.com

Elizabeth Little's Bed and Breakfast: Email elizabethlittle@berkeley.net or phone (510) 333-5622.

Longer Walk/Short drive (5 minutes):

- **Doubletree Hotel**, Berkeley Marina – 200 Marina Blvd, Berkeley, 94710, (510) 548-7920
- **Holiday Inn Express** – 1175 University Ave, Berkeley, 94702, (510) 548-1700
- **Rodeway Inn** – 1461 University Avenue, Berkeley, 94702, (510) 848-3840
- **Golden Bear Inn** – 1620 San Pablo Ave, Berkeley, 94702, (510) 525-6770

Hotel Discounts: special discount arrangements with Rudramandir

La Quinta Inn, located 6 blocks from the center, at University and 8th Street. Their normal rental rates go to \$129+ per night. Our event participants can obtain the rate of \$109.00 plus tax per night by calling 510-849-1121 (you must call this number direct) and give the code “RUDRA” to the desk clerk. The rate is not available on major holidays or during special events at the UC Berkeley. [Click here](#) for the hotel website.

Rodeway Inn is located 1.1 miles from Rudramandir at 1461 University Avenue (between Acton and Sacramento Streets). Our event participants can book at these rates: Jan –April \$79-\$99. Rooms are small, newly remodeled, with microwave and small refrigerators. Call 510-848-3840 and give the code “RUDRA” to the desk clerk. Discount only available by phone.

Golden Bear Inn is located 1.1 miles from Rudramandir at 1620 San Pablo Ave (at Cedar Street). Our event participants can book at \$65-75/night plus tax by calling 510-525-6770 and giving the code “RUDRA” to the desk clerk. Discount only available by phone. (Small, clean, unique rooms, w/microwave and small refrigerator.)

DINING

Within 2 blocks:

- Tomato Cafe – 2265 5th St, M-F 8 am–3:30 pm, Sat/Sun 8 am–3 pm
- Vik’s Chaat Corner – 2390 4th St, Mon-Th 10:30 am–6:30 pm, Fri-Sun 10:30 am–8 pm
- 10-minute walk, parking on street:
- Caffe Trieste – 2500 San Pablo Ave, Mon-Th 6:30am–10pm, Fri 6:30am–11pm, Sat 7am–11pm, Sun 7am–10pm
- Anchalee Thai – 1096 Dwight Way, every day, 11 am- 10 pm

Partial list of eateries within a few steps of each other (15-minute walk, street parking + lots, but might have to park a couple of blocks away):

- Bette’s Oceanview Diner – 1807 4th St Mon-Fri 6:30am–2:30pm, Sat/Sun 6:30–4pm
- Manhattan Bagel – 1789 4th St, Mon-Fri 7am–8pm, Sat 8am–8pm, Sun 8:30am–3pm
- Peet’s Coffee – 1776 4th St, Mon-Thu 6am–7pm, Fri/Sat 6am–8pm, Sun 7am–8pm
- Tacubaya Mexican – 1788 4th St, Mon-Fri 10 am–9pm, Sat-Sun 9am–9pm
- The Pasta Shop (Grocery/Deli) – 1786 4th St, Mon-Fri 11-6:30pm, Sat/Sun 10-6:30
- Zut! – 1820 4th St, Mon-Thu 11:30am–9:30pm, Fri 11:30am–10:30pm, Sat 10:30am– 10:30pm, Sun 10:30am–5:30pm

20-minute walk, parking lots + street:

- Berkeley Bowl Natural Supermarket – 920 Heinz (soups/salad/deli/hot dishes, in market and cafe), Mon-Sat 9 am-8 pm, Sun 10 am-6 pm
- Mint Leaf Vietnamese – 2865 7th St (at Heinz), Mon-Sat 11am- 9pm, Sun 11am-8pm

LUNCH, BREAKS, SNACKS

We begin on Saturday morning. We’ll take a 2-hour lunch break on Saturday and Sunday, and Monday will only be a 90-minute lunch. We 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.

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 water bottle/mug (with lids) of your own; we provide drinking water and herbal teas and appreciate your assistance in reducing non-recyclable and non-compostable waste at our training events.

WHAT TO WEAR

We recommend wearing comfortable clothing that allows you to move and breathe easily. We suggest wearing layers.

ENVIRONMENTAL INFORMATION

Generally early September weather in Berkeley is dry with an average high/low temperature of 72°F/50°F. Evenings can be cool, so bring layers. Please check [The Weather Network](#) for 14-day forecasts.

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 only and for your ongoing exploration! It can be found on the last page of this document.

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.

There is no need to turn this in at the training. This form is for your reference only.

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 _____